

ENERGY AND COLORS

By Joan Mish

Nature brings me lots of energy! I have enjoyed more than usual my walks in this beautiful spring. The colors are so inspiring.

First of all it is fun to see how fast the grass is growing GREEN. That has inspired me to grow more spiritual this spring while walking in the lovely woods on the edge of our complex. The green is coming back more each day as I stroll in this beautiful place of nature. As the trees turn green I see more and more black and white magpie birds chasing each other around. Are they trying to mate?

Then there is more YELLOW in the early spring with both the dandelions and the daffodils. They are both my favorite. Even the dandelions, for I used to make salad with those greens. I do know they can be trouble on the lawn but I used to have someone come and fix those things in my lawn. Now a few weeks into spring the yellow daffodils are almost gone.

The RED can be a symbol of strength and expectation. I do feel strength when I walk past these beautiful tulips and the new blossoms on a variety of bushes in the lovely woods.

PURPLE is the symbol of royalty and safety. I had never thought of them that way but now I do when I pass by the purple colors on the streets of our complex.

BLUE is a symbol of sadness. No, I don't know of many blue flowers. The lilacs are actually my favorite also because the smell is so overwhelming. We used to have beautiful large lilac bushes in our backyard and I could smell them in my kitchen when they were blooming. There is a large bush of lilacs in this wooded area also. But it is a little far off the path.

Colors have always given me energy. That's probably why I like to walk and ride a bike in nature.