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### My Mountain Trails

When I moved to the Northeast area part of El Paso, the view of the mountains took my breath away. The gold poppy flowers covered the meadow, and the grand mountains transmitted a sense of protection and peace. I made it a ritual to explore the trails every morning I had the opportunity to do it. I never thought that on this day I would embrace the trails of the mountain more than any other time. After a sleepless night dreaming about the news that the store was closing and not being able to tell to the rest of the associates, it is a surprise that I got home safely that day.

It was the Monday after Mother's Day, and even though my shift didn't start until 11: 00 because I was closing that day. I decided to arrive early to fix the department; to my surprise, our district manager was at the store holding a meeting with the other two supervisors who were scheduled to open that day. He told to us that the store would be closing in three months. I couldn't tell the news to the other associates or my husband when I got home that night because he was working late that night.

The next morning was a day for our usual walk. As we started walking and talking about what had happened the day before. I felt the gentle morning breeze blowing and the damp smell of the wet soil surrounded my senses. The sound of the birds and critters created a hum that was soothing to my ears. The graveled trail was perfectly

tailored as if waiting to be walked on and the bushes were open and extended out like gentle arms waiting to comfort me.

Nature seemed to say, “Here come this way and feel the soft brush of the wind, breathe the smell of the earth and green of the bushes and the trees.” I kept on walking and before I knew, I was at top of the mountain trail I could see the city on the other side so small and its issues so out of reach and insignificant that they could not touch me that morning. A wonderful feeling of peace and acceptance of what had been communicated the day before did not consume me anymore. I took a deep breath shoulders relaxed.

The feeling of peace that I was going to be able to carry out the situation was comforting. As I look back the trail didn't look so open as if it had closed up with the stress that had absorbed as I passed through. Any other time, this trail would have been just another nice walk and not have been appreciated as today. I said to my self, “Today the mountain trails and its wonderful nature gain my respect and appreciation.” Not just rocks and bushes left by the residing waters of the past, but a grand form of protection and peace, that is what they gave this day. Peace and strength to face the pressure of what happened was provided by nature.