

Nature As Healer

pre-program preparation

Greetings, Friend of Nature.

I look forward to our time together in my Nature As Healer virtual program offered by Woodbridge library.

Please come prepared by gathering a few items for your nature activity and guided meditation. Wear comfortable clothes for the meditation; you may want to sit or lie down during the meditation. This activity provides insight and surprises - whether we gather live or virtually!

Bring a bit of nature with you to the program activity (see below*), a paper pad to write or draw upon and a pencil, pen, or paint. See you soon! ~ Marlow

***GATHERING YOUR BIT OF NATURE to Bring to the Program**

Make sure you prepare (when following the below directions) with intention and focus.

When we gather, you will experience how this activity invites rich insight and calm.

Go outside and feel your feet supported by the earth, as you do notice you are becoming more deeply present to the very moment. Experience the wind on your face, smells and sounds of the natural environment.

Spend some time with a part of the outside natural world you find attractive/comfortable to focus upon. Nature is everywhere! Maybe a fallen leaf, rock, branch, or pinecone will attract your attention. Pick up what you have discovered and bring it back to your home. You will work with this bit of nature during the program's activity.

If you cannot leave your home, ramble around your space, sensing what attracts you: houseplant or natural objects you have collected, such as a rock or shell, and bring this item to our gathering.

Remember that it may take you a few tries to connect with Nature. For instance, as you approach the stream or tree you find attractive, you may notice broken glass or poison ivy. Consider this redirection. Once again, look around and follow a favorable attraction. You'll know you have received nature's hand-shake of welcome when you feel the same flavor of comfortable appeal you did when you first approached the area/entity.