



## daily GOOD

If you walk into a forest -- you hear all kinds of subtle sounds -- but underneath there is an all pervasive silence. --Eckhart Tolle

### The Stillness of the Living Forest

"I need to get away for awhile." It's a recurring and persistent internal refrain for many of us. John Harvey did just that. And his book, *The Stillness of the Living Forest: A Year of Listening and Learning* is not only an insightful look into his experience but, perhaps more importantly, it's a call from the wild to the part in us longing to reconnect with something visceral and real; a promise that if we were to act on that soft suggestion all kinds of secrets would be revealed." For fifty-two consecutive weeks Harvey would travel to the same spot in the woods, to, "sit still, engage my senses, and observe the flow of nature through the full four seasons."

### Be The Change:

Choose a spot in your own environs that you can return to on a weekly or a monthly basis. Over the course of a year, make a practice of noting your observations in some form.