
LOVE THY NATURE



10 WAYS TO DEEPEN
CONNECTION

So that you can feel more alive
than you have ever felt!

1. Wake up Slowly and Stretch

A good night's sleep is one of nature's ways to restore and heal your body. In the morning, awaken slowly, stretch gently, and bring any memories from your dreams to your awareness.

2. Take a Breath of Fresh Air

Open a window every morning to invite fresh air into your room and body. Take some deep cleansing breaths, becoming fully present to the scents, sounds, and sights of nature. What do you notice?

3. Prime your Mind

Take time for meditation, even if just 15, 10 or even 5 minutes every day! The practice of being fully present with your inner nature (your breath, body sensations, and emotions) in a compassionate and non-judgmental way – is proven to balance your nervous system, increase creativity, and heighten attention.

4. Beautify your Home

Bringing plants into your home, decorating it with nature-inspired materials, adorning your walls with nature pictures and/or watching natural history movies will bring you (and your loved ones) daily doses of wonder – without even leaving your home!

5. Hang out with Trees

Scientists discovered that trees release “phytoncides,” volatile organic compounds that stimulate the production of our NK (Natural Killer) cells, which strengthen our immune system, protecting us from viral or bacterial infections. Time in nature also reduces the stress hormone cortisol, improves our cardio-vascular system, and even prevents cancer!

6. Take your Nature Fix

Spending time outdoors every day might just bring a smile to your face. Research has shown that just 20 mins a day at a city park relaxes the sub-genial pre-frontal cortex – the part of the brain that is associated with rumination, which is the pre-cursor for depression. So, nature connection is an anti-depressant with no side effects or price tags attached!

7. Have a Date with the Ultimate Muse

Feeling a creative block? A walk, a swim in a lake, river, or ocean, or even just a view of nature is likely to unleash your creativity! And if you're seeking to join a group, collaborate with potential partners, or ignite a joint creative project, musing outdoors in parks, by a water way, or on a hill looking down onto the world below can ignite a sense of purpose, inspiration, and creative flow. Don't just take our word for it. Try it!

8. Take your Loved Ones Outdoors

To create a deeper bond with others – friends, family members or a romantic interest – leave traffic, digital gadgets, and noisy restaurants behind. Instead, take them for a picnic on a wondrous natural place being fully present to the beings that surround you (from birds to trees to clouds to mountains). You will find a sense of peace, authenticity, joy and connection that only nature can provide.

9. Go “Forest Bathing”

Forest Bathing is the loose translation of “Shinrin Yoku,” the Japanese tradition of slowing way down to experience the forest with your senses. Let yourself touch the bark of a tree, listen to the sounds of cicadas, or feel the water from a creek caress your feet. In addition to promoting physical, mental, and emotional health, nature will evoke heightened awareness, curiosity, wonder, and awe.

10. Visit Magnificent Places

At least 2 weeks per year, take yourself and your loved ones to a place that will take your breath away. Hike up a trail reaching a gorgeous waterfall, observe wildlife like you've only seen in movies, snorkel among fish and colorful reefs. Those experiences will help you realize that you belong to something so much bigger than yourselves - and rediscover what it means to be fully alive.

**Life is too precious to miss out
on the wisdom and wonder of nature**



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