

Reflections of One World, by SENSRI researcher Tim Scherbatskoy

Night.... a full moon.... snow covered mountains, 12 high school students and a few adults walking in silence through the pristine woods of a deep gorge in the Adirondack Mountains. Dark, light, reflection, balance, sounds, senses, rock snow trees... Inner, outer, me, it, here, there, my world, the world, *One World*....

January 2, 2007. Snow Goose Lodge, Keene Valley, NY. The first session of the SENSRI *One World* program for high school students was off to an auspicious start with a first evening's night walk under the highest full moon between 1980 and 2020. The students had come here from Waldorf schools in Atlanta (GA), Saratoga Springs (NY) and Hadley (MA) for a four-day workshop led by SENSRI researchers and teachers Michael D'Aleo and Tim Scherbatskoy. These 12 students and three other Waldorf high school science teachers were guided through experiences and discussions designed to deepen their understanding of their connection to the world. While we usually think in terms of the inner and outer worlds we seem to experience, this workshop is designed to show how these two worlds are not actually separate. It is, in fact, *One World*, co-created by the meeting of our perceptive and thinking activities with the activity of the so-called *outer* world.



To begin to have some experience and understanding of this was the goal of this course. We spent much of our time in the pristine wilderness of the Adirondack High Peaks region surrounding the lodge in order to meet the natural world directly and purely. We hiked, observed, explored, listened, and experienced the mountains, ravines, gorges, cliffs, tumbling brooks, rivers, and forests.



Sitting around the fireplace after meals, we discussed our experiences and developed ideas about relationships between human beings and the environment. We went sledding, had more moonlight walks, observed the way water moves in highly energetic mountain streams, roasted marshmallows, and talked some more about the state of the world and our relationships to it.

Finally, we developed ideas about how one might develop a much-needed new environmental aesthetic, and new relationships to environmental technologies by being more aware of the true nature



of our own relationship to the *One World* we experience.

By all accounts, it was a rewarding and successful course, which we will repeat for adults in the summer, and perhaps again for high school students next winter.

More photos from the week:



Sledding was a popular activity



After dinner card games



Exploring the ravine behind the lodge



Floating on water?