

## The American Bison

By Anna Von Reitz



With all the weight on my shoulders I sometimes get melancholy; who wouldn't, given the circumstance that this country and the entire world now faces?

Then someone else comes along the trail and does something wonderful and leaves me revelling in the glory of creation....brings me back to what matters....to the truth.

My battered spirit rises and I am not melancholy anymore, because I have recalled the beauty and strength of life and all that we are affirming with our work.

For all who are heavy laden, take a break. It's a short video, but the inspiration is lasting:

<https://youtu.be/t1-0eTmBHHU?si=3yb6PhCoCQN4VvjQ>