

Nature, peace, and healing

Quotes compiled

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Some of my favorite quotes regarding the relationship between nature, inner peace, and healing. - Gale

Let nature's peace flow. – *John Muir, founder of the US National Parks*

Gardens have served as sanctuaries for millennia, as places of peace, tranquility and contemplation. They call forth a deep stillness and can lead to a feeling of wholeness. Today, they serve as an escape from hectic, modern-day living and as a place to return to the magic of nature. (*Pamela Woods, Gardens for the Soul*)

Reflective garden walking can be defined as a tranquil exercise in which the body is relaxed while walking slowly or sitting in a garden with the mind still highly alert. (*Ruth McCaffrey, 2016, Journal of Holistic Nursing*)

Peace. It does not mean to be in a place where there is no noise, trouble or hard work. It means to be in the midst of those things and still be calm in your heart. (*unknown*)

Those who contemplate the beauty of the earth find reserves of strength that will endure as long as life lasts. - *Rachel Carson*

It is a wholesome and necessary thing for us to turn again to the earth and in the contemplation of her beauties to know the sense of wonder and humility. - *Rachel Carson*

The Answers come from nature and the doorway to spiritual nourishment is in our garden. (*Gina Lazenby, Forward to Gardens for the Soul by Pamela Woods.*)

The word sacred means different things to different people, but for me the meaning comes from a strong sense that communing with Nature is akin to contact with the Divine. To some, the Divine may be called God, to others it may simply be referred to as the Life Force. (*Pamela Woods, Gardens for the Soul*)

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TLC Resource Center

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Calming and centering contemplative practices for senior citizens and family caregivers from Gale Lyman, holistic nurse, freelance writer and guest speaker.

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