

# NATURE'S WISDOM



*"A touch of nature and I feel her pulse within me. Fades into the graceful rhythm. Borrowing nature's eyes. Much, much lovely. A kind of wild and unpredictable beauty. Joining her for a journey in unity with the essence and wisdom of the place... Home right here!"*

When I have been at our place in Dalarna with my family during the summers, a special atmosphere has prevailed. Like being in a private, secret oasis that in a sense holds it all.

I am not an outdoors person who packs a 25 kilo backpack and walks for several days in a row, but enjoy very much to just be in nature. Be in unity with a tree, a mountain, a woodland lake, a small rippling brook, a stone, a blue bell, butter flower, daisy, grass straw, a lily . . .

I am a child of nature and often prefers the wisdom of nature over human complexity. The gates are open to natural beings and enjoy connecting with them as well as with natural elements now and then.

Nature's spirit worlds enrich and get us in touch with the soul. The wisdom and essens of nature have a way of dissolve them self with the totality in a way that humans seems to have forgotten. They can unite them self with a tree or stone. They are ethereal and can become one with the elements, plants, water, stones or the wind.



*Just a few steps from the country house, a woodland lake. Surrounded by trees. Listening to mythical legends of the mountain, whispering stories for those who wants to listen. The woodland lake receiving raindrops as the sky releases a gentle stream of rain... There is really nothing to do with this. Just to be. Diving in here, resting in the arms of Nature... In a way, just falling in love with it.*



Here I can understand how the poet Dan Andersson got his inspiration. For this moment it feels special to be at the very spot where his role model for the character "Karigo" in the short story collection "It's called superstition" lived and worked during a period of his life. Nybo-Kalle, he was called, a well-known healer. Have never really thought about it before, even though I have been here for many summers. The place has been here all my life and grew up with stories about Nybo-Kalle and Dan Andersson who have been and served right here.

Can almost see them, how the two sit in the cabin and philosophize about God, the essence of nature, myths, legends, healing, herbs and the occult worlds and beings. It is so clear to me that the two of them was so inspired to write and heal from this place. The wisdom, tranquility, the power and the creative inspiration here are beyond description. Fills the heart with gratefulness. There is like no roof here. And it is true that the spirits of nature in a way blend so naturally here.



When we are going around circles, busy doing and doing, lost in one way or another. Sensing that we have drifted thousands miles away from our inner beings, we might have lost contact with nature. Maybe not even remembering that we are part of it all, that we in fact are one with nature. Like the raindrop that has just been formed in a cloud, one becomes the woodland lake.



Nature comforts us when we feel unwell, gives energy when we experience that we are powerless. With her embracing, graceful, divine love and understanding, she is there when we feel misunderstood and alone. With her beauty and creative source of being and inspiration she can also wake up the creativity within ourself.

I think we all need to stop much more often and open up. When nature comes to us, proposes to us. We say yes. Then we stop. Diving into the moment. Inviting ourself to welcome a reflection of true love from a woodland lake, a tree, a blue bell, a stone, a leaf, a stream, a mountain... Healing energy that reach us as we stop and open up.



*There is only one thing that is more beautiful than a blue bell in a meadow. To stop, to open up and really see the blue bell in the meadow.*



*Gabrielle Lauritzen*

