

## Connection to Nature

As human beings, it used to be that our entire existence depended on nature. We foraged, hunted, and lived in and near the earth. Over the past few millennia or so, we have developed homes, transportation, clothing, and devices to put a barrier between ourselves and the planet we live on.

It used to be that we ate more vegetables grown by our own hands. Since the age of industry, we eat less nutritious, wholesome foods; which also takes us further from nature.

We even have devices that make the sounds of water or frogs, so we can imagine what nature might be like.

Nature brings peace and serenity to the mind, and, has a large positive impact on our overall health and wellness.

It's time to take charge of how much nature you allow into your life and triple that. If you work in nature already, that is a wonderful start. Have you considered relaxing in nature?

Sitting by the river, stream, lake, pond, or ocean, and allowing the vibration of the water to trance you into a meditative state.

What about finding a stump, rock, or grassy area to sit in and just listening to the sounds of the woods. Then, of course, there is sky gazing; looking up at the clouds as they make their journey across the sky.

These were the ways of entertainment before stories and songs came into being, and even then, the stories and songs were often inspired by what was felt in nature.

If you did a quick search on the benefits of being in nature you will find that being in nature reduces stress, fears, and anger, and can have some added health benefits as well.

### Take Action

- Download the Worksheet and watch the video.
- Journal and ponder this with a friend.
- Comment in the group.

Empowerment Program Participants Group

<https://www.facebook.com/groups/329320037979757/>

# Notes