

# A Prescription for Swans

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Excerpts from video, found below:

*“...But then you realize, wait a minute, this visitor in front of me is just as real as everything else in this world.*

*And, in fact, it might even be more real coming from this lake than anything that I’m told is real coming from a screen.*

*And you understand that instead of evading responsibility you’re actually being more responsible by responding to exactly what is in front of you.”*

~#~

*“...I could have walked through the sloppiest mud and pushed through the thickest thicket just to get a better look.*

*And, well, as you know by now, that’s what I decided to do – not to distract myself from the stresses and troubles that plague a modern world run on godless devices but to, instead, be even more informed and to enmesh myself even deeper into the realist, most meaningful things imaginable.”*

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by [Adam Haritan](#), [Learn Your Land](#)

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The arrival of spring can easily be seen on a lake.

Melting ice, blossoming poplars, and migrating waterfowl are among its most faithful signs. Like an unerring calendar, the lake reminds us that the darkest days have expired and a season of growth awaits.

While walking the shores of a local lake one chilly morning, I observed and heard several signs of spring. One sound in particular, emanating from the center of the water, caught my attention.

As I approached the sound, its intensity changed from a periodic “coo” to a chorus of whistles. Too early for spring peepers and wood frogs, I thought to myself, but not too early for something else I had hoped to find.

Tundra swans.

I peered through the cattails and alder shrubs to confirm my hunches. The icy lake hosted hundreds of tundra swans that had stopped for a visit on their journey to the Arctic. With a camera in hand, I decided to document the experience while musing on the subtle power of swans to heal.

*cover image credit: [JulieMimages](#) / pixabay*