
As the health of a tree, a river, the sky tells you about quality of your own health, what might the quality of your health tell you about the health of the rivers, the trees, the sky, and all of us who share this planet with you?

Stop.

Notice if you are resisting.

Notice what you are resisting.

Ask why.

Stop. Just stop.

Be still.

Listen.

Ask us what we might teach you about illness and healing, about what might be required so that all may be well.

We will help you, if you listen.

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About the Author:

Kristin Flyntz is the assistant editor of Dark Matter Women Witnessing. She is a writer and editor who lives in Connecticut with a human musician and three feline teachers. As part of her longing to heal the relationship between humans and nonhuman animals, she is enrolled in the Being Sanctuary Internship with the Kerulos Center, whose vision is a world where animals live in dignity and freedom.

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