



Sky Pilot

Balance

Up here everything is in balance. There are no blaring sirens or rumbling trucks. Here there is peace and quiet. The sounds you hear are part of the natural flow of life in the Sierras. If you sit quietly for a while you will hear the flow of wind and water and the sound of a thousand creatures all in balance. It seems the frequencies are lower and closer to that of the human heart beat or cycle of respiration.