

## FINDING THE PATH



Imagine presence as a spring-fed forest pond— clear, still, and pure. Because we've spent so much time lost in the woods of our thoughts and emotions, we often have trouble finding this pond.

But as we sit down to meditate again and again, we become familiar with the path through the woods. We can find the gap between the trees, we know the roots we've tripped over before, we trust that even if we get caught up in the brush and bramble, we'll find our way.

—*Tara Brach*