

Templates for Change

Reconnecting with Nature



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Intro - The Healing Power of Nature

A New Harmony with Nature

A remarkable consensus is developing with philosophers, ecologists, even politicians that in the 21st century our civilisation needs an urgent rebalance, so that we live in far greater harmony with the natural worlds and the Earth that sustain all life including ourselves

“The Great Work is to carry out the transition from a period of human devastation of the Earth to a period when humans would be present to the planet in a mutually beneficial manner.”

Thomas Berry, Philosopher, 1914 – 2009





Nature's Ways of Wellbeing

This urgent reconnection, is not only vital to our civilisation's future, but being with nature also has many healing benefits for each of us in all kinds of ways. Indeed this ancient wisdom is now being rediscovered and supported by doctors and health experts.

Nature's healing properties not only have important physical and mental benefits, but also can deeply enhance our emotional and spiritual connections to the profound mysteries of our world.

Physical and Mental Health

Natural settings may infuse us with fresh energy and relax our senses and help faster recovery from illness; simple things like walks in nature encourage fitness, physical and cardio health and strength.

Mentally, the mind clears and 'recharges', attention and concentration improves, depression lifts and we are freed for enhanced reflexivity and deeper philosophical thought.

"Everybody needs beauty as well as bread, places to play in and pray in, where nature may heal and give strength to body and soul."

John Muir, conservationist, 1838 - 1914



Enhancing Emotional Sensitivity



Emotionally, our mood is enhanced by contact with nature, anxiety and stress is reduced, a sense of peace grows and our emotional balance and harmony is restored.

From here feelings may focus better on the amazing natural life around us; and our appreciation and sensitivity may gently develop to these other lives with whom we share our Earth. It is indeed such feelings that help open the door to the better future we seek.

“One touch of nature makes the whole world kin.”

Shakespeare, 1564 - 1616

Deepening Spiritual Connection

Spiritually we may reflect on important issues as we experience the web of life and the universe we are part of. Being with nature can also help us dwell upon, and bring us closer to understanding our own nature and our human spiritual quest.

As we sense the mystery of the natural creation that surround us, we may also more deeply sense our connection to this mystery, and the journey we wish to take to our future.

“Trees are the earth's endless effort to speak to the listening heaven.”

Rabindranath Tagore, 1861 - 1941



How May we Better Take our Journey into Nature

Any time we can step out into nature will help, but Templates for Change can offer special ways of approaching the natural worlds that can transform our experience



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