Worksheet- Geological Time and Mindfulness

"I saw that by going down that huge fissure in the face of the earth, deep into the space and the silence and the solitude, I might come as close as we can at present to moving back and down through the smooth and apparently impenetrable face of time" Colin Fletcher's words -in The Man Who Walked Through Time- (1968)

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In Mindfulness Practices- apart from the routine sense aspects of Taste, Touch, Sight, Smell, Sounds, Time and Cognition-way of looking can add further nuance.

Which Ancient Sea and Iceage elements can be seen in Riverwood and how did the forest ecosystem of Riverwood evolve?

What does the approach of explorers like Fletcher, Grua say about Grand Canyon and how does sense of Geological Time affect your sense of a place?

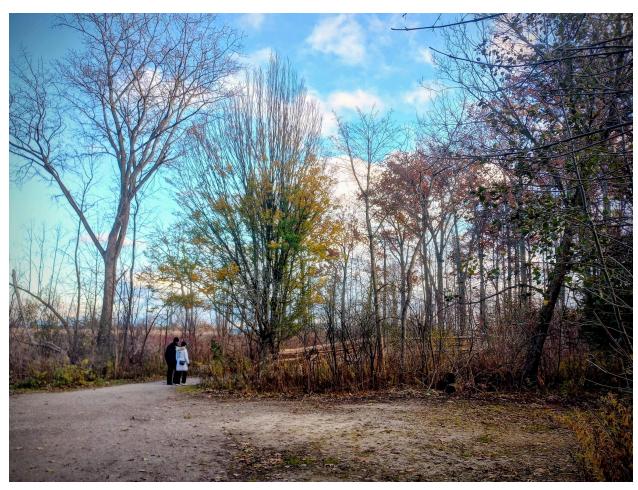
Earlier Perspectives

2015 Palam Discussions and Tripoli Walks 2015

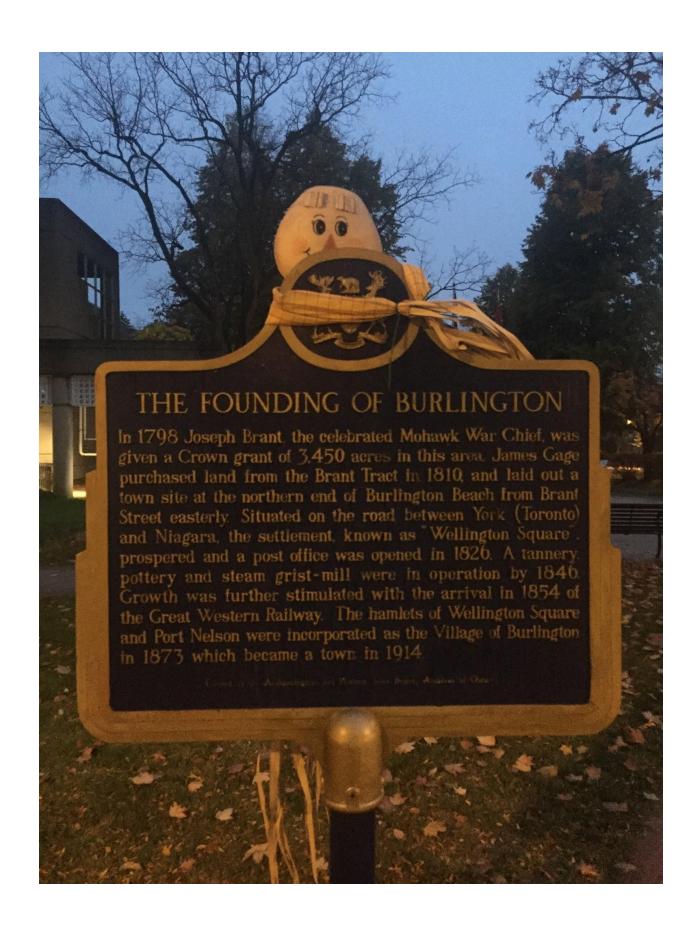
2019 50 years of Man on Moon



Bronte- Oakville



Rattray- 50 years of conservation-1975-2025



Local Histories- Founding of Burlington - from 1790s- to establishment of a post office n Wellington-1926, to incorporation of town in 1914.