

Living in Austin, we are very fortunate to have an extensive network of trails and greenbelts that traverse the city and surrounding area. This allows us to be in the city - but not.

I decided to run on the Greenbelt this morning. It was an overcast and humid start to the day, and traffic, as always, was a tad ridiculous. But within minutes, I was stepping foot onto the Greenbelt - and it was like walking away from the world as I know it.

The Gaines entry point starts out at the roadway, but within a few feet, you're on a narrow path leading you into - tranquility. The only sound is my breathing, my footstrikes, the occasional bird, a rustle here and there ... and little more than that. As springtime is upon us, everything is slowly becoming "green" again. The trail is alive - and yet oh so quiet. Tranquility is upon me as I run hard through the trees, feeling the exhilaration of effort - and solitude - and peace of mind.

Nothing matters when I run the Greenbelt - at least for a few moments.

And when I emerge, returning to the metropolis that only moments ago I had left, I feel a sense of re-awakening. The day starts anew - but with the pleasure of having simply existed, quietly, peacefully.

The day looks so much better now.

I am always reminded of how lucky we are here in Austin - and that moments like this morning are not to be taken for granted - ever. The purity of simply being ...