

Templates for Change

Reconnecting with Nature



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Recap of the Reconnecting Process

A Sensitivity to Our Home

It's becoming increasingly clear that we need to evolve a far better connection and sensitivity to the living planet Earth and the web of life that ultimately sustains us. But most of us live in cities today, and even if we think we live in the country ... we don't really ... like city dwellers, **we live in a house ... a 'box'.**



In the house we have trained ourselves completely differently and even when we step out into nature we still carry our a 'box' mentality with us.

Changeover and Adjustment

No problem! Let's just step outside and straight into nature's ways! Well a very good start ... but nature doesn't work quite like that it always takes time for changeover and adjustment to switch between modes – like dusk and dawn between day and night.

We also need to allow our systems a good *hour* to fully switch from our mode of 'practical' 'box' processing to our 'connective' one for nature. Thus if we go 'out into the country' not knowing this ... all we can possibly have is a 'box' view of nature and not a **real live connection possibility.**



How Nature Senses *Us*!

As we begin our first preparation to approach the natural worlds it is first of all important to be aware of the wonderful, remarkable and fascinating way that the natural worlds *can sense us*. We have now rediscovered that -

They 'know' when we are in the district.
They can sense a 'friend' or a 'threat'
They can communicate together.
Connect to one small part, and all will 'know'

So if we wish to connect to the life of nature, the right approach has to be made.



The Right Approach to Connection

So with all this in mind – here is an excellent way to make your connections to nature. AFTER AN HOUR OUTDOORS

- Find a place that you are specially attracted to.
- Lie down or sit down comfortably and quietly for a five minute meditation.
- Let your sensitivity and attention rest without comment on the natural world around you.
- Transmit to the living things surrounding you a sense of openness, interest and ‘friendliness’.
- **WAIT!**



Making Your Connection

Each connection will be different for every person or circumstance. But in some way the sense of the life of, the energy of something will suddenly 'catch our attention' strongly – a tree, a plant, even a single leaf. We will definitely feel it!

Then our journey begins into many experiences

- The healing nature of plants

- Special walks for special times

- Our own secret place

- Feeling the nature of the land

- Sensing the energies of plants

- Learning from nature

... a journey of discovery that never ends!



Bards of Nature

So finally as our own experiences unfold, we too may become a 'Bard of Nature' like many others before us.

“There is need for awareness that the mountains and rivers and all living things, the sky and its sun and moon and clouds all constitute a healing, sustaining sacred presence for humans which they need as much for their psychic integrity as for their physical nourishment.”

Thomas Berry, Cosmologist, 1914 - 2009



Bards of Nature

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All nature has a feeling: woods, fields, brooks
Are life eternal: and in silence they
Speak happiness beyond the reach of books;
There's nothing mortal in them; their decay
Is the green life of change; to pass away
And come again in blooms revived.
Its birth was heaven, eternal it its stay,
And with the sun and moon shall still abide
Beneath their day and night and heaven wide.

John Clare, poet, 1793 - 1864



How May we Better Take our Journey into Nature

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



... follow all our presentations on 'Reconnecting with Nature' on our website.

www.templatesforchange.org.