

Reconnecting to Nature

Connecting to a bigger source



“The clearest way into the Universe is through a forest wilderness.” (John Muir)

Tag: Whole System

Challenge:

There is always a time, when we feel disconnected from our own path, soul or intention. Times where you need to look deeper into yourself to find out who (else) you are and what wants to come alive.

At the same time: we live a modern life that is full of concrete, music, destruction, emails, iphones and advertisements. There is little connection with - sometimes even fear of - nature and the beauty of the world around us. And often there is no appreciation of the power and inspiration that it can give us.

Solution:

In order to care for the world, yourself and others we need time to re-connect to the natural world around us. Time with the seasons, the changes, trees, beauty and also the hardness of the world that has been our natural surrounding for thousand of years. At the same time, this solitude and connection to the outer nature is also a reconnection to our inner nature (and our inner changes of seasons) - it helps us to regain strength and clarity again.

References:

Foster, Little (1999): *The Four Shields: The Initiatory Seasons of Human Nature*. Lost Borders Press

David Abraham (1997): *The Spell of the Sensuous: Perception and Language in a More-Than-Human World*. Vintage

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