



GOOD MEDICINE

March 2017

Have you ever felt crummy, not knowing what to do? You know you should walk, but you really don't feel like doing anything you "should" do. Getting outside would be a shock to your system. You'd rather be warm and safe. You want to be in the comfort of your home.

If you could only *feel* comfort and coziness! If you could only escape the misery!

But could you bring the outdoors in? I'm sure you could. I did and it worked wonders, especially when I picked up my camera. A few days ago I bought a chrysanthemum and placed it near a window. And I "walked" throughout those blooms. I didn't have to go outside. Turning the pot, I examined the many angles, checking out how beautiful each grouping of flowers was. So many different compositions to focus on!

I couldn't stop exploring. Couldn't put my camera down. Always saw more pictures to make.

And, before I knew it, I was feeling better.

When I downloaded the many pictures I had made, there was even more to uplift me. The results of my work were satisfying. They gave me photos to share with you.

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