



In Nature's Realm Spring's Spirit Beckons

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Purpose

Help you enhance your life and well-being by
learning how to see and savor beauty
everywhere!

Research shows viewing nature photos is good for you

Here are just a couple credible resources:

- International Journal of environmental research and public health
 - *"This was the first study to show that viewing nature pictures improves attention in older adults and shows that it is executive attention, specifically that is improved. ..."*
- PubMed Central
 - *Not just scenery: Viewing nature pictures improves executive attention in older adults*

Come journey with me today to
delight your eyes, ears and mind with
sights, sounds and words inspired by

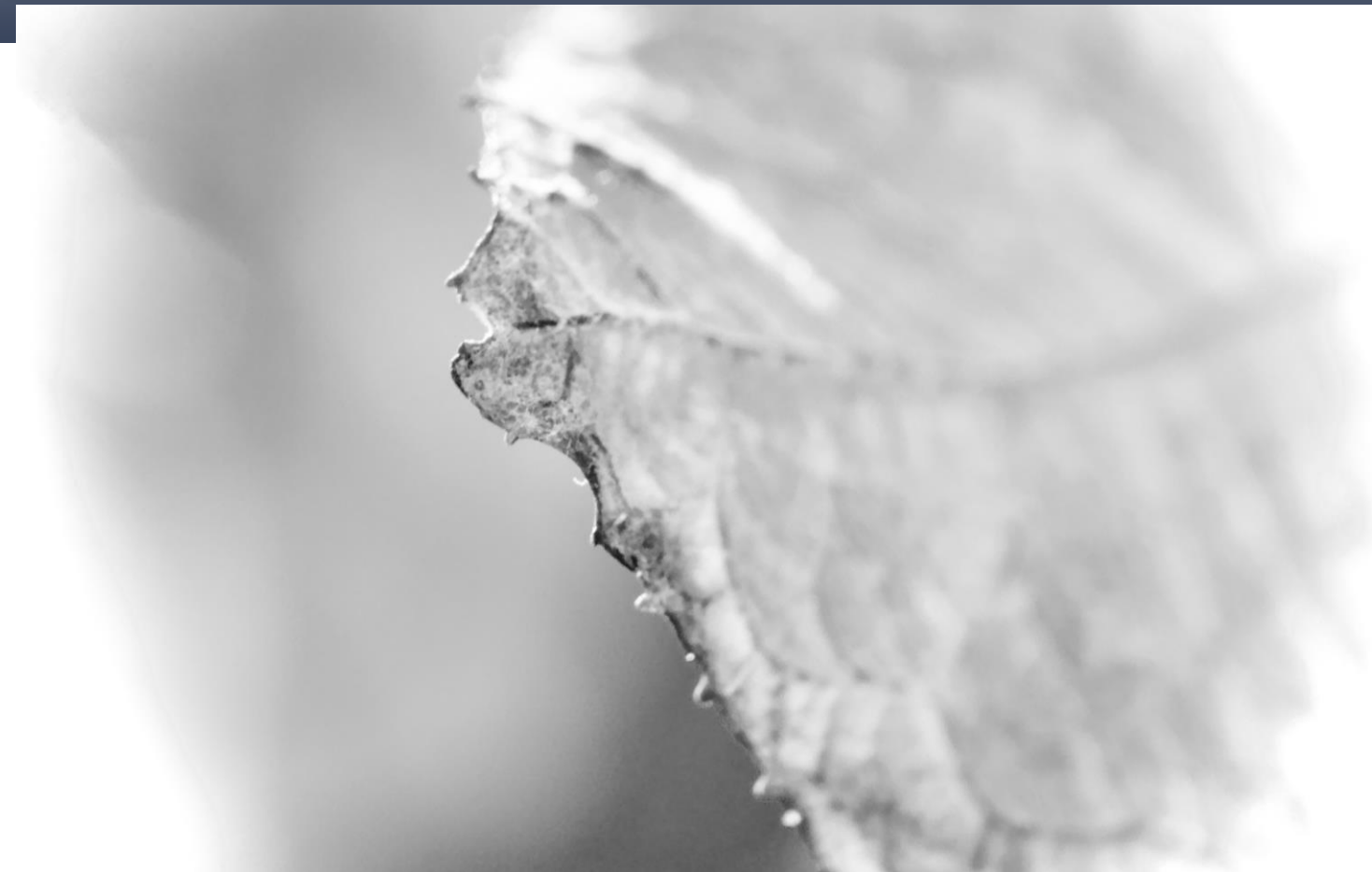
Spring!







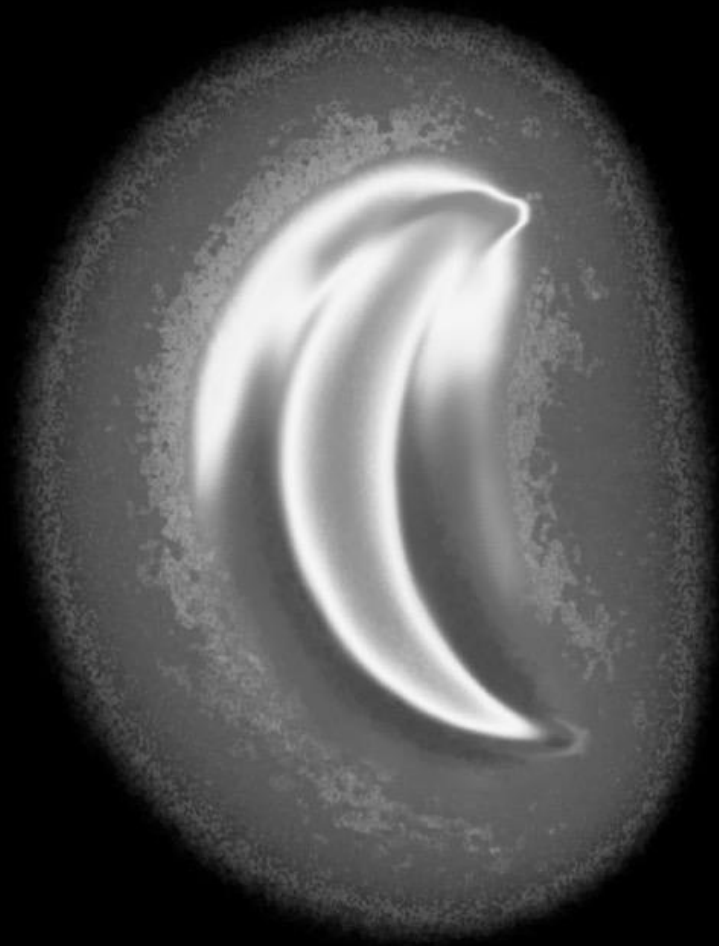
- Subject / Content
- Perspective
- Focus of Attention
- Depth of Field
- Colors
- Light
- Lines

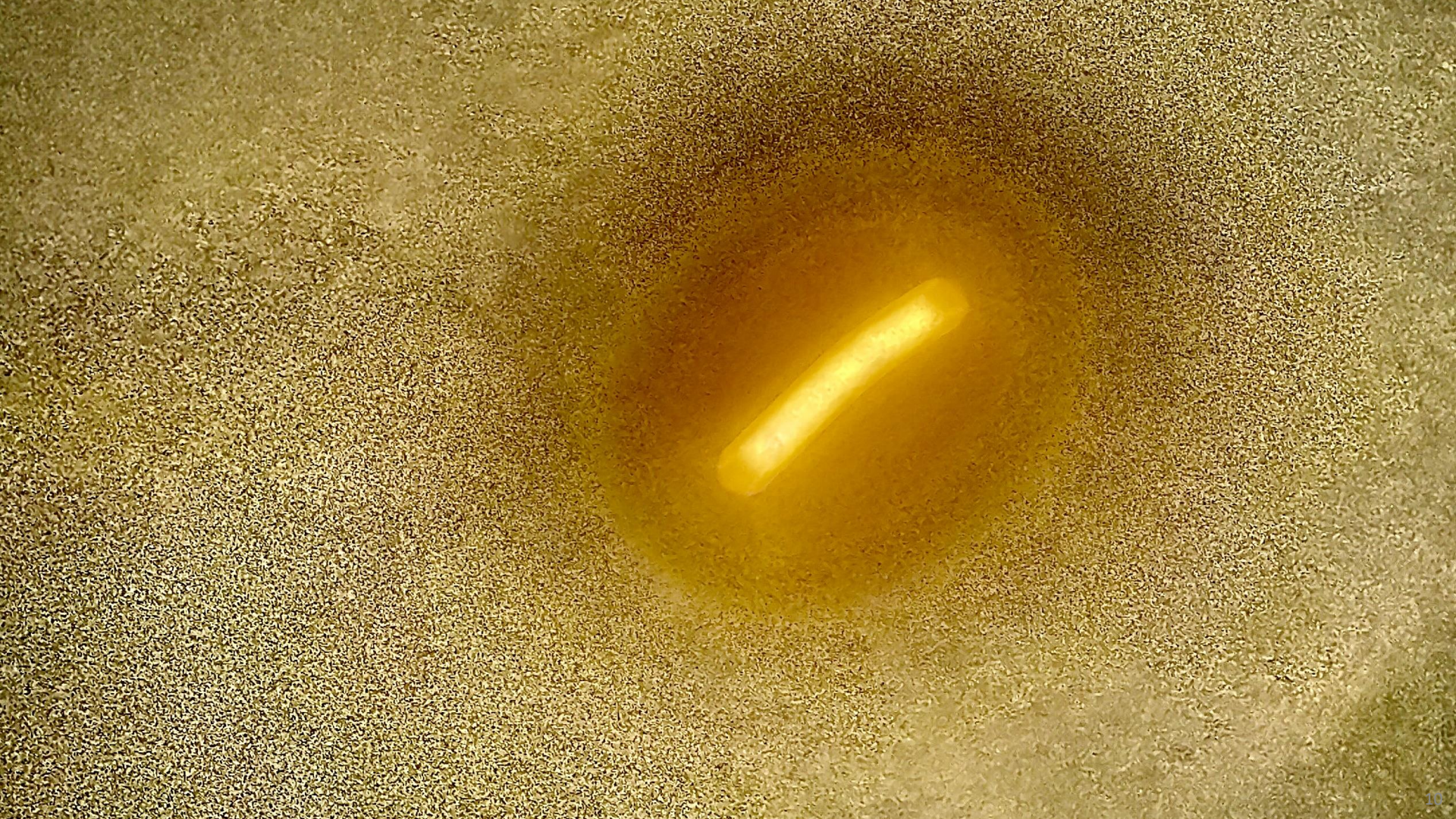


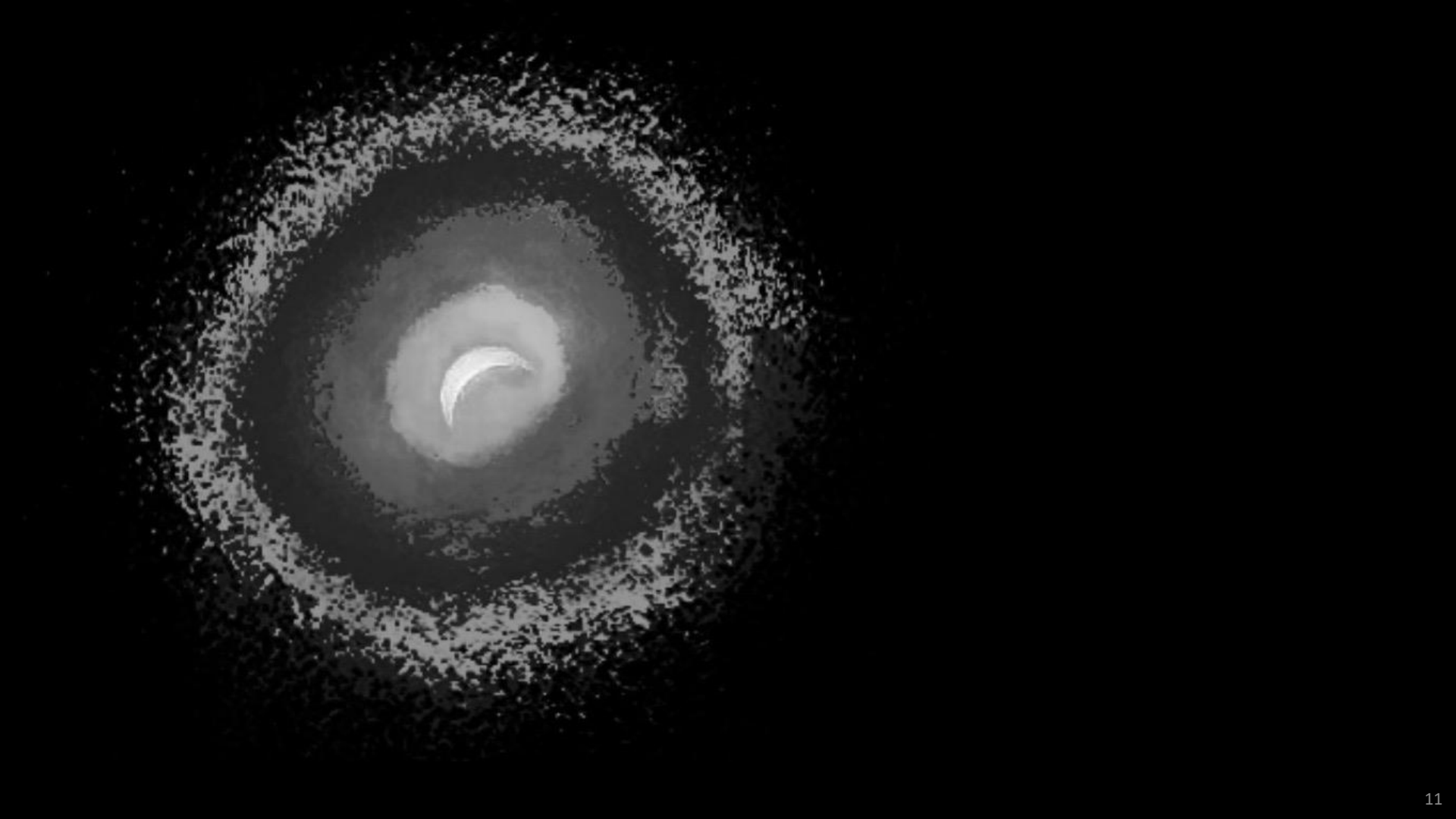
Where do your thoughts take you as you ponder this image?



- Subject / Content
- Perspective
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- Lines



















Ottorino Respighi: Three Botticelli Pictures - Spring























Thomas Morley: Now is the Month of Maying











Arr. Ralph Vaughn Williams: The Springtime of the year





















Aaron Copland: Appalachian Spring: Shaker melody - Simple Gifts













Carl Orff: Carmina Burana: In Springtime Behold the Spring







Where do your thoughts take you as you ponder this image?

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