



## Nature for the Soul®

### Refreshment

**Introduction:** Nature's awe-inspiring beauty makes it a rich resource for spiritual nourishment and healing. Nature for the Soul invites you to explore connections between the natural world and your spiritual health.

#### How to benefit from this experience:

**Set Intentions:** Think about what you hope to achieve or discover. This might include a desire for relaxation, spiritual insight, or relief from worry.

**Minimize Distractions:** Turn off electronic devices or anything that might interrupt your session. Inform others of your plans if necessary, to ensure your self-care is undisturbed.

**Practice Openness:** Approach the experience with an open mind and heart. Be prepared to receive and embrace the experience without preconceptions or judgments.

**Focus on Breathing:** Simple breathing exercises can be done before starting to help center your thoughts and calm your body. Deep, mindful breathing helps in grounding oneself and enhancing the connection with nature.

#### Immerse yourself:

**Sight:** Video Reflection; SAD light; Readings

**Sound or Vibration:** Nature sounds, music.

**Smell:** Dried Flowers and Herbs

**Touch:** Interactive Meaning Making. You are invited to make a natural bead bracelet to commemorate your discoveries.

### Water and Health

Water is vital for its ability to nurture, sustain, and heal all forms of life in the natural world. Experts recommend drinking water to support our physical and mental well-being. But have you considered that your spirit might also need hydration? Nature For the Soul encourages you to explore self-care practices that serve as spiritual water, nourishing and revitalizing your inner self.

**Reflection Questions:** How do you care for your spirit? What self-care practices bring you joy, provide you with strength, offer gentle cleansing?

**Inspiration:** Here are some ways to drink water for your spirit:

**Nature Walks and Hiking:** Exploring trails and natural landscapes can help clear your mind and strengthen your body.

**Forest Bathing:** Originating in Japan as "Shinrin-yoku," this practice involves immersing yourself in a forest setting to absorb its sights, sounds, and smells.

**Outdoor Yoga:** Practicing yoga in a natural setting can enhance the connection between body, mind, and environment.

**Gardening:** Tending to plants and engaging with the soil is not only therapeutic but also a form of exercise that connects you deeply with the cycle of life.

**Bird Watching:** Observing birds and listening to their calls can be a meditative and educational experience.

**Outdoor Meditation:** Finding a tranquil spot in nature for meditation can enhance the practice, making it more profound and grounding.

**Plein Air Painting or Drawing:** Creating art outdoors allows you to connect with your surroundings and express your interpretation of nature.

**Kayaking or Canoeing:** Being on the water can be very soothing and offers a unique perspective of the natural world.

**Picnicking:** Sharing a meal outdoors allows for a mindful eating experience and appreciation of the environment



Refreshment Video

#### Video Reflection:

"Refreshment" (02:40).

Watch this video to immerse yourself in the life-giving ways of water.