

September 2018

In Tune with Nature

In less than 3 days, the season has changed from Summer to Autumn. In the area where I live, we have had nine glorious weeks of summer, with temperatures mostly over 30° and no rain. After the wet spring, there was no noticeable drought on the farm land, and nature was relaxed; then it all changed. Three days of torrential rain, dark clouds and a temperature drop to around 23° or less, and much colder nights. We know autumn has arrived, you can smell the difference in the atmosphere, and nature has changed her colours from the bright, vibrant reds, pinks and yellows of summer to the more subdued reds, blues and browns of autumn. Birds and small animals have become more active in their search for food, insects are looking for places to hide, safe from the colder, damper weather which is not so far away.

Those of us who live with nature can see and feel the changes. Changes which are happening all around us, but we don't see or hear with our eyes or ears, we see and hear with our mind. It is in the silence within us that we can feel nature's pulse. I remember a workshop, many years ago, when I was demonstrating how to leave the physical body. There is no place that the mind cannot be, and I took a group of students from their bodies and asked them to find a tree and become one with it, so that they could understand the life that lives silently, as it supports our own existence. When the group returned, they all had their different experiences to express, but I particularly remember one lady who told the group that she had become one with a very old tree; one growing on the edge of a cliff and which was too close to the edge to be cut down. The field which was close to the cliff-top had, a few years earlier, been planted with fresh trees. It was spring and the old tree on the cliff edge was telling the younger, freshly planted trees, to conserve the water beneath them and not be wasteful, because the coming summer was going to be the driest in memory. Of course, we were all interested in what sort of summer would follow this natural prediction and, as predicted, it was the driest summer on record in that part of America.

Listening and seeing with our minds is more natural than seeing or hearing with our physical senses. We think with our mind, not our voice, new ideas come to us through our mind, not our ears. But, in today's world, we are killing this soundless mystery of life with noise and exaggerated pictures of emotion. We read less and less and rely more and more on the visual, noisy expressions of life which invade nature's space, through television, and other senseless entertainment. In our noisy, active world, it's difficult to find a place where our peace is not disturbed by the noise of traffic, even the peace of the sky is disturbed by the roar of engines and the quietness of the oceans by the throb of mechanical movement. Disturbed by noise and un-natural visual experiences, we are forgetting how to hear the unsaid words that silently guide us through life and its distractions.

Only when we stop, see and listen with our eyes and ears, and open our awareness to listen and see with our mind, will we hear the greater life of nature. We cannot think clearly in the noise and activity which disturbs all life. Learn how to move into yourself, to listen to the quiet inner voice that speaks to you from a greater world than the one you can see and feel. In the sanctuary of your hidden world lies the path out of what disturbs your peace. In the hidden world of your mind is the master who waits to guide you.

I was recently in an old and ancient forest. No sound, except that which I could hear with my mind. In this incredible silence were the sounds of the past and its experience and visions of the future to guide my way. I was one with nature and its senses, and then suddenly a group of young children came screaming, laughing and playing, no adult to teach them how to listen to the trees, or the sounds of life in the earth below them. No one to teach them how to see what physical eyes can't see. Children have an awareness that is lost to the adult, unless they have been trained to value it when they were still young and sensitive to the pull and enchantment of nature. We need to teach children to see nature as part of their family, a family which communicates through the eyes and ears of the mind. We need to teach them how to communicate with the animal world, not by teaching animals how to understand us, but by understanding the needs of animals, plants, the ocean and all life whose voice has been lost in a world of physical senses.

Children are born as part of nature, one with nature, they think and feel differently to adults, until we wean them away from nature's caring ways. Its time that the adults allowed children to develop what is natural to them, the ability to see, hear and feel clearly with their minds, so that we can again enjoy what we can't see or hear, except through the quietness between the space of noise.

Malcolm.