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HOW TO CONNECT WITH NATURE

10 Easy Tips from Ann Marie Holmes, author of
EARTH SPIRIT LIVING: BRINGING HEAVEN AND NATURE INTO YOUR HOME

- **Sit near the part of nature** you most want to make contact with: a pond, group of plants, tree, mountain, for instance. If you are indoors, you may imagine yourself at such a location or at your favorite spot in nature.
- **Get comfortable.** Take some deep breaths, Look and feel what is in front of you, beside you, above you, and below you.
- **Feel your feet.** Imagine your feet touching the earth with imaginary roots reaching down to the center of the earth.
- **See yourself as a part of the earth.** Visualize you are walking with your feet 6 inches below the Earth's surface. Walking with this kind of awareness is a type of physical massage for the earth.
- **Sense the earth responding** to your gesture by sending up her life force through your roots to your feet and the rest of your body.
- **Offer your appreciation and intention** to give back to the earth in your daily life. Leave an offering for nature, such as a flower, at your favorite spots.
- **Become child-like:** Sing. Dance.
- **Feel gratitude to nature** for her beauty, shapes and diversity. Gratitude alone can place you in the heart of nature. Look for signals from life.
- **Feel a strength and calm** wash over you as you become one with the earth. Be open to whatever feelings and thoughts arise.
- **Act.** Whatever solutions, ideas, or inspirations come to you, choose at least one to act on, as soon as possible. Nature responds to thought and intention, but actions cement the bond, creating an ongoing relationship.



Ann Marie Holmes

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