

“When you feel stuck, take a walk.” Simple advice told me years ago but it still resonates with me. Good walks are comforting, mindless, rhythmic and give one the opportunity to reflect. It allows the subconscious to freely bubble up. Unspoken conversations occur in nature’s reflection, drawing parallels between man and the world around them. Whether it’s strained relationships, past scars, or dark times, a walk through nature changes perspectives. Flora grows around obstacles, bears wounds and heals from them, living and dying with beauty. The cycle goes on so that even in death, there is the chance to grow, to learn, to overcome obstructions, and flourish with new existence. A walk through the woods is both introspection and extrospection, a long look at what is human.