

A Guide to Respect Nature

In everyday life, we focus our energy on responsibilities from work life to personal. Our attention is what can give us financial and emotional stability from one opportunity to the next. In these everyday settings, nature is the last thing in our minds. Especially growing up in a competitive capitalistic nation, we have been susceptible to the idea that the American Dream (representing success) is achievable with hard work. Only those that fill their time with being productive are rewarded in life. Those that waste time on topics outside of the box of practical jobs are given nothing. As we grow up, we lose the connection to nature. For some of us that live in urban cities, there may not even be a connection to nature early on. The relationship between nature and humans diminish over time through social institutions like jobs and responsibilities. As children get placed into schools, their full perspective fills up with practical responsibilities: to learn Math, English, and other subjects. That metaphorical yet still physical box starts to arise ever since childhood with the establishment of school, then a job which becomes your office. For our whole lives, we are "boxed" away from nature with these social institutions.

As life goes on, we forget about our once play-field in nature and never really look back as our lives fill up with more distractions. Peter Wollheben points out that reconnection occurs when the individual puts themselves out in nature, and that is when they recognize that past connection. He states, "My love for Nature - something I've had since I was six years old - reignited." With such ignorance, we forget about nature and its role in our lives. We forget how thrilling an experience in the forest can be. We must get out of our box and try to feel that reconnection with nature as it's a part of us. With that reconnection, we get reminded of nature and how much nature provides us. From the lack of attention and thought on nature, we miss the commonalities between nature and humans that exist. Recognizing the commonalities help us

realize that we should treat nature as equal to humans. With this step, we start to respect nature for what it is. The following three texts provide a bigger idea of how much nature matters and displays the mirrored behaviors between nature and humans. From analyzing the purpose of nature, we come to better terms with nature.

The first text helps us see that animals and other species in nature display parallel behaviors in humans. From the abilities to search for food, gain consensus amongst their communities, and reason to make an argument, animals are much more like humans than we have previously thought. The structure of their communities can be just as organized as human societies. The first text helps portray the commonalities humans often overlook. After finding the commonalities, we can promote those mirrored behaviors in our language. The following text helps us see that stories can connect people to nature. With the power of language, we can become the idealized version of ourselves and convince others to do the same. After seeing that language is our responsibility to nurture our relationship with nature. The third text informs the readers how much nature plays a role and how our smallest actions have consequences on nature. This further establishes we should treat nature as equal to humans.

The crucial takeaway from this nature guide is rebuilding the relationship between humans and nature. Historically, humans have thought of themselves as superior to any other beings, from plants to animals to birds. Rebuilding that connection is a way not only to change that arrogant outlook that humans tend to have, but also a reminder that there's more to life than just those everyday practical responsibilities. The implications of respecting nature are becoming reconnected to nature person to person. We each have to reconnect, otherwise, change will not occur. This reshaping of our perspectives can not only promote knowledge on the current environmental problems but also lead to better-informed actions. From buying a stack of paper to

eating fast food, we don't realize that these smallest actions have a big impact. Limiting waste and eating meat can go a long way. Reconnection of nature can bring us not only emotional stability but also give appreciation to the very breath trees provide us. Nature shows us that there's so much more than the minor problems that take up space in our brain. Even after death, we all end up becoming part of nature. The humane thing to do as humans is to respect nature by giving gratitude to how much nature does for humans and treating nature as equal to humans rather than showing superiority.