



# Nature Meditation

**Allow nature to come to you and infiltrate your life.**

Being in nature uplifts our mind and body and many look to nature as a place for healing and personal growth.

Why nature? Immersion in nature produces a flourish of nurturing signals, understood by brain and body. It stimulates positive feelings of wellbeing. These in turn help us to cultivate greater openness, creativity, connection, generosity, and resilience.

To maintain wellbeing a connection to nature needs to be part of our daily lives and become a constant connection, wherever we live and work. Nature meditation can be effective in deepening this connection and though you can meditate in the wilds on a mountain retreat that is not always an option. You simply need to create the a space and a time where we will not be disturbed. This can happen in a small room or a small space within a room in the centre of a busy city. Initially this may be just ten minutes a day and can be lengthened accordingly.

By following Jonathon's guided meditation the aim is for you to deepen your connection to nature and experience that one pure moment that can infiltrate your entire life. In Jonathon's words "although I work in nature at the Sustainability Centre, I live in a one bed roomed flat in the centre of Brighton, being a morning person my meditation time is early morning before my partner awakes. For you it could be in the evening or during the day, the important part is not being disturbed".

Jonathon Huet is part of our Education team and runs alternative education sessions which reach young people who have challenging lives. The sessions are based on the work and awards of John Muir. Topics include ecology, biodiversity and sustainability. The sessions give the young people a chance to explore nature and have proven to help with self-esteem and social interaction promoting the need for the freedom to be outdoors.

Jonathon is also known as a Woodland Bard and is a specialist in tree and plant folklore for over twenty years. He has specialist knowledge of British flora, environmental storytelling and Celtic folklore, told with passion and enthusiasm brought alive with poetry, song and rhythm.



# Begin Your Nature Meditation

Start by reading this text aloud which was written by John Muir.

**"This sudden splash into pure wildness--baptism in Nature's warm heart-- how utterly happy it made us! Nature streaming into us, wooingly teaching her wonderful glowing lessons... Here without knowing it we still were at school; every wild lesson a love lesson, not whipped but charmed into us.**

**Young hearts, young leaves, flowers, animals, the winds and the streams and the sparkling lake, all wildly, gladly rejoicing together!"**

John Muir

John Muir, a pioneer of wilderness protection who was immersed in Nature Connection.

I begin my outdoor teaching sessions at the Sustainability Centre in this way and it never ceases to amaze me how the words help connect one to nature. Sometimes it's the young people that read the passages and although they are often unfamiliar with this type of writing it seems to work its magic.

Sit in a comfortable upright position on a chair or on the floor in your designated area where you will not be disturbed and begin to recite the above passage. Recite the text with focus and feeling being aware of any sensations and feelings arising in your body.

After your recital simply sit and breathe quietly focusing on peace and a connection with yourself and nature. This is your time, give yourself permission to indulge in this space where no demands or pressures are being put upon you.

Visualise a landscape you are familiar with, breathe quietly and make it as real as possible. If your mind is busy please do not worry just focus back on the breath and a love for nature.

Imagine sitting on nature's floor whether it be a woodland or meadow, feel the texture of the ground, imagine the scents, the bird song and the extravagant outpouring of plant beauty. Just be still and quiet and give yourself permission at this time to be at peace for then you will be far more effective at helping others as well as yourself.

Allow Nature to come to you and infiltrate your life.