Trying to adapt my body to nature in a way to sense it deeply, I feel my body and its all perceptions have got really tired in the same path where I often hike in physical comfort zone. Paying attention to the structures, movements and sounds of trees, flowers, animals and wind, I have realized that the outer nature can totally occupy my inner nature. Some animals are not willing to show off their body but voice. I have never heard voice of woodpecker before this hike. Since I was not able to see that woodpecker, an imaginary picture of it came to my mind, which I can imagine owing to the cartoons or my boyfriend’s childhood toy that he still keeps. On the other hand, some animals are not willing to show their voice but their body. I have never seen black snail before this hike. I was hearing lambs sound getting louder and louder as I was walking farther and farther. Finally I saw them. They were hanging around with a donkey who was keeping in silence, but moving to me with a threatening face as I was approaching the lambs.

In these times, yellow flowers are blossoming everywhere. I am not talking about the ones which turn into pollen and spread everywhere naturally with the help of wind. What I am talking about is literally everywhere, hitting my eyes as neon color as the sun reflects on. I pass dark and chaotic forests ending with endless field of this flower. It is so apparent that they are planted by humans with a perfect order unlike natural chaotic forest. What they do is synchronized moving with the wind and heavily smelling honey. Surely, bee sounds cover these fields because of this smell. What was making me surprising and stimulated my affection was definitely these flowers. I kept asking why and how people plant them on such a vast area in such an orderly way. They just look too perfect to be true. I could not prevent myself from using my phone during this hike because I just wondered so much about these flowers. What I found is that they are no good for the nature, destroying soil by loosening its efficiency for other type of blossoms. They are just planted by humans with the purpose of utilizing its oil mixing with petrol. They seem like the conqueror of the nature these times, not naturally but culturally. However, I also saw these flowers somewhere out of the fields, they were just a few and smaller. It made me think and assume that they might be naturally there without giving a trouble to the soil.

 Walking to understand nature also made me 1-hour delayed to finish the rotation on time as I always finish in 2 hours. I let the nature intervene my speed by stimulating me. Drawing my attention, it made me bend my knees frequently to see the shapes of those nonhuman species better, to smell them intensely and to hear them making tiny sound. First, I had not even realized I was getting tired because they were occupying my mind. As I used my knees to step over rocks, natural stairs, to bend and as I got thirstier and thirstier, I started not to go through the untouched paths but the paths made by humans because I was not willing to give more effort to move. Some trees were death and fell down. I was avoiding pass under them. Rather, I was going over them by using my arms and hands more or going around them to continue my route. Actually, there were not few. Trees are often dying and falling down. With wind, they sound and swing like moving wooden door. Getting in nature feels so good, but at the same time spooky as I see such natural events dangerous for humans. Nature, especially dark forests seem not welcoming us as humans. It might be because we destroy even if our intention is not to do so. As I see, tree roots, on the paths humans created by stepping over at the same place, have become stairs for human. Roots have no soil to bind. Moreover, these forests with big trees and odd animals are strong enough to make me feel vulnerable inside when I pay attention them deeply by listening and looking at them. On the other hand, the odd animals such as woodpecker, black snails, millions of small bugs were making me go distance with reflex like speeding me up, closing my mouth and nose, changing the place where I step in order to block myself from being hurt or disgusted by them. Furthermore, I only passed by the sidewalks of the fields of yellow flowers rather than getting into. With this intense smell and the huge number of bees would not let me freely in. What is welcoming me was the sidewalks and paths made by humans unnaturally because I feel much safer. Maybe, I, as a human, am really used to cultural intervention to the nature.

At the end, I arrived home with muscular pain in my calf and knees. I was really thirsty and hungry. In order to get home quicker, I was walking faster and faster which made my heartbeats quickened. Particularly, the rout ends up hill in a very humid forest. I was sweaty but at the same time my skin was really moisturized by the humidity. My shoes were totally muddy and wet since I went to hike after rain. Rain keeps its influence in nature for a long time even after quite a while. Its smell stays heavy till strong sun which helps the nature get dry. Therefore, this time, leaves, grass, animals were so wet. Their being wet pass on my skin and hair. My sweat mixed with rain drops falling down from the leaves. Snails who love wet weather and soil literally showed up. High oxygen level made my lungs and veins, impermeable to oxygen, full of oxygen. My face got red. My fingers got bigger, which I do not know why; maybe because of a kind of allergy or a temporary reaction of my inner nature to the outer nature. It is for sure that I definitely felt different than being at home while being in nature.