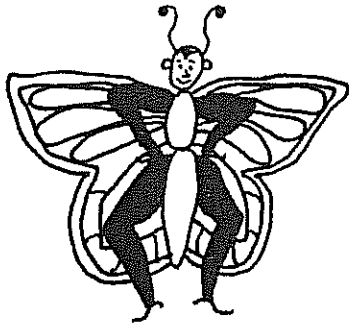
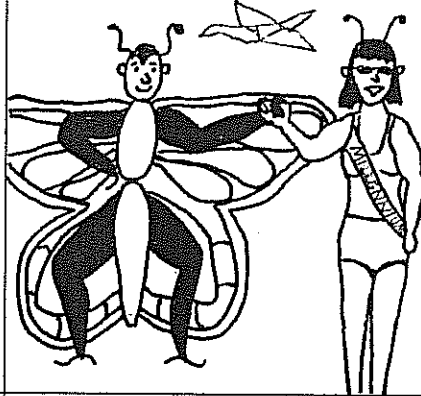


# Mike The Monarch

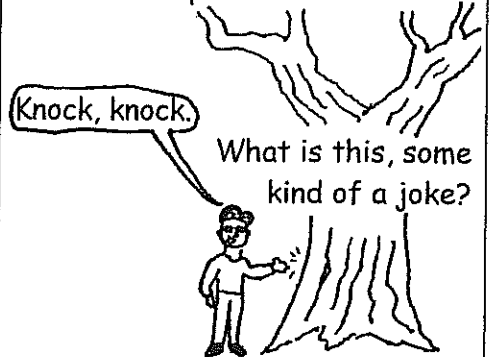
*The Spirit of Nature*



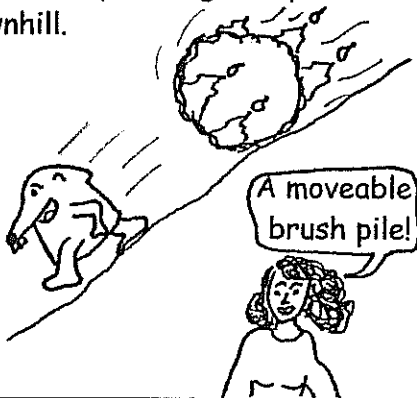
Being out in nature has always been a spiritual experience...



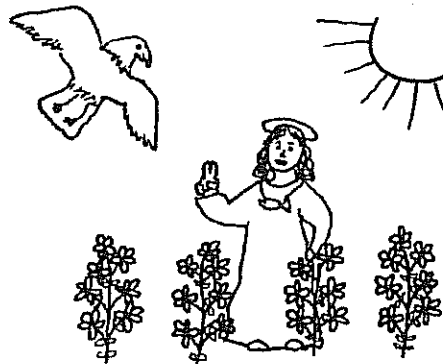
People "knock on wood" for luck because the ancients believed there were spirits in the trees.



People celebrated the Summer Solstice by rolling fiery wheels downhill.



The Summer Solstice Became St. John's Day to early Christians.

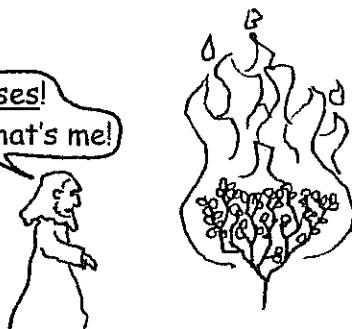


Fall is a time for harvest holidays like Lughnasadh, All Saints, and even St. Crispian's Day!



Trees and shrubs have great religious meaning—from the burning bush...

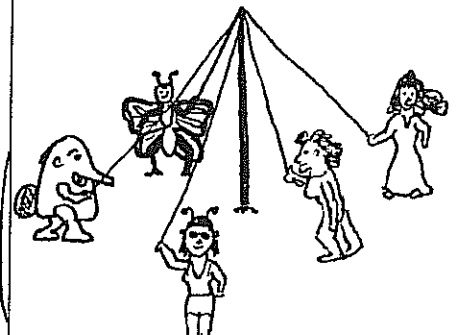
Holy Moses!  
--Hey, that's me!



To the bodhi tree.



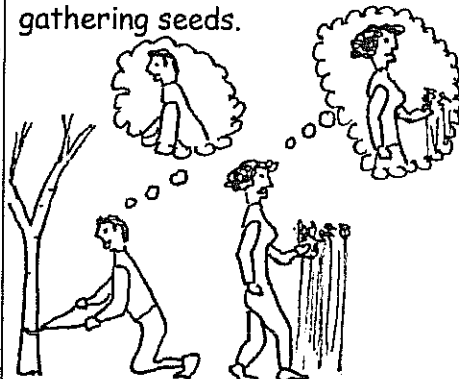
Nothing beats May Day (or do you say Beltane) for honoring the rebirth of nature.



Can anyone doubt the divinity in a sunlit forest?



If you wish for mindful practice, spend hours cutting brush or gathering seeds.



Restore the earth.  
Restore the balance of nature.  
Restore your spirit.  
Restore yourself.

