

## Take a Moment to Connect

Here are a few simple ideas to help you connect with God in nature.

1. **Read the landscape.**  
Take a walk and find something in the natural environment. Look for signs where the natural features have adapted to natural or human impact. Why do trees lean or fall? What signs can you see of where water has created an impact in the earth, or lack of water? What signs of human activity do you see that have affected the environment you are in? How does nature adapt to change? What are some things you can do to better care for God's creation? Can you commit to do an action step for 30 days?
2. **Use your imagination.**  
Pick up a blade of grass, leaf, stone or piece of bark. Smell it, feel it, look at it very slowly and closely. Imagine you can shrink yourself and go into the leaf itself. Go as far as you can in your imagination...all the way down to the atoms that make up the leaf. Then start moving outward. Imagine stepping further and further back from your object until you are high above the earth. Keep moving as far as your imagination will take you. What do you experience in your body as you go in close? As you move far out?
3. **Use your senses.**  
Find a natural location near water or after a fresh rain. Close your eyes, relax, and breathe through your nose for 10 minutes. Listen, smell, and touch the water if you can. Feel it slip through your fingertips. Smell how it changes the air. Feel, and be aware of, how the moisture in the air wets your breath. Imagine water flowing through your body – in your blood, in your organs, in your breath, in your stomach, in your skin. Offer gratitude for the water that keeps you alive.

From *Connecting Nature, Spirit and Health: A Spiritual Guide for Encountering Nature*.

Wishing you joy and good health,  
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