

Feeling at Peace with Nature

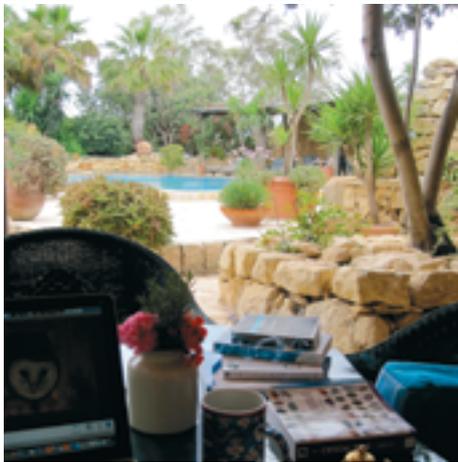
Natural Guides (2)



Definitions:

Feeling at Peace: Being in a state of calm and quietness

Nature: The natural world and the universe



FARMHOUSE, MARSASCALA, MALTA

A peaceful hideaway, with a beautiful garden, pool, geckos and birdsong. A natural paradise built over many years

Words of Wisdom:

- One touch of nature makes the whole world kin
– **William Shakespeare**
- Nature does not hurry, yet everything is accomplished
– **Lao Tzu**
- Nature will not be admired by proxy – **Winston Churchill**
- And this, our life, exempt from public haunt, finds tongues in trees, books in the running brooks, sermons in stones, and good in everything – **William Shakespeare**
- Look deep into nature, and then you will understand everything better – **Albert Einstein**

Relationship Happiness Habits :

If you are looking for peace of mind then there is good news in nature. Nature provides the perfect environment for finding and enjoying such peace; it is all around us and always close by. Nature is also free. Like most free goods we have a habit of taking it for granted and not appreciating what has been given to all of us. Some small numbers of people rebel against the peace that nature can bring. We all have seen people who deliberately harm animals or nature, who litter and pollute, and who deny that their actions do any harm. These people are not at peace with themselves and they are simply disconnected from nature (which could, after all, help them a great deal). Part of the problem here is that we do not give nature a value in monetary terms; we only know how much it will cost to reinstate nature once it has been destroyed. Then, we tell ourselves that it is too expensive to reverse the negative impact on nature.

It helps to realise that, once you have detached yourself from outcomes, it is the journey of your self-change that is important not the destination. As Ben Hogan once said, “As you walk down the fairway of life you must smell the roses.” If you race ahead and forget to enjoy your blessings you can miss out on what nature has to offer. Nature can help to make your journey both easier and more fulfilling. It is a source of joy and wonder that is open to all and often untapped.

Different people find comfort and peacefulness in different parts of nature:

- Clouds – “Nothing in nature rivals their variety and drama,” wrote Gavin Pretor-Pinney, “Nothing matches their sublime ephemeral beauty.” Without clouds the sky would just be blue and boring!
- Water – the crashing of the sea on the rocks, a calm pond, a cascading waterfall, a winding river
- Trees – the size of old and huge trees, new saplings. Try tree hugging for energy. Palm trees on the beach or leaves in autumn
- Flowers and shrubs – the different colours, the different smells, watching them grow and fade
- Birds – the huge variety, their freedom, their songs, their plumage and acrobatics
- Animals and insects – the startled deer or fox in your garden at dawn, the busyness of ants, the frailty of butterflies
- The moon and the stars – a quiet night, moonlight, a shooting star. Spot the north star
- A landscape or view – the majesty of a stunning landscape, the view from the top of a hill, a snow capped mountain
- A sunrise or sunset – the orange and red glow of dawn, the golden beams of a great sunset on the water ▶



- ▶ There are many different ways to get close to nature and to reap the rewards of that connection:
 - Be alone with a silent partner – just be and enjoy the present moment
 - Walk or just sit – it doesn't matter which, just be present and mindful. Let yourself soak into nature
 - See – look for the beauty in things close at hand. Still yourself so that you can notice what you are missing
 - Listen – to the sounds of nature, water flowing, birdsongs, insects, the wind in the trees, a crack of thunder
 - Touch or feel – use your hands or your feet to feel the roughness, smoothness or texture of natural things
 - Smell – the flowers, the different flavours, the water in the air before it rains. Rub herbs between your fingers,
 - Taste – the fruits of nature. Eat vegetables or nuts raw to experience their real taste, try eating ripened fruits rather than unripened supermarket produce.

The most important part of being at peace with nature is your own recognition that you are part of nature. Many people need to re-connect with nature because they have lost that very basic connection in life. Nature teaches us that there is natural abundance if we can only release ourselves from scarcity thinking. From time to time, nature laughs at us by showing its enormous destructive and disruptive power. We can feel the hurt and damage that we do to nature when we scar the earth, pollute the water and destroy other species, although some of us choose not to recognise this. We can see how quickly nature recovers when we stop these activities. When we re-connect with nature we take the opportunity to make an internal connection to our inner selves as well as an external connection to the collective and universal energy. Nature is a freely available connection to the power within you and the power of the universe. It is up to you to choose whether to make that connection. If nothing else, at least try to feel why harming the natural world just harms you too.

Good Questions to Ask

- Am I spending enough time in nature?
- Why am I avoiding my free connection to nature?
- Am I really so short of time that there can be no time for enjoying nature?
- When did I last see a really great sunrise or sunset? Why has it been so long?
- Do I eat enough natural food? Do I eat enough raw food? Do I drink enough good water?

Where are good sources of information and support?

- **Internet Search:** peace and nature; tree hugging; connecting to nature; natural models of the world or universe
- **Good Books:** The Cloudspotter's Guide – G. Pretor-Pinney; The Crystal Bible – Judy Hall; The Origin of the Species – Charles Darwin
- **Good DVDs and Web sites:** http://www.cloudman.com/look_up.htm; www.higherawareness.com; BBC Planet Earth and Blue Planet DVDs; watch a few nature documentaries
- **Good poems about nature:** Everything is Waiting for You – David Whyte; Hafiz Poems; Yoga Sutra of Patanjali
- **Related Skillful and Unskillful Habits:** rituals and repetition; silence and stillness to listen to your heart; detachment from attachment; denial and illusion; patience and calmness

Smart Thoughts

'The best remedy for those who are afraid, lonely or unhappy is to go outside, somewhere where they can be quiet, alone with the heavens, nature and God. Because only then does one feel that all is as it should be and that God wishes to see people happy, amidst the simple beauty of nature' – **Anne Frank**



5 things you can do to change this habit

- Buy a book about clouds. Imagine the wind blowing all your cobwebs away
- Be present and connect to the natural world around you
- Wake up early one day and just go and let nature connect with you
- Try doing Yoga outside at sunrise or sunset
- Go walking regularly
- Take off your watch, turn off you PC and just try using your senses to connect to the peacefulness of nature.

For more detail and information about this habit see:
<http://www.extuition.com/self-discovery/natural-guides>

