

SEASONS OF OUR LIVES
MONTH THREE– NOVEMBER 8, 2025
Assignments for period November 9 to December 12, 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)
Seven Stories of Nature: Story No 4 – The Nest in the Stream

AUDIO

Surrender Guided Meditation, Michael Kearney, MD
<https://drive.google.com/file/d/1B67uwL1ZgEylZ5PUAQOqd2LMrE2G6gug/view>

VIDEOS

Soul and Science - Lesson Three: New Relationship to Pain – 8 min (Michael Kearney)

YouTube - We Remember Them
https://www.youtube.com/watch?v=PC9bz_zEGLw&t=1s.

Tear Soup: A Recipe for Healing After Loss by Pat Schwiebert and. Chuck DeKlyen
https://www.google.com/search?q=tear+soup+video&oq=tear+soup&gs_lcrp=EgZjaHJvbWUqBwgCEAAyGAQyCggAEAAy4wIYgAQyBwgBEC4YgAQyBwgCEAAyGAQyBwgDEAAyGAQyBwgEEAAyGAQyBwgFEAAyGAQyBwgGEEAAyGAQyBwgHEAAyGAQyBwgIEAAyGAQyBwgJEAAYgATSAQk1Mjgxaj

[BqMTWoAgCwAgA&sourceid=chrome&ie=UTF-8#fpstate=ive&ip=1&vld=cid:616468dc,vid:-S-sxHSaE2M,st:0.](https://www.youtube.com/watch?v=HT6_zBWYxz0)

The Fall of Freddy the Leaf by Leo Buscagli.

[https://www.youtube.com/watch?v=HT6_zBWYxz0.](https://www.youtube.com/watch?v=HT6_zBWYxz0)

MUSIC

Vivaldi: *The Four Seasons Violin Concerto, Israel Philharmonic Orchestra*

November: Vivaldi: The Four Seasons Violin Concerto in F Major, Op.8 No3, RV 293

“Autumn”: III Allegro “La Caccia 3.15 min

<https://www.epidemicsound.com/music/tracks/a15401c6-e467-4a56-af0c-96cbe9953614/>

Tranquil Paradise: Music heals the heart and blood vessels; calming music restores the nervous system. (3:54:58)

<https://www.youtube.com/watch?v=hZWrlqxALd8>

TO FURTHER ENRICH YOUR EXPERIENCE

Surrender by Tom Ryan

An Autumn Blessing by Joyce Rupp and Macrina Wiederkehr

We Remember Them: A Jewish Remembrance by Sylvan Kamens and Rabbi Jack Riemer

There is A Season for Everything by Joyce Rupp

Richard Roh’s Daily Meditation – Lamentation: “A Cry to God”

Richard Roh’s Daily Meditation - Powerlessness: “Here in Dust and Dirt”