

Hari Subba

To- Mrs. Johnson

Biology-1010

Natural Observation Essay

With my pen and notebook in hand, I sit down on the swing bench in beside of my house. Focus into all my senses, I close my eyes, I slow my breathing, and I deepen my concentration towards the Nature. Free from visual distractions, I calm my mind and lay down to take in what I could observe through my auditory senses. I feel the cold air in my face thought it was lightly sunny day. I feel the gentle breeze. I open my eyes and squint at the change in light. Eyes narrowed, I survey my surroundings. The clear sky didn't have a single cloud to block the rays of the radiant sun. As I began to relax and more focus, I could start to sense a feeling of peace as I gazed at the outstretched deep blue canopy above and felt the penetrating warmth that emanated from the sky.

As a time goes It was getting cold and sun was giving less shining that evening, A Cricket were still chirping, the song of birds, their morning gatherings, the breeze that sways trees and the winds that blow your mind away...it's all nature and beauty divine. Nature is everywhere and not just in the liberty park that I was standing to jotting down this essay.

I did see nature even in the cities, there big majestic, bold and symbolic building that I can see from the northwest of the park. I took a rest in one bench on the middle of park and think-In

the midst of our busy, hectic, stressful lives; we fail to think about anything other than duties and few priorities. We spend all our free time watching TV or playing on the Internet. If we spent some of this time tending gardens or walking in the park, we'd find it way more relaxing, if not entertaining, than anything else. Nature is serene, beautiful, lovely, unique and a gift to every one of us. Experiencing it should be a part of our lives.

And I think for the next time when I am bored or stressed, I must take a break and listen to the birds tweeting, the wind blowing, water lapping on the shore of pond, the crickets cricketing all night long and the trees swaying. See the breathtaking sunrise and sunset-how in minutes a blanket of darkness overcomes light and how the light wins over darkness. See the birds in tens, hundreds and thousands, flying away home, the clouds each of them, having their own story to tell, the plants growing greener by the day, the flowers smiling, the stars twinkling in complete darkness. Feel the shades of the trees and the lovely gentle breeze. I took a closer walk with nature in the park.

Nature is the world around us, except for human-made phenomena. As humans are the only animal species that consciously, powerfully manipulates the environment, we think of ourselves as exalted, as special. One of my motives in sharing what I've learned from nature study is to help empower others. Even if a person doesn't find nature effective for inspiration or education, it is good to "strike it off the list of possibilities" and go on to sample something else, such as religion, art, work, etc. Find our love in life and pursue it passionately.