

Chapter 15

The fullness/ abundance of life

In balance with and rich gifted by

Mother Earth

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"Nature gives you everything you need for living, Laura," an old willow had said to her one day. "You will never lack anything, if you recognize that and if you live in harmony with Mother Earth."

Laura had visited her when she had just become very sad because she could not bear anymore that she was feeling so good while other people were suffering in her old world.

"I know," Laura said sadly. "But in the world I come from, people are in great need. And many others are not as well as I am." "But Laura," the old willow laughed, "Mother Nature does not distinguish between you and other people. She offers plenty to anyone." Laura briefly considered the old willow's

phrase and replied, "But if every single living being in the world accepts its gifts, the earth will soon have nothing to offer itself." "Laura, listen carefully! Life is an orderly balance of give and take. When everyone takes as much as he needs and gives as much as he can, there'll always be enough for each and every one." "That would be nice ... But we already have too little food and too little space for all people who live on the earth. Some are starving and many people don't even have a home." This time, the old willow wondered about the knowledge and reflection of the modest, young lady. "Yes, that's right, Laura. But that's not because there is not enough - there is no such thing as lack. As I said, there is always enough of everything, as soon as you start seeing it." "Then tell me, why do many people have too little?" Again the old willow laughed. "Might be because a few have too much and believe that they own it. But everything is on loan, my child. People are unaware of their true wealth and treasures within, they do not allow it either. In peace and

silence we discover this wealth. But it is almost despised to do nothing in your world. As I said, life is a balance of give and take..." The old willow frowned and corrected, "Let's say 'to receive'." She continued, "Some people are very far from their own nature away. They no longer know what they need to be happy and satisfied. They do not know how much or what little they need. And so they use and take more and more of the wrong things or even attitudes. They always want to build 'larger', clear even more forests, cultivate huger fields, feed more animals, which they then eat again. And people are always eating more than they need in always growing amounts that may satiate them for a short time but not nourish them as a whole." "What's the difference between satiating and nourishing?" Laura asked. "Satiety means that your stomach is full and your body is no longer hungry. Nourishment means that your soul also gets what it needs in life. And because the soul is often starving, people continue to eat, even when their bodies are already full. Unfortunately, many people do

not know what nourishes them anymore." "And what does people
nourish?" Laura thought, wondering how much the old willow
knew about Laura's other world. As if the willow had felt her
question, she continued, "I am part of your new world and part
of your old, Laura. I am here and I am there. You know me,
don't you?" Laura was pondering for a moment but before she
could answer the question, the old willow spoke: "Now to your
real question: It is love and the joy of life that nourishes
'man' and women ;). Many things in life can be very nutritious
as long as you do, what you like to do, or as long as you do
it with love. The hunger that you feel when your stomach
growls and you're really looking forward to eat, that, my dear
Laura,... that is the appetite for living."

Woody Nightshade, Sabrina Jäger