

LAKE COMO & EL CAPITAN  
BITTERROOTS



SNOWSHOE PEAK  
CABINET MOUNTAINS



BLODGETT CANYON  
BITTERROOTS



“THOUSANDS OF TIRED, NERVE-SHAKEN, OVER-CIVILIZED PEOPLE ARE BEGINNING TO FIND OUT THAT GOING TO THE MOUNTAINS IS GOING HOME;  
THAT WILDNESS IS A NECESSITY”  
-JOHN MUIR

Much of our contemporary society has not witnessed in person what is presented in these images. We are suffering from what some scientists refer to as “Nature Deficit Disorder.” Native Americans for centuries understood the importance of being connected to Nature– it was key to their survival. When one’s connection with Nature was broken, it was said that he or she had “lost their way.” Our bodies are made mostly of water. Minerals that are found in the earth run through our vascular system. We share the same DNA that is found in trees. If you spend some time amongst rocks, water and trees, you will begin to see how everything is connected and dependent upon one another. It’s a simple arrangement. We as humans are part of this organization. Stand in the water, walk amongst the trees, put your hands in the soil, stroke a fern... and in short order, you will begin to feel better and for good reason... you are connected with the Spirit of everything.