

Connecting With Nature

Nature has many healing qualities from the visual splendor, healing sounds (water, birds, animals, leave rustling, breezes), aromas such as wildflowers, honey or the forest floor, to warm sunshine on a beach or the cool crispness of an autumn day.

There is science behind it all. Living things have electrical energy and magnetic energy. One example is the practice of hugging a tree in spring to connect with the rising energy as the sap moves up the tree. Another example is walking barefoot on the earth to ground yourself and release excess energy or take up needed energy.

You can connect with nature in your own home, yard, a park, forest, meadow, beside a waterfall, anywhere you choose. Just do it.