



Nature Connection Practices for Home

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Inviting Awe, Wonder and Delight

Sit Spot Practice

Place Tending

Wandering Slowly - Sauntering

Gratitude and Creating



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Inviting Awe, Wonder and Delight

Take a moment to notice with your 5-senses. It may take a minute or so but something around you will ask for your attention. What is pleasing or beautiful? What are you drawn to?

Sit Spot

Find a spot to sit and just be. A spot that you can visit frequently without much effort. The edges of where things meet are often some of the best spots: An ecotone: A place where two ecological systems meet such as the edge of a meadow where it meets a forest. Perhaps even just outside of your front or back door.

Twenty minutes is generally a good length of time. Wait and allow a story to unfold around you. It takes about this much time for the birds and animals to move past their initial alarm of your presence. Over time the animals will get to know you. Perhaps think of it as a slow reveal. As you notice more you'll notice more and more.

"How beautiful it is to do nothing and then rest afterwards." ~ Spanish Proverb

Visit your sit spot throughout the seasons, at different times of day and in various weather. Dress warmly or bring an umbrella if it is raining. The times around sunrise and sunset are particularly full of activity.

Place Tending

Tending a place means a few things. It first means bringing the gift of your presence, noticing and appreciation and the presence of others who may be accompanying you. Noticing which creatures make this area their home. It can also mean that you are offering your tending by picking up some trash or restoring, repairing part of an area. Choose a place that needs some loving tending. Your place may be a planter box or small garden plot in your yard or a place you visit.

Wandering Slowly - Sauntering

This is a simplified version of forest-bathing. Visiting a place where you can simply wander, a park or natural area, allow yourself to move at a pace that is slower than your normal pace. Whatever feels *slow* to you. Be attentive, notice what is asking for your attention, and share the gift of giving your attention. Return repeatedly and do this throughout the different seasons, getting to know the plant and animal beings and the elements of the land, rocks and waters. Two warnings: Stay safe and don't get lost.

Gratitude

Do or create something to express your gratitude or whatever is most alive in you at that moment. Simply pause and take a moment or say or do something in honor of what you want to share. Allow some time before and after to incorporate the moment.

Creating

Gather some found objects (leaves, twigs, stones, etc.) and create something. Choose a spot for your pallet and begin. It may be as simple as a leaf next to a stone or as elaborate as you wish.