

# A Summer Solstice Walk

Nature Connection Summer 2023, © Sharon McCann, RPC, RCCH

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In celebration of Summer Solstice, I took a walk in the woods with the intention of inviting Nature to be sensed within me. Summer is a glorious time to savour Nature when we can relax in the warmth of the sun and the light of longer days.

I began my Nature Connection walk with a simple outdoors meditation by Joseph Cornell: While walking, become aware of the breath, and repeat the word "still" as you inhale, and repeat "ness" as you exhale. This simple attention to the breath creates inner space by decreasing internal chatter and increasing the felt connection with Nature through all of our senses.

Next, as I continued my walk, I became aware that whatever strongly attracts my attention is what Nature wants to say to me.

Following the woodlands path, I spied sprawling cedar roots along the shore. They called out to me to appreciate their pattern of rootedness. I sensed the rootedness inside me. Yes, I agreed — *I can trust myself to intuitively discover the way to what nourishes me.*



Along the way, a young fern called out. I admired the precision of its natural, geometric design, and the perfect balance of its branches. Know this, I sensed — *no matter what breeze or gust may blow, I can return to balance.*

I followed the roar of water falls within the river. As I stood on the shore, absorbing the freedom and power of water, *I felt expansive, uplifted and confident that my inherent freedom to choose my path is my power.*

