

**SEASONS OF OUR LIVES**  
**MONTH ONE – SEPTEMBER 2025**  
**Assignments for period September 14 to October 10, 2025**

**NATURE QUEST**

Go out into nature, alone, prepared with what you need (i.e. water, appropriate clothing, journal, pen, blanket, snack, etc.). Go with an open mind, an open heart, and an open spirit. Allow yourself to be guided to a place where you can sit and *'just be'*. This could be a favorite spot or somewhere you have not been before. Settle in, both with your body and your inner being. Be a quiet observer of what is happening around you – what you see, smell, feel, hear taste and sense – and notice what is taking place within you. Do not judge. Just be present, receptive, and aware. Consider staying between one and three hours. Take your time. Before you leave, give thanks for what you have received during this time.

**RESPONSE TO YOUR NATURE QUEST**

Reflect on your time in nature. You may journal right away or you may like to take some time to be with your experience before recording it.

When you are ready, creatively respond to your nature quest. You could do this by writing a poem, journaling, creating a picture or making something out of clay or other material, creating a collage from magazine photos or from things you collect in nature. Be creative!

Take a photo of what you create which can be used to share with others including your mentor and colleagues and as a memory of this nature quest.

**READINGS**

- The Nest in the Stream: Lessons from Nature on Being with Pain. Michael Kearney, MD Beginnings, pages 21-71.
- The Circle of Life: The Heart's Journey Through the Seasons. Rupp, Joyce; Wiederkehr, Macrina. 2006. Sorin Books. Season of Autumn, (pages 165-168).
- Web of Life – Chief Seattle: <https://www.awakin.org/v2/read/view.php?tid=345>.
- The Quiet Listeners. Laura Foley. <https://www.lauradaviesfoley.com/poems/2015/8/22/the-quiet-listeners>
- Bridges Transition Model, William Bridges Associates. <https://wmbridges.com/about/what-is-transition/>.

**AUDIO VISUAL (on website)**

- Season of Autumn – Circle of Life (as above)
- Lesson Four: Nature Connection as Medicine (Michael Kearney) – 9 min (Soul and Science)
- The Garden (Debbie Doornbos)
- Deep Resilience (Michael Kearney, MD), YouTube. [https://youtu.be/LHQo713mpe0?si=LfGiv\\_UjLE\\_4gjZl](https://youtu.be/LHQo713mpe0?si=LfGiv_UjLE_4gjZl).

## MUSIC

**Vivaldi: *The Four Seasons Violin Concerto, Israel Philharmonic Orchestra*** October F Major, Op.8 No. 3, RV 293 'Autumn' 1: Allegro, (4.56 min) <https://www.youtube.com/watch?v=I9Zem3jLY0c>

**George Winston: *Autumn*** October Woods (6.45 min)  
<https://www.youtube.com/watch?v=8CDNjKHTkpg>