More irritable
Less social
More narcissistic
More distracted
Less cognitively nimble
Higher cortisol levels
We are full sensory beings

... be mindful.
The San Dimas Canyon Nature Center Associates
and the Los Angeles County Department
of Parks and Recreation
present the
2018 San Dimas Ho'olaule'a
A fundraiser for nature programs and the feeding and
care of the San Dimas Canyon Nature Center animals

June 9  Saturday 10am to 6pm
June 10  Sunday  10am to 6pm
How happy I am to be able to walk among the shrubs, the trees, the woods, the grass and the rocks! For the woods, the trees and the rocks give us the resonance we need.

- Beethoven

Down with the frontal lobe, up with the cerebellum!
We experience ourselves, our thoughts and feelings, as something separated from the rest – a kind of optical delusion of consciousness.

This delusion is a kind of prison for us, restricting us to our personal desires and to affection for a few persons nearest to us.

Our task must be to free ourselves from this prison by widening our circle of compassion to embrace all living creatures, and the whole of Nature in its beauty.

- Albert Einstein