

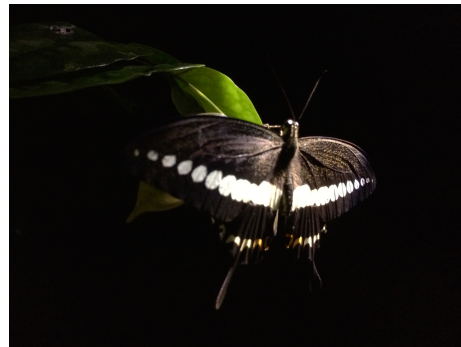
## Reflective Essay

### **Rethinking Our Relationship with Nature**

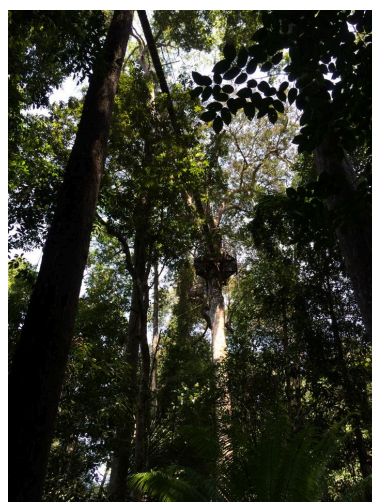
We, human beings have a connection to the nature, which cannot be severed. But it is felt when we leave the amenities of modern life and head out into an environment that is more unscathed. Today we live in a world where more people live in urban areas than rural environments and our connection with nature is being lost. Our actions are harming the nature we love.

My recent trip to Taman Negara was an eye opener, I would say. Of course i enjoyed the activities of the trip. But would nature approve of the way i enjoyed it?

I was captivated through the first activity of the trip, which was a Night Walk in the dark forests of Taman Negara. The night walk highlighted the rich diversity of micro flora and fauna of the forest. It was the first time I saw most of the species and first time I experienced their night music. Although we were quiet and careful with the torch lights, some insects we found kept running away. Even the soft noises and lights disrupt sleep and habitat of these species. Activities such as this, promoted by ecotourism in taman negara might affect the natural ecosystems.



The experience continued with jungle tracking and canopy walking, the next day. The greenery and fresh air from these activities were what we have been missing in our homes. As we walked through the jungle the nature guide showed some unique and useful trees. Trees give us echo services that we cannot measure in dollars. On the 45m high canopy walk, I was able to see the immense forest skyline. The sight brings me joy happiness and relief. It is horrible that we only see a concrete jungle when we observe the skyline from our homes.



Rapid shooting from the long narrow boats in the river was the most exciting, adrenaline rushing event of the trip. I enjoyed the waters of the river in a way I have never enjoyed before. We see the river as a recreational facility, because it's the direct way we use it. The people of orang asli who lives near the river values the river more than any of us. Any damages or changes to the river will directly affect their daily life. Their life style solely depends on what they get from nature. Their relationship with nature was definitely more stronger than any of us. We only care for what gives us direct benefits.



We need to learn from the orang asli people. We need to build a relationship with nature that is stronger than what we have with our smart phones. We need consider nature as a part of our lives rather than just a holiday plan. Otherwise what we call 'sustainable living' is just a dream concept. Nature inspires us all, but how many of us would have joined the trip if we were going to camp in the forest rather than staying in a convenient hotel room like we did? Isn't that interesting?