



## NURTURE NATURE

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I was watching the early evening news on a Monday. I always enjoy listening to the easy banter between the newscasters. That particular evening, they were welcoming back one of the anchors who had come back from a short vacation in his native province. The anchor looked refreshed and revitalized, much like he had gone through a detoxification process of some kind. He even looked like he had shed some weight, but he looked better and not at all gaunt. He shared to his co-anchors that he had been eating a lot of fish and seafood during his vacation time.

When morning came, I wanted to go on a seafood diet, too. Unfortunately, having 7 children does not really give me the liberty of indulging such a whimsy. For one, seafood is costly. For another, my family is the omnivore breed: we eat anything and everything including meat. Imposing a strict seafood diet just won't do.

However, there are many out there who've been brought up successfully with a no-meat diet. Some have even gone the vegan route, like Ellen DeGeneres. I do envy such people. They can live healthier existences because of their healthy choices.

Vegans partake only of plant-based food. They never use animal products in their clothing, accessories, and for other purposes. Ultimately, what vegans choose to do become beneficial for the environment, a lot kinder to Mother Nature. Unless of course, those who produce food for vegans decide to exploit nature just to come up with food. But I think vegans choose organic food, so that won't probably happen.

Mother Nature has shown us how a Great Being has designed the planet to nurture life. Earth was created to feed its inhabitants sufficiently. Unfortunately, we humans have discovered that making business out of nature's bounty allows us to rise in wealth and power. We have steadily harnessed Nature's offerings in order to enrich ourselves and enjoy everything life has to offer. Of course, this is well and good because we optimize all our potentials. However, when we optimize our potential at the expense of Nature, then that already turns to defeating the entire purpose of self-optimization. Selfishness is very different from self-optimization. With self-optimization, what we do emanates as goodness from us. With selfishness, it's the exact opposite.

Mother Nature is never greedy, nor is she ever selfish. Like a true Mother, Nature gives to the point when there's not much left to give. It is therefore our inherent duty to make sure Nature will still have something to give to the next generations after us. And let's be appreciative of what she does from time to time. Let us find joy in simply communing with nature and listening to her voice. Sometimes, that's all we need in order to make her happy.

## QUESTIONS FOR DISCUSSION:

1. How can we show appreciation for nature?
2. How is human nature different from Mother Nature? Find points of comparison and contrast between them.
3. How can we give back to nature as much as she gives us?
4. Explain this statement: Nature is not ours; we just borrowed her from our children.
5. How important is nature preservation to you personally