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 ., an imaginary picture of it comes to my mind, inspired by the cartoons or my boyfriend’s childhood toy that he still keeps., Other 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.

yellow flowers are blossoming everywhere. pollen spread with the help of wind, hitting my eyes as neon color as the sun reflects on. endless field of this flower. a perfect order. What they do is synchronized moving with the wind and heavily smelling honey. bee sounds cover these fields . What was making me surprising and stimulated my affection was 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 use my phone , I just wondered so much about these flowers. they are no good , destroying soil by loosening its efficiency for other type of blossoms. They are 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. I also saw these flowers somewhere out of the fields, they were just a few and smaller. It made me think that they might be 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 I was not willing to give more effort to move. Some trees were dead 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., 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.

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 route ends up hill in a very humid forest. I was sweaty but at the same time my skin was moisturized by the humidity. My shoes were totally muddy and wet since I went to hike after rain. Rain keeps its influence for a long time . Its smell stays heavy till strong sun which helps the nature get dry., 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.