



Thought For The Month



**“Don't underestimate the value of doing nothing,
of just going along, listening to all the things you can't hear,
and not bothering.”**

- Pooh, "Pooh's Little Instruction Book" by A.A.Milne

Soil Lovers say: Western society praises the go-go-go work ethic, but always working does not lead to a life of happiness. When we take time to unplug, close our emails, and simply look at the world around us, we can connect with ourselves on a deeper level. In fact, while staring into the trees may feel like doing nothing, this kind of “nothing” is one of the most enriching and gratitude-building experiences on the planet.