

Slowness



Gow, Bos taurus



Become aware of your inner peace

Cows walk slowly across fields and meadows and ruminate; this means that they chew the same food several times. Can we learn from cows and slowly reflect about things, not just once, but several times before we act?



Reflect on your own day. Have you had a moment today when you felt rushed or stressed? Imagine that you are a cow walking slowly across a meadow and ruminating. Concentrate on your breathing, can you breathe deeply and slowly, like a cow ruminating? Do you feel calmer now?

Trees grow slowly.

In what ways can you find out how old a tree is?

Look closely at the bark of a pine tree. Is it old or young? Younger pines have thin, papery bark, while older pines of 100-250 years get so-called crust bark, which can provide extra protection in case of fires. Several other tree species such as oak, spruce and birch also develop a thick bark. By counting annual rings or rows of twigs, you can also figure out how old a tree is. Narrow annual rings mean that the tree has grown slowly.

