

Help (How To Find Peace of Mind When Facing A Turbulent World)

Post by "Pacatus" of July 20, 2022 at 4:31 PM

[Joshua](#)

I just took the time to enjoy an afternoon martini on our shaded deck. This time, I left my smart-phone behind -- so that I could not compulsively check the news, etc. Just watched the breeze in the trees, listened to birdsong, and enjoyed the sight of a red-tailed hawk flashing her colors in the sun. Even in our towny setting, a "Walden moment." 😊 Thank you.