



## Musing

August 2020 – Excerpts from “Reflections from the North Country”

Sigurd F. Olson

*In these unique, trying times it is easy to get "caught up" in the stress and anxiety swirling around. I found taking time to reflect on the following writings by a favorite author, Sigurd F. Olson, brought a sense of calm and clarity.*

*These excerpts are all from his book “Reflections from the North Country.” I hope you enjoy them as much as I do.*

*--Barbara Possin*

### **SOLITUDE**

Wilderness can be appreciated only by contrast, and solitude understood only when we have been without it.

### **LOVE OF THE LAND**

Love of the land is the basis for the unending struggle of those who really care against those who see only material rewards.

### **BALANCE AND ORDER**

Nature is always in equilibrium, and only when we manipulate it for our own purposes do we contribute toward imbalance.

### **TIMELESSNESS**

When one finally arrives at the point where schedules are forgotten, and becomes immersed in ancient rhythms, one begins to live.

### **HARMONY**

Harmony is the musical flow of environmental awareness and evolutionary knowledge through the mind of man.