

I am writing this sitting beside a pool with a stunning view of the mountains and sea on the Greek island of Corfu; somewhere I stayed in my 20s and have visited often ever since.

I was unable to think of a single thing to write about, to the extent that I almost missed the editorial deadline. That is, until I arrived here last night and woke this morning to a beautiful vista.

It's the first time I have stopped to take a breath for quite some time and, just like a lot of us who lead busy, stressful lives, it's not until you stop, that you realise how fast the pace of life has become.

That's when the beauty surrounding you becomes so blurred into the background, you miss the small details: birds chirruping to each other in nature's architecturally stunning forests and fauna; the waves lapping gently on the shore; a field of rich greens and yellows; raindrops in a puddle.

If you start ignoring the views and the small details, you miss a more fulfilling way of being.

Although I live by the sea and I love it and feel very lucky, recently I hadn't noticed it. It was merely a place to hurriedly march the dogs along while I frantically planned my day in my head, going as fast as I could so I could get to the office and get started.

It took me to travel all these miles to 'smell the coffee'... but it needn't have.

The Greek people here have had it very hard since entering the Eurozone. Their economy is shattered with little hope of an improvement, and they are suffering the consequences of high taxes, low income and reduced tourism. They have to work hard all summer to earn enough money to sustain them through the winter months, and yet they remain calm,



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# Put yourself in the way of beauty

(Cheryl Strayed in 'Wild: From Lost to Found on the Pacific Crest Trail')



Take a breather to notice the beautiful world around us, says Let's Talk columnist **Amanda Jayne**, the King's Lynn based psychotherapist and counsellor.

friendly and shoulder-shruggingly resigned to their predicament. Over the past few years, I've often marvelled at how they maintain their positivity and heart-warming trust and friendliness to the often distrustful tourists and people who visit expecting money-grabbing Greeks operating a hard-sell in order to extract money, when in fact, they remain as chilled, friendly, smiley and calm as they were when I stayed here all those years ago.

One thing they have here in

abundance is beauty. Everywhere you go there is a beautiful beach, a lush green forest, or a majestic imposing mountain. Of course there are areas of deprivation, like any country. However, it's hard to ignore the natural beauty arresting your senses in every direction.

The Corfuans here, I believe, are in the way of beauty - and it is free. It's the best thing about this place and it's completely free.

Mother Nature is our best therapist. Her services are free and you don't have to travel as far as I have to reap the benefits of her generous abundance of healing properties. She puts everything in perspective and releases a cluttered, stressed mind to unleash its full potential.

Try putting yourself in the way of beauty. I promise you will feel better for it. 

## Ask Amanda Jayne

I would love to hear from you and will reply to letters which, if we print them, will remain anonymous. Your details will be treated confidentially. Write to Amanda Jayne MA MBSCP at Feelgood Therapy, Room 11b, St Ann's House, King's Lynn, Norfolk PE30 1LT; email [amandajgoss@gmail.com](mailto:amandajgoss@gmail.com); professional counsellors at [www.kingslynnwestnorfolkcounselling.co.uk](http://www.kingslynnwestnorfolkcounselling.co.uk), on 01553 827689 or 07760 669246.