

# Reconnecting with Nature



## Natural Gardens for the Future

### 1. Introduction

## Reconnecting with Nature

We are now realising that our historic lack of concern for nature and the biosphere of the Earth has had a damaging effect on the health and future of ourselves our civilisation and our planet.

In contrast, the benefits of a better sensitivity and connection to nature, are becoming increasingly clear, both to our world as a whole and to our own individual well-being throughout our lives; indeed it will be critical to all our futures.

*“We no longer listen to what the Earth, its landscape, its atmospheric phenomena and all its living forms, its mountains and valleys, the rain, the wind, and all the flora and fauna of the planet are telling us.”*

*Thomas Berry, Philosopher, 1914 – 2009*



**John Edge**  
Presenter

## It starts in Our Own Lives ...

Even where our future need a collective approach it still all starts within our own lives, and in the gardens or landscapes near our homes. So here we are exploring how we may improve our sensitivity and reconnection to nature and better understand her fundamental patterns or laws.

We then explore how we may design our own gardens and landscapes in special ways, to create new natural spaces of well-being that deeply enhance our lives, and reflect our concern for the future.

*“The more we become multisensory persons, the better we can relate, feel and experience the interconnectedness of all things .. A multisensory person can feel the energies not only of other people, but also of the flowers, the sun, the trees, the Earth’s energy.”*

*Princess Irene of the Netherlands, social educator, 1939 -*



## Applied in a Lovely Valley Setting

These ideas can be applied anywhere, from small patios to hillsides, but our exploration is based in a lovely valley in West Wales, a farm of 50 acres called Cwmgyfeile (Cwm for short).

Here there is a living experiment to design both the wider landscapes, and the smaller garden spaces to create new styles that specifically enhance our well-being and ability to reconnect to nature.

Most pictures you will see are from Cwm itself.

*“And this, our life, exempt from public haunt, finds tongues in trees, books in the running brooks, sermons in stones, and good in everything.”*

*Shakespeare, playwright, 1564 - 1616*



## Gardens for the Future Explores ...

1. Nature's laws and patterns that can be seen around us, in the Universe, the Planet and in us humans.
2. How increasing sensitivity to these influences in nature and in landscapes, trees and plants is so valuable.
3. Designing landscapes and gardens for the future using these principles.
4. Looking deeper at the spiritual aspects, and exploring Nature's healing ways.

... All in a practical way  
you can use yourself.



## How Gardens for the Future May Help You

The presentations are to help us *design* our garden spaces to encourage our reconnection to nature and enhance our well-being in all kinds of ways.

They can be threaded through our own ideas and thoughts and preferences, or used on their own.

We will still need our own cultivation and plant reference guides and food growing, a speciality of it's own, is not a focus of this series.



# How to Follow Natural Gardens for the Future

Reconnecting with Nature - Natural gardens for the Future will be appearing regularly on Templates for Change website [www.templatesforchange.org](http://www.templatesforchange.org)

They will be on T4C's You Tube channel, and website links. Each will last about ten minutes.

The series will build up into a complete exploration of all the key ideas, that you may practise and use yourself. ... and in future there will also be hands on seminars and workshops.

Join our T4Cnetwork, to get up to date information on the next presentation, or follow us on Twitter.





Gardening is an active participation in the deepest  
mysteries of the universe.

*Thomas Berry, philosopher, 1914 – 2009*

[www.templatesforchange.org](http://www.templatesforchange.org)

Next presentation coming soon .....