



Speak

Trees speak. Oceans speak. Mountains speak, too—at a height commanding reverence. This ability to speak, to communicate from their grounded wisdom, is a skill far greater than I ever thought. Until now, I did not understand the power in speaking to the whispers of nature, and listening to the secrets they shared. I used to be caught up in the noise of everyday life, not realizing the conversations happening around me. I felt compelled to fill the silence with my own chatter, not recognizing the beauty in simply speaking. I did not know that the richness of life lies in understanding the language of the earth. This next year, I need something to open my ears to the symphony of the natural world, something to tune me into the messages and stories of the environment, one word to guide me in this journey, the word: Speak. By tuning into the voices of trees, oceans, and mountains, I will understand the interconnectedness of all living things and appreciate the harmony in nature's dialogue. And, when the chaos of daily life overwhelms me, when it feels like a storm pushing me into the hustle and bustle, I will cling to the word that reminds me to speak. I am not alone when I speak to the world around me. Like the trees that speak in the wind, the oceans that speak with their waves, and the mountains that speak through their silent grandeur, I become part of a timeless conversation that glistens and gleams with the wisdom of nature.

