

Nature Pod Newsletter

Days of Fire and Sun



The American lyric poet Sara Teasdale wrote a poem in the early 1900s called “Oh Day Of Fire And Sun”, describing blissful hours spent with a loved one on a warm, sunny beach under blue skies. But the poem does not end happily: “Slow days go one by one, But you have no returning.” The sadness and loss that her words portray are becoming increasingly familiar emotions in today’s world, as Earth’s inhabitants experience unprecedented disasters ranging from runaway wildfires, scorching heatwaves and prolonged droughts to devastating floods and landslides caused by soils drying and glaciers melting in record-high temperatures. For far too many souls, there is “no returning”.

And yet, without the Sun’s generous gifts, life on Earth would not exist. Its gravity holds our solar system together and keeps Earth at a comfortable distance for us to enjoy just enough light and warmth. Without sunlight to feed photosynthesising plants, we wouldn’t have oxygen to breathe, food to eat, or wood to burn and build with. Without the Sun there would be no winds, ocean currents or clouds to transport water. And it is renewable energy sources like solar photovoltaic power that have started eclipsing, and will soon overtake, coal-generated power, says the International Energy Agency.

Fire and light are both powerful sources of generative life as well as fearsome destruction. In this month’s newsletter, we explore these polarities and embrace our role in ensuring we harness Nature’s gifts for good.

Feedback on Past Events

Community Inquiry Session

In August members of the community convened for an inquiry session, holding the paradox of grief and joy with nature and nature coaching. Some of the topics that came up included: how to do nature coaching online; reciprocity – giving gratitude and practical gifting such as planting; interconnection – feeling the grief for nature as part of our ecological self; the importance of inner work as part of nature coaching; and living in simplicity.

Way of the Whale

The session wove many themes of water and whales, learning about whale fall and the Sedna myth of metamorphism, experiencing the whale pump breath, exploring water consciousness and diving in a Scandinavian peak nature immersion in the depths of the ocean. From the meditation we shared experiences of temperature change, fears around deep water and uncomfortable spaces and the feeling of surrender when undergoing change.

Inspiring the Way of the Whale session, Hazel Farrer experienced a 'Land Tantra' nature retreat in Iceland. The photo was taken in the middle of the night under the midnight sun, working with fire, surrounded by ice.



Global Nature Days & Events to Remember

International Day for Clean Air & Blue Skies - 7 September

World Ozone Day - 16 September

World Bamboo Day - 18 September

Bamboo embodies strength, flexibility and endurance. It grows tall, fast and true, and is used to make clothes, build homes, fuel fires and even feed pandas.

Equinox - 23 September

World Rivers Day - 28 September

World Habitat Day - 1 October

International Day for Climate Action - 24 October

CCA Nature Pod Events

[What can waves and blue spaces teach us about ourselves, each other and the nature of change?](#) - 16 Sept, 16:00-17:30 BST. Lizzi Larbalestier, Blue

Health Coach, speaker and author invites us to explore the nature of waves, attuning our senses to the analogue world and finding a confluence between quantum physics and poetry.

Composting Coaching: What does nature-aware coaching still assume that needs to rot? - 22 Oct 16:00-17:30 BST. Zarine Jacobs, Sid Hamid and Naomi Ward will stay with what nature-aware coaching might usually turn away from - the rot, the decay, the decomposition already happening in our practice whether or not we've given it permission.

Knepp Walk Community Gathering - 23 Oct, 12:00-15:30 GMT. Continuing these walks through the spectacular rewilded land of the Knepp Estate in Sussex, UK, Sarah Hardman and Clara Kallai, will host this soul-enriching in-person community meander.

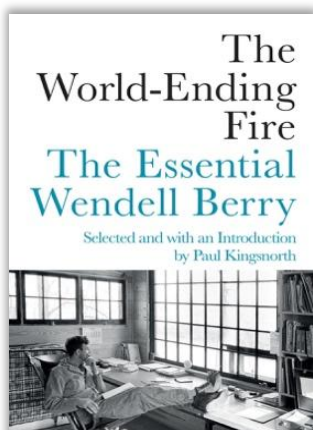
Community Inquiry Spaces 28 Oct, 16:00-17:15 GMT. Anna Brown will host a collaborative environment where the collective wisdom of the Pod takes centre stage in this co-inquiry, working with whatever topics emerge in the moment.

Nature-based Coaching with ADHD Clients - 5 Nov, 16:00-1700 GMT. James Farrell leads this session where members can discover how Nature can inspire coaching with neurodivergent clients - especially adults with ADHD. In this engaging, interactive session, we'll explore how Nature Based Coaching can help transform challenges like attention, motivation and emotional regulation into concentration, calm, creativity and compassion.

Community Meeting / CCA Nature Pod 3rd Anniversary - 18 Nov, 16:00-17:15 GMT: "Polarities, Paradoxes and Paradigms". To celebrate the third anniversary of our Pod and moving beyond our 300th member, in this time of polarities and division, we will come together as a Pod to explore some of the paradoxes we experience as coaches and humans in this world.

- Technology, human and nature
- Joy and grief with nature and nature coaching
- Inner and outer dimensions
- Them and Us (divisions)

Visit the **CCA Coming Events Page** for more details on all these events and to reserve your place.



Resources

The World-Ending Fire: The Essential Wendell Berry - At a time when our relationship to the natural world is ruled by the violence and greed of unbridled consumerism, Wendell Berry speaks out in this book of essays, showing that we cannot afford to succumb to the mass-produced madness that drives our global economy: the natural world will not allow it. An American novelist, poet, essayist, environmental activist and farmer, Wendell passed away on 31 August at the age of 92.

Ask Nature - How does nature harness the creative destruction of fire?



Fynbos, a unique and diverse vegetation of the Cape Floristic region of South Africa, is renowned for its vibrant floral displays but also intricately woven with the rhythm of fire. Many fynbos plants, like those in the protea, erica and restio (Cape reeds) families, require smoke treatment for their seeds to germinate. Smoke contains chemical compounds that break seed dormancy, allowing these plants to regenerate after a fire and ensure the continuation of their species.

Nature practice

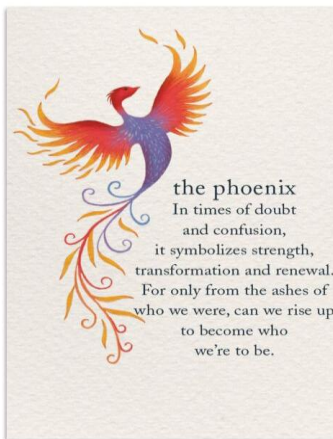
If you haven't already signed up, do join our LinkedIn Group and share your fire or sun practices on the [CCA Nature LinkedIn](#) page.

Some examples of practices may be: Sun salutation yoga practice, fire offerings of intentions and gratitude, sun gazing at sunrise, trataka (flame gazing), breath of fire, surya mudra, walking in dappled sunlight, or gazing at the marmoris (sun's shimmering light on the sea)...

And finally...

The phoenix is a legendary, immortal bird from Greek mythology that cyclically regenerates, living for hundreds of years before dying in a burst of flames and rising anew from its ashes

- Near the end of its life, the bird builds a nest out of fragrant spices and rare woods.
- The heat of the sun ignites the nest, consuming the bird until it is reduced to a pile of silvery ash.
- A new, young phoenix springs forth from the ashes, reborn and more resilient than before



Rebirth and Renewal: Just as the mythical bird bursts into flames and rises from its own ashes, the phoenix stands for the human ability to bounce back after a major defeat or loss.

Personal Growth: Overcoming deep personal trauma, grief, or major life changes mirrors the phoenix cycle of letting go of the past to step into a fresh identity.

Transformation through Fire: The burning phase signifies trials, pain, or failure. Fire acts as a purifying force that burns away toxicity, bad habits and outdated identities.

Acceptance: Sometimes we have to sit in the ashes...

Strength from Adversity: Emerging from the ashes means coming back wiser, stronger, and more unbreakable than before.

Resilience: The metaphor reminds us that hitting rock bottom or facing total destruction is not the end, but rather the foundation for a new beginning.