



# GIFTS *from the* MOUNTAIN

BY EILEEN McDARGH

# LOOK FOR VIEWING POINTS

“ Who would have thought  
that by slowing down,  
I would know more by noticing more? ”

# EVERY OUNCE COUNTS

“ What am I holding on to  
that doesn't serve me anymore? ”

**DON'T CROSS THE CREEK  
UNTIL YOU COME TO IT**

“

**Where are you inventing scenarios  
that aren't going to happen?**

”

# WATCH FOR WILD ONIONS



**What could we do to  
add zest to our lives?**

**What's the wild onion  
that most people would miss?**



# THE EASY TRAIL CAN BE THE MOST DANGEROUS

“

Where have we become complacent?

The truth of the matter is,  
the easy trail is often the most dangerous.

”

# **CELEBRATE HOW FAR YOU'VE COME**

“

**We also need  
to talk about what it took to get up here.**

**To reflect, to remember.**

”