

# Connecting With Nature

By: Dominique Martin



*“Your deepest roots are in nature. No matter whom you are, where you live, or what kind of life you lead, you remain irrevocably linked with the rest of creation.”*

~Charles Cook~

My relationship with nature has always been one of fascination. Living in a small suburb almost an hour outside of the city introduced me to open spaces where I could run, jump, and play among the trees and grass—thus discovering a whole new world outside of the urban jungle I had become familiar with up until that point. My young mind absorbed it all; from the peculiar chirping of the crickets to the way the leaves on the trees transformed into hues of red, orange, and green as the seasons changed. I

had no idea what it all meant, but this innate feeling from somewhere deep inside of me began to wonder if there was something more grand than I could ever imagine—and I found myself curious of all the rhythms, movements, and ever-changing shifts that this planet I called home offered me. We all start off this way—fully engaged and awestruck by our surroundings. The soul is just beginning its journey, so everything around us holds this essence of newness and possibility. At what point on our

soul's journey did we lose that sense of wonderment and become disengaged? When did we stop being in love with nature?

I believe this disconnectedness is just symptom of distraction that needs to be redirected. The evolving developments of television, cell phones, and a plethora of other electronic gadgets created to keep us entertained has put many of us in a state of amnesia. We are so plugged in in an effort to receive some sort of relief from the daily stresses that plague our minds and spirits—that we've forgotten to plug into the one source that can provide it. Much of human life is lived in somewhat of a psychotic frenzy of doing and trying to become. It's no wonder we find our physical and mental state depleted—often leading to illnesses that drain our life force and shorten the time that could have been spent living a more fulfilling existence. But it is never too late to return to the source of everything that we are made of: Mother Nature.

She is so forgiving and more than willing to welcome us back into her realm of healing. Within her haven—she can provide all that we've been searching for in the virtual world of social media and reality television. She offers us the reality of true restoration. Simply viewing scenes of nature can provide an instant mood lift and sense of well-being—so just imagine if we allowed ourselves to be physically present. One doesn't have to travel across state lines or acquire flight mileage points to experience the medicinal qualities that connecting with nature has to offer (although it is wonderful and worthwhile to travel the world and experience her in this way.) Connection with the elements is right in your own backyard.

Walk barefoot on the grass or the sand of a beach, visit the conservatory and breathe in the intoxicating scents of ferns and other exotic plant life, or simply sit in a park on a bench. The point is to allow oneself to take a moment to disconnect from to-do lists, television shows, and anything else that is keeping you from experiencing the ultimate pleasure that being alive has to offer. Reconnecting with Source—Nature—is reconnecting with self—and we are worthy of that and so much more.

Be Well.

