

Journal writings -- Henry David Thoreau 1817-1862 (Naturalist/Philosopher)

1. READ SOME QUOTES FROM THOREAU:

“I went to the woods because I wished to live deliberately, to confront only the essential facts of life, and see if I could learn what it had to teach, and not, when I come to die, discover I had not lived.” (Written at age 27)

“I think I cannot preserve my health and spirits , unless I spend four hours a day at least -- and it is commonly more than that -- sauntering through the woods and over the hills and fields, absolutely free from all worldly engagements.”

“As for complex ways of living, I love them not, however much I practice them. In as many places as possible, I will get my feet down to the earth.”

“It is well to find amusement in simple things. These wear best and yield most.”

2. GO TO A NATURAL PLACE:

Go to a natural place where you can sit undisturbed by conversation and preferably undisturbed by manmade sounds. A park or a field. Sit quietly and “listen” with all of your senses to the community surrounding you. For 10 minutes record sounds, smells, sensations, observations. Then put down your pencil and just sit with your senses tuned to the area. After a half hour write about the experience, where your mind wandered, and what value, if any, there is to adding this type of activity to your weekly list of things to do.

3. EXTRA CREDIT:

“There is no quiet place in the white man’s cities. No place to hear the unfurling of leaves in spring, or the rustle of an insect’s wings. What is there to life, if a man cannot hear the lonely cry of the whippoorwill or the arguments of the frogs around a pond at night?” ~Chief Seattle

Do you like this statement? Why or why not? How does it relate to you?