

FOLKHEARTED PRACTICE · 10 QUOTES

IVY NEWPORT

Quotes for *Folkhearted*

Choose a quote that speaks to you, or use these words as inspiration to find one of your own. Your quote can be written in a spiral, follow the shape of your bird, or simply find its own way across the page.

"The clearest way into the Universe is through a forest wilderness."

— JOHN MUIR

"Adopt the pace of nature: her secret is patience."

— RALPH WALDO EMERSON

"Live in the sunshine, swim the sea, drink the wild air."

— RALPH WALDO EMERSON

"I believe a leaf of grass is no less than the journey-work of the stars."

— WALT WHITMAN

"To see a World in a Grain of Sand
And a Heaven in a Wild Flower"

— WILLIAM BLAKE

"I go to nature to be soothed and healed, and to have my senses put in order."

— JOHN BURROUGHS

"Hope" is the thing with feathers —
That perches in the soul —
And sings the tune without the words —
And never stops — at all —

— EMILY DICKINSON

"The sun does not shine for a few trees and flowers, but for the wide world's joy."

— HENRY WARD BEECHER

"In every walk with Nature one receives far more than he seeks."

— JOHN MUIR

"Forever is composed of Nows —"

— EMILY DICKINSON

You might also choose a line from a favorite poem, a passage from a book, a personal affirmation, or simply a few words that feel meaningful to you.

Let the words you choose become part of the story your bird carries.