

## Josephine

Do you know Josephine?

I doubt you do. But, you should.

Josephine grows organic lettuce, other vegetables, and landscape plantings in St. John which is part of the US Virgin Islands.

Her piece of earth is surrounded by lush green hills, actually little mountains,. She has a wide open flat area of garden that even a non-gardener, like myself, has to be in awe of. Just being there, you know it's a special place. The feel, the quiet, and the vibrations are overwhelming.

It's comforting, relaxing, and you feel grounded and connected. It's a garden, but so clean, well kept, and natural -- all at the same time. It has a feeling that is so much more than just a garden.

As we walked, a woman was picking lettuce from afar. She smiled and waved. You could feel she was a wonderful soul. Sure enough, it was Josephine. The owner lovingly picking her lettuce for distribution.

Josephine had a peace about her that was unmistakable. She loved her little plot of earth and loved what she did. Her employees had the same peacefulness and joy in working the earth.

She was grateful we came to enjoy her gardens, so we chatted. The whole while she smiled and was thrilled to share her gardens with us. No rush, no haste, just enjoying nature and all it had to give.

Me, I did not want to take the time to go see the garden. Left to my own desires, I would not have gone. Boy, would I have been wrong! What a gift to see the gardens. What a gift to meet Josephine.

It's a joy to see someone who has it all, loves what she does, gets joy from it, and loves to share it all with others. She lives a simple life on a plot of land in paradise. She's complete. She's happy. She's giving back a wonderful product.

What would it take to make you a Josephine? How can you obtain the peace and joy of Josephine? How can you have the abundance of Josephine?

You can. You have it in you. You just have to find it, feel it, and allow it. Judgment from others, peer pressure, and 'shoulds' don't matter. What would give you that wonder of life for yourself?

Josephine makes me realize that less is more. Kids are the same way. Kids love life and every moment. They can play for hours with a ball or a box. It's the joy and fun in the moment with what they have. Not what you want, not what comes later, not what you are chasing after. It's what you have in the here and now.

Guess what Josephine eats for a diet? Breakfast and lunch are vegetables from the garden. For dinner it's the same along with fish, caught that day from a local fisherman. All natural, all fresh, and no preservatives.

I'll leave this island knowing the teacher, Josephine. As I race around doing things I'll be called back to her smile and peace, just picking lettuce with love. What an image. She has it all. Now, about my diet! What about yours?

Let's find our lettuce.