



The Rhythm Way Self Guided Course | Nature-Based Practices

# For Wild Connection

with Laura Larriva Page

Session VI

# Wild Love.



*"Tell a wise person, or else keep silent,  
because the mass man will mock it right away.  
I praise what is truly alive,  
what longs to be burned to death.*

*In the calm water of the love-nights,  
where you were begotten, where you have begotten,  
a strange feeling comes over you,  
when you see the silent candle burning.*

*Now you are no longer caught in the obsession with  
darkness,  
and a desire for higher love-making sweeps you  
upward.*

*Distance does not make you falter.  
Now, arriving in magic, flying,  
and finally, insane for the light,  
you are the butterfly and you are gone.  
And so long as you haven't experienced this: to die  
and so to grow,  
you are only a troubled guest on the dark earth.*

— Johann Wolfgang von Goethe



## SESSION V | WILD LOVE

If you have questions, comments or would like to share what you've discovered so far, you can catch us on Instagram @therhythmway, on Facebook, or send us a message.

**This is our last week together in Wild Connection.** I hope it has served you, and inspired you to continue developing an intimate relationship with the wilder world. As we part today I'm thinking of belonging, and how our sense of whether or not we belong deeply is often too-narrow, human-centric, and dependent upon the external validation of others. When we connect with the wilds - and with ourselves as an aspect of what is wild, we come to know through experience, that we belong to earth. We belong - just as the flowers

belong, and the trees belong, and the grey fox in the desert belongs...we belong. We each have a place, and a part to play. When things go sideways in our daily lives, in our vocations or our relationships, I hope you can return to some of these practices, to regain or remember the larger ecosystem you are a part of.

This final practice is simple - from my heart, to your heart, to the heart of the world. It's been a beautiful journey. Deep bow to you friend! (oh, and if this journey served you, I'd love to hear about it!)



## Wild Love.

**Go out and wander to a wild or semi-wild place.** Bring your journal with you.

Take a moment simply breathing and centering. Notice the season in this place. What is happening around you? What are you a part of? What do you see and feel and imagine in this place?

Call in your inner resources, your strength and softness. Feel yourself in your wholeness. If it feels right to you, begin to express your praise and appreciation for what you see around you.

**Write a love letter to this place.** What would you say to the landscape if the landscape were to understand you? (and it does!) Be specific about what you love. What does that love inspire in you? Call you into? What emotions are present?

When you feel complete, you might sit and listen to any response that might come. You might ask the land what you might need to remember about healthy love, generosity, and service.

In return, write a love letter to yourself from the perspective of that place and what it inspires in you. Be specific and write down details. What do you need to remember or see? How is the land loving you?



*“This land like a mirror turns you inward  
And you become a forest in a furtive lake;  
The dark pines of your mind reach downward,  
You dream in the green of your time,  
Your memory is a row of sinking pines.*

*Explorer, you tell yourself, this is not what you  
came for  
Although it is good here, and green;  
You had meant to move with a kind of  
largeness,  
You had planned a heavy grace, an anguished  
dream.*

*But the dark pines of your mind dip deeper  
And you are sinking, sinking, sleeper  
In an elementary world;  
There is something down there and you want it  
told.”*

— Gwendolyn MacEwen



# REFERENCES

Plotkin, Bill. Soulcraft: Crossing into the Mysteries of Nature and Psyche. Novato: New World Library, 2003.

# ADDITIONAL RESOURCES

[Soulcentric Coaching Sessions with Laura](#)

[Join us on the land for our next Wild Immersion](#)

[Check out additional complementary self-guided courses and written resources here.](#)

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Thank you so much for joining me on this journey! If you feel you were served by these practices, please share with others. I would appreciate hearing from you! Be well.

A handwritten signature in black ink, appearing to read 'Laura', with a stylized, flowing script.