**Six Messages from a Wild Garden**

**Seeds**

Everything starts small. Just as everything required to grow a giant oak tree is within one tiny seed, you already have within you everything you need to be you.

**Seasons**

In the same way that there are seasons throughout the year, there are seasons in your life. A time to be dormant. A time to grow. A time to be fruitful. A time to let go. These patterns can span a year, a decade, or all happen within one day. You are a part of nature. You are seasonal.

**Sunshine**

The sun is a daily reminder to freely shed light and warmth to everyone and everything that falls within your rays of influence.

**Soil**

Don’t worry about the soil you grew up in. That’s done and dusted. Be aware of the soil *you* are being for all the seeds that are falling within the patch of soil that is you, right now.

**Suffering**

Whatever form it takes, suffering becomes simply living – when you accept it. The word *suffering* comes from the Latin *sufferre*, which means to bear, to hold up, to carry. Life is like a wild garden. Accept whatever happens in it. Just work with it and carry on.

**Sweet things**

Sweetness is everywhere. The smell of rain. The first ripe strawberry to pass your lips. Bulbs finally flowering. A baby parrot’s clear call. Fuzz on a velvety leaf. Be still and silent enough to notice these things, and more.