



Feelings

by Adèle Chevalier and Zoé Alvarez

“Keep close to nature’s heart and break clear away once in a while and climb a mountain or spend a week in the woods. Wash your spirit clean”.

John Muir

One of the first activities we did in the reserve was to open our minds and feel different things in a part of the forest. In this place, considering the rules of this nature reserve, we felt nature was respected. At the beginning of the outing, we were given time to find our ways to make our minds adapt to this new place. Alone or in small groups, as we preferred, we were given the opportunity to feel in harmony with this haven of peace. This place enabled our minds to escape: everything was calm and quiet. We could hear the bird songs and the tree leaves, slightly shaken by the wind, falling on the ground. Thanks to this atmosphere, we felt free and we could feel the power of nature.

“In every walk in nature, man receives far more than he seeks”

John Muir

The smells of the moss, the tree bark, the sound of the branches cracking under our feet gave us the impression that the forest spoke to us. We realized that the landscapes were not the same everywhere. Some were dry and some others were wet. It was interesting. When we raised our heads we could see the height of the trees and we felt very small and humble.

I have got many best memories in this reserve
Discoveries, surprises, close ties ;
The emergence of a sense of adventure
That changed our perceptions
The leaves, the trunks, the moss, the rocks color
Who wouldn't be filled with wonder in such an environment ?
Just walking and contemplating the landscape
I could smell and listen to the forest
I felt so well that I forgot who I was

Adele



“The clearest way into the universe is through a forest wilderness”
John Muir