

## Nature Engagement Activities

### **Explore/Inventory Your Own Nature History** | *Find a quiet/peaceful place (indoors or outside)*

- » Go to that place – settle in – get comfortable – clear your mind – taking deep breaths may help you focus.
- » Imagine yourself somewhere in nature – a favorite spot or a place you long to visit.
- » Reflect – What are your earliest to more recent memories of being in nature?
- » Notice – How do the memories, or lack of memories, make you feel?
- » Listen – What are you feeling called to do next?
- » Create a plan for next steps.
- » Share your to-do plan with someone who will help you follow through.
- » Enact your plan!

### **Utilize a Necessary Gardening Activity as Meditation Time** | *Planting, seeding, weeding or replanting – each can be its own meditation.*

- » Allot at least one hour of unpressured time.
- » Gather tools, gloves and whatever else is needed.
- » Begin task with your full attention on each step.
- » Ponder how each step is related to your life or some aspect of it.
- » What are you hoping to accomplish via the gardening activity? Via your life?
- » What more is needed to reach your hoped outcome?
- » Commit to attending to those things.
- » Anticipate the need to regroup.
- » Acknowledge and accept the seemingly small changes and slow growth.
- » Plan for the time and ongoing attention that will be necessary.

### **Develop and Commit to a Nature Habit** | *Select a place\* (easily accessible, possibly virtual) that nurtures your soul and spirit.*

- » Determine a frequency that is doable given your other life commitments.
- » Determine the amount of time (including travel) you need to allot for it to be nurturing.
- » Go there with no agenda.
- » Be fully present to where you are, open to the sights and sounds of that place.
- » Whatever captures your attention, remain with it.
- » You and that space/place are getting to know each other.
- » In time it will become a familiar sanctuary, a safe place.

*\*Please Note:* If direct access to nature is not possible for you, you may want to consider a virtual experience. The worldwide web has much to say about the interconnection of nature, spirituality and health. Below are just a few links to help you to explore the connection and/or expose you to a relaxing nature immersion from the comfort of your own chair. Enjoy!

- » Nature Connection and Spirituality: Profoundly Intertwined  
<https://wild-rhythms.com/blog/2020/08/09/nature-connection-and-spirituality-profoundly-intertwined/>
- » 4K Relaxation Channel | <https://www.youtube.com/@RelaxationChannel>
- » Virtual Hikes: The Best Way to Hike Without Leaving Home | <https://monkeysandmountains.com/virtual-hikes/>
- » Virtual Tours of Nature | <https://travel.earth/breathtaking-virtual-tours-of-natural-sites/>
- » Nature Relaxation On Demand | <https://watch.naturerelaxation.com/free-to-try-videos>
- » Best Virtual Tours for Nature Lovers | <https://hiddenlemur.com/best-virtual-tours-for-nature-lovers/>
- » Google [“Scenic Nature Trails of Canada”](#)