

WHITE PAPER 21: NATURENESS , PRISTINE TRUTH, SPACETIMING AND CLIMATE THERAPY

How to Transform Personal or Social Conflicts and Anxieties Into Love

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The Pristine Truth Solution

Natureness In Action

**A practical conflicts, lies and abuse remedy that
we learn to ignore**

Nature's essence is its wordless love to begin life.

Michael J. Cohen

WHOLE LIFE CLIMATE THERAPY IMPERATIVES

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PREFACE

Natureness and Pristine Truth: a Green Switch Tool Justifiably Increases Personal, Social and Environmental Well-Being.

"Our suicidal war with nature makes us face devastating new heights of global warming and species extinction along with new polarizing lows of mental health, ecological degradation and personal well-being. We suffer setbacks in our work towards globally equitable, inclusive and sustainable development and relationships. To put it simply, the state of the planet is broken. Today's defining task is to flick the green switch that makes peace and wellness."

- **Antonio Guterres**, United Nations Secretary General (edited)

This article's Pristine Truth "Natureness" and its Pristine Truth Flowchart (Flowchart) (Cohen 2024) is the green switch that produces peace with Nature because it's a tool that makes it happen. It heals the injured essence of what ails us by verbalizing it. It simply contracts "essence" into "ness," (to be, to exist) and then adds it to everything in an attractive natural area or our pet. Our broken world becomes our spiritness, (of Maryness, Bobness,) treeness, attractionness, climateness, windness, godness, rockness, starness et al. Then, as of old, all things, now reunited as kin purely love each other into **actualizing Nature's and our balanced and beautiful essence. It's our sensation of loving to live and grow in unity this and every instant.** That's what we desperately need to wage peace and it is our Spacetime Universe *actually spacetimeing*, right here, right now available.

- **Michael J. Cohen**, Ed.D., Ph.D.

"I went to a natural area I was attracted to and asked permission to 54-sense unify with it. I asked what my Natureness is at this time and had an experience of nature embracing me in the present, and also feeling as if I were in the 'past' at the same time, back to the teenager that would flee to nature when things got really tough. I was a teen, and I was the me now, simultaneously. I felt safety and well-being. I realized we are timeless as is nature. Nature stands for us day and night, over eons. Nature is there for us consistently; it never abandons us. My sense of belonging was attracted to this, as were my senses of safety, peace, nurturing, attachment, and my own truth."

- **Natureness Participant's Journal**

VALIDATION NOTICE: The contents of this green switch professional paper includes and accredits the cutting edge facts of Project NatureConnect's Pristine Truth flowchart, websites, personnel, certificates, courses, methods and materials.

<https://www.projectnatureconnect.com/benefits/>

www.ProjectNatureConnect.com

www.ProjectNatureConnect.org

www.ecopsych.com/webstrings1000nat.html

The origin and validity of Natureness is indisputable.

"I was born into a community of settlement house families who fled from persecution in Russia. They guarded well their freedoms in America and lived in innovative Sunnyside Gardens in NYC. In 1936, at age six, in elementary school my liberty to be left-handed was abused by being forced to write right-handed so that my dip pen ink would not smear my writing and shirt, for the ink well was drilled into the right corner of the desk. That's when my speech, nail-biting and posture disorders appeared. After three years of protesting this, my family persuaded the school to let me write lefty using a fountain pen. This improved things and bonded me to finding reasonable solutions to challenges" (Cohen 2020).

"On an August day in 1965, a freak thunderstorm compelled me to ask the Grand Canyon Wilderness I was backpacking if it was alive and how its life was different than mine. No surprise, it said nothing because Nature doesn't use words. Soon, however the answers became obvious.

"Nature couldn't speak and I/humanity could."

"If Nature died, I'd die so Nature had to be alive."

Without knowing it, I had created a Pristine Truth moment that happily let Nature's self-correcting essence (Natureness) and its "golden touch" Flowchart. peel off words that adversely misrepresent or conquer Nature's magnificence and instead have them speak for it . Anyone can repeat this in a natural area.

Until this is *disproven* beyond a reasonable doubt, along with this white paper growing from it, *Natureness is pristine true. To deny or ignore it intensifies what ails us.*

Nature is its wordless attraction to strengthen its life as it flows around, through and as us (as well as all things). However, our misleading labels and stories adulterate it because they are not "wordless it." Until we correct them we feel hurt and anxious from the conflicts and blocking they create.

The greatest truth you can trust is attractive sensations and their correct names that you experience while in contact with Nature. That's why, for whatever you read here, I encourage you to use the flowchart to locate and enjoyably benefit its value.

- **Michael J. Cohen**

For the past 38 years Project NatureConnect has used and offered forms of *Natureness*, Nature's self-correcting survival essence, as a potent climate therapy flowchart tool that anybody can incorporate to green switch restore our broken world and personal lives.

Natureness increases well-being by 550% (54 senses not 5) when it's used to

- **Create a globally unifying atmosphere** that makes any relationship increase person/planet balance and beauty.
- **Help you and others be happier**, increase your well-being and help others do the same as it strengthens resilience and reduces stressful conflicts, disorders and excessiveness.
- **Stop the lies and corruption** that infiltrate our lives so that we may sustain happy relationships and help others do the same.
- **Reduce the health insurance premiums** of those who engage in Climate Therapy while doing this reduces the health costs of insurance companies.
- **Increasingly reward those who enjoy and teach** therapeutic nature-reconnecting activities and create the joy of their beneficial person/planet effects.
- **Be profitably offered** by the pharmaceutical and medical profession as a potent preventative and means to hasten recovery from our disorders.
- **Reduce the human service budgets** of municipalities while improving personal, social and environmental health.
- **Make immediate therapeutic contributions** for conflict resolution on personal, local and global levels.
- **Convert outdated dogma, philosophies and scriptures** into today's spacetime knowledge to increase person and planet well-being.
- **Improve the economy** by reducing environmental costs and motivating environmental recycling, sustainability and wellness

- **Give added value to natural areas** to help industrial society's story come into balance with natural systems in and around us.
- **Strengthen mental health** by relieving our stress and pain as we transform them into the pristine truth of Natureness's wordless attraction to begin life and justifiably love its dance of people, places and things into being.
- **Increase the responsibility** and profitability of organizations that incorporate Natureness Climate Therapy into their management and operation.
- **Produce a new human services** Natureness economy that profitably trains and pays people to use, teach and reap the benefits of Pristine Truth.

For example, this article, can be divided into numbered sections as a guidebook for a numbered local nature trail or a theme park. It could also guide a corporation to profitably manage a government's social programs 550% better than now by engaging 54 rather than only 5 senses.

The essence of Natureness's spacetime: why this article's core is a critical art and science.

Pristine Truth works because it recognizes that (1) if Nature died, we would die, so it must be alive. (2) Nature can't talk, however, to our advantage, we can speak and, (3) radioactive particles show that Nature continually flows around and through us. Every 1-5 years all of our body's atoms are attracted to become the environment and its atoms become us. We are continually growing Nature, and it us. Everything is all at once harmoniously beginning new space, time, and life.

Spacetimeing 🌱 Here's what you and our Society's abhorrent war on Nature need to know because it's the source of our conflicts and miseries, great or small, that can easily be fixed,

For centuries before 1970, it was the common belief that in the **Steady State Universe worldview**, Nature was created for humanity's use and that it operated mechanically, like clockwork. However, by 1970, scientists demonstrated that 13.7 billion years ago **the expanding life of Universe/Nature was Big Bang born as space-time**. Then, and before then, *as now*, moment by moment and simultaneously, (like our fingers, toes and heart, or a single living tree's roots, branches, leaves, energies and seeds), all parts of Nature's life and our life are attracted to purely grow as one, simultaneously, and become the next moment of Nature's and our survival. Plato, 2,300 years ago observed, "The Universe is a body, a living thing." As with the verbs "grow" or "are growing," that makes spacetime a verb, "*spacetimeing*." 🌱

The only part of the world that does not do this is our stories that omit, deny or reject its truth.

This means, as in the flowchart, everything we think, feel or need for our life is also present while we are in conscious sensory contact with authentic Nature, backyard, backcountry or our pets or plants. Note that if we are not conscious of Nature's unifying energies we can't reasonably sense or heal with them to stop our war against them.

By creating moments that let Nature teach, this article is accurate because Nature's Pristine Truth is the wordless fountainhead of authority in how its perfection works.

Here's your personal Pristine Truth in action, "It's an undeniable fact that you are breathing Nature's air this instant and that you exist and are alive and can do things as you read these words right now, **or anytime you do anything else.**"

If you don't trust what you first-hand experience, what can you trust?
Don't you feel you want to survive right now as you are spacetimeing?

ARTICLE

The Remedy for Abuse That We Learn to Ignore: Nature's Essence is its Wordless Love to Begin Life

Abstract

Objective : I am a 94-year-old personification of Nature's wordless attraction (love) to begin life. As an Applied Ecopsychology ADP, commencing 1969, I spent 16 years founding and directing year-long, ideological education, Nature-Connected Psychology expeditions independently and for the National Audubon Society. Travel-camping across the USA, we organized ourselves to scientifically create unifying natural area moments that let Nature's life teach and heal us via its spacetimeing essence instead of from our society's suicidal war with Nature (Cohen 1998).

Methodology Since 1985, after initiating the world's first "Is the Earth a Living Organism?" International Gaia Symposium, I created today's Project NatureConnect online Organic Psychology activities, courses, and degree programs. They let Nature's heartfelt essence (Natureness) become more attractive and interlace our 54 senses with Nature's unconditional love, backyard or backcountry. Organic Psychology does this by knowledgeably adding **ness** to

everything there, including us. This 550% increases personal, social, and environmental well-being as it transforms the abusive cause and pain of our problems into Nature's self-correcting balance and beauty. "You become **Youness**" as this article warmly unites folks through evidence-based **Natureness** truths.

Discussion Professional journals and field experiences validate my 1965 hypothesis: "Teaching myself and others to practice and teach Natureness achieves my Objective (above.) and increases well-being everywhere." This article/flowchart/tool adds global wellness to applying the absolute pristine truth that "You are reading these words here and now." **That, alone , is a "magic wand," the flowchart's "golden ratio touch" that waves and increases well-being.** In 1965, in a wilderness area, that self-evident fact demonstrated that because I (humanity) can speak with words and Nature cannot, devoid of Natureness, our stories excessively disconnect us from Mother Nature. To compensate for this loveless, hurtful loss and abandonment from her universal attractiveness, we constantly crave artificial satisfactions from Earth's natural resources, *its metabolism*, around, in and as us. Tragically, this 45% to 75% deficit has bankrupted and broken our person/planet life and counting.

Conclusion This pristine truth article creates heartfelt natural area moments that let our 54-senses interlace with, since forever as now, Nature's wordless attraction (love) to justifiably begin life and dance it into being, everywhere, all at once, moment-by-moment (spacetime). Its organic wisdom remedies today's ecocide through therapeutic practices that make our experiences become beneficial person/planet relationships when we relate to the natural essence of things instead of just their labels or stories.

Abstract of IJPSS facts in this article.

Industrial Society has made us suffer 'Earth Misery' a runaway, natural resource, species and mental illness catastrophe that deteriorates personal, social and environmental well-being by ignoring its homeostatic spacetime remedy. The latter has helped the life of Earth activate our 54 natural senses to reverse the nature-disconnected relationships that produce our disorders and crippling budgets. Without producing garbage, Nature creates optimums of life, diversity, cooperation, love, balance and well-being while our society detaches 98 percent of our life from this wisdom. Five decades of spacetime, Organic Psychology research in natural areas exploring "attraction being conscious of what it is attracted to" has shown this nature-connected learning process validates our sensations and feelings as facts of life. It empowers scientific methodology to restore our missing whole-life, multiple sense integrity happily. Funded and internet available, backyard or back-country this Climate Therapy tool has helped people create

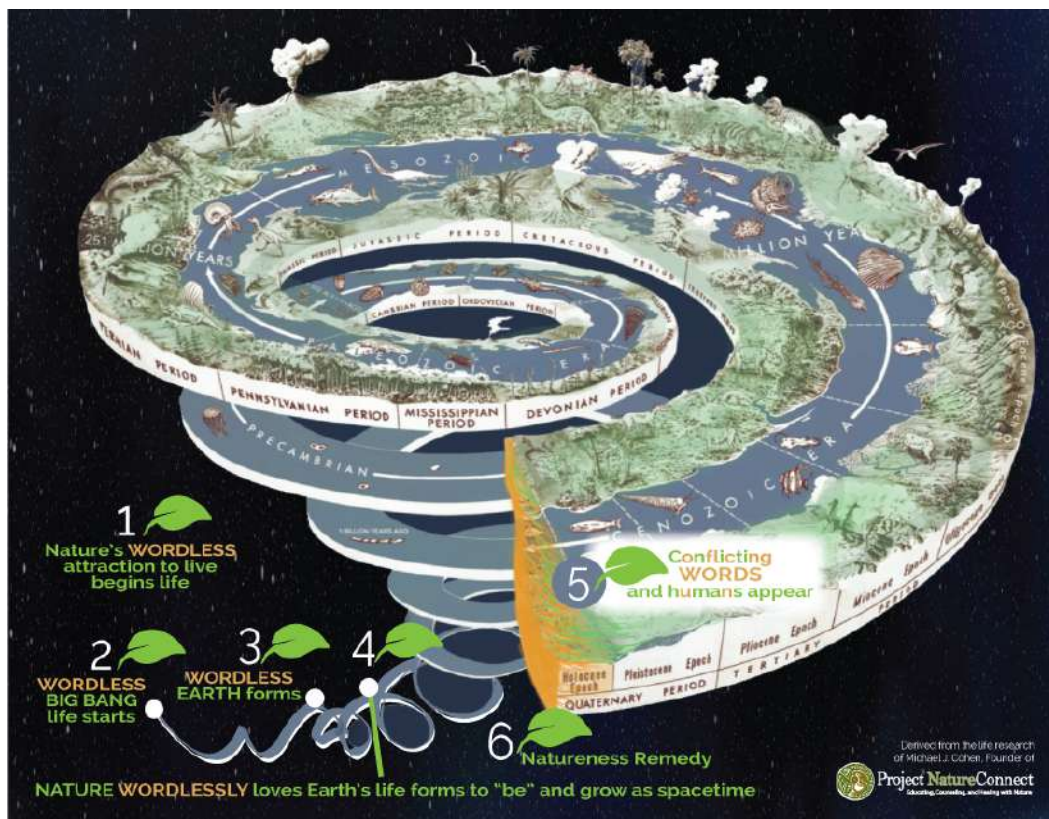
phenomenal moments that let Earth teach and heal (Cohen, 1998).

SPECIAL NOTE: If you want credit or recognition for reading this white paper as a course or training, the activities and facts you need to do so appear in Appendices A-E Pages 53-70. **This paper actualizes the NSTP webstring blueprint all at once in any moment** (Cohen 2008) so you can know Nature through your words.

Introduction

This Pristine Truth Flowchart

 A heartfelt living history of Nature and Humanity's attraction to live.



The sensory, evidence-based sequence of Nature's essence: 1  to  6 to  1 continuum.

This flowchart (Cohen 2024) illustrates the author's 1965 conflict-resolving epitome, Project NatureConnect's core.

“Nature’s life differed from mine. Nature could not speak words (green) and I/humanity could. (Orange.)”

Like a magic wand, the chart portrays and empowers you with these additional deep truths you can experience for yourself and trust, but we are taught to omit.

- It is Pristine True that we exist, we use words, and our lives love to live.
- Attraction is what holds things together and it is the essence of love.
- The universe and mathematics are an expanding sequence, a continuum of attraction growth.
- The Universe and all things in it are simultaneously alive and procreate themselves into the next moment.
- Pristine Truth is a remedy for our increasing personal and global breakdowns, conflicts and mental illness.
- Anything that a word describes about the life of the Universe, until that word is corrected, is inaccurate because ***Nature’s life is not a word. It’s a love, a wordless desire to grow its perfection.***

Once you learn to use the flowchart, **conflicting** words become accurate **green** words that happily strengthen our integrity and relations. 🌿 This works because the feeling of 🌿 could be the attraction glue that creates “glueballs” in physics.

For many folks, it’s best to learn to [use the flowchart first](#) and then do this white paper to most easily validate and reinforce it.

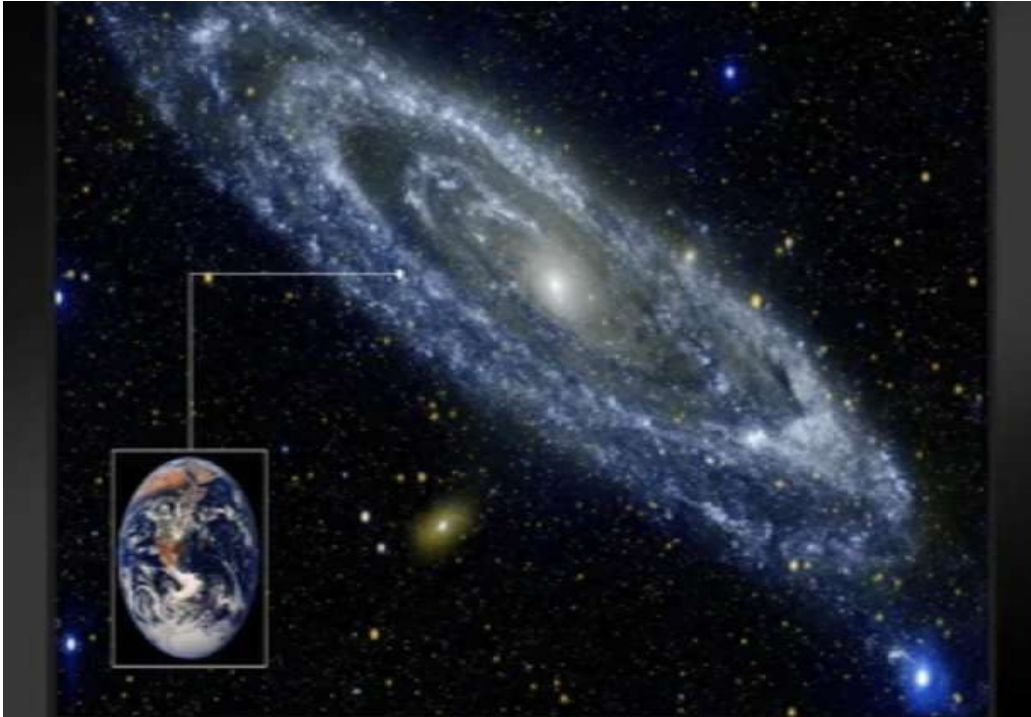


Felt senses are legitimate things. A selfie taken by the sense of gravity (sense #11)

As a twig is bent, so grows the tree. Similarly, today, we painfully break our world because we are born into, attached to, and warped by our society's undue prejudices and war against Nature. Their lies create our hurtful personal and global climates (Cohen, 1983, 1991) because prejudice is an unreasonable, pre-judging attitude that is, due to bonding, unusually resistant to sensible influence.

When applied to Nature, the war's destructive propaganda makes it seem rational for us to become abusive eco-zombie pirates that conquer Nature's life, around, in, and as us. However, Nature's resources are also our life-support system (Cohen, 2002). Our war with Nature is a madness that could be called suicide by piracy or ecocide. It's the excessive orange section of the flowchart.

Since our prejudice emotionally attaches us to misrepresentations, we hate or deny the existential Pristine Truth essence that corrects them. This learn-by-doing article is that inspiring Pristine Truth. I care about it because I spent 71 years studying and invoking its person/planet source while in mixed groups' natural area relationships. (Cohen, 1993). You may care too because as you read this it's becoming your truth of this moment in context with *Natureness*, the Pristine Truth self-correcting *essence* (ness) of this instant our spacetime Universe's wordless eons of life *spacetime* (*adding time to a things height, width and breadth*). You can strengthen your caring by adding "ness" to your first name right now. For example, "Jodi" would become "Jodiness," "you" become "Your Nameness," A tree becomes "treeness." You grow as this "Natureness" narrative continues. As its Pristine Truth flowchart essence increases well-being, so do you.



Natureness Moment-by-moment, as spacetimeing, the essence of Nature’s life is wordlessly attracted (loves) to begin its “Aliveness,” “Your-Nameness,” “Treeness,” “Jodyness,” “Oneness,” “Wholeness,” “Godness,” “Wilderness” “Happiness” etc.

This article is pleasantly organic. Through its flowchart on these self-updating pages, its nature-connected psychology develops itself into a practical and applicable social technology, Natureness, that continually strengthens our Pristine Truth so we can apply it anywhere, anytime, to the essence of any relationship, thing, discipline, or transition.

In any moment this narrative’s existential power of Natureness can convert each of our distortions and their abusive effects into 54-sense, uplifting scientific facts (Cohen, 2017). They increase well-being anywhere by 550% (54 senses instead of five) as they help our sense of kindness help others do the same individually or in an online independent community.

Thankfully, in 1949, our mechanistic Steady State Universe’s entropy and chaos, Steady State model was proven inaccurate as Earth’s resource depletions were discovered.

The model was updated and replaced by the discovery of the life of today’s expanding, spacetimeing “Big Bang” Universe. *Its flow around, through, and as us consists of, from forever as now, Nature’s wordless attraction to begin life and justifiably love its dance into being, moment by moment.* Within and as Nature’s

love, the essence of all things exists in any moment since each moment includes our past and future stories and our thoughts and feelings. It's as real and authentic as is you being alive this instant because it is it, everything everywhere all at once.

As part of the life of the Universe and Nature, we are conceived and born with its desire to be nurtured and grow to survive. We experience this 54-felt-sense fact because we can't continue to live without being nurtured by Nature's wordless love. This survival feeling is self-evident. It's rooted in every breath we take, yet we are educated to ignore its presence and significance. Check it out. Hold your breath and sense your love to breathe as it expresses itself as suffocation feelings. Even if you pass out, Nature's love for your life will apply authentic breathing to revive you. That's real, not artificial respiration (Cohen, 1997).

Note how easily this sensory truth sensation validates itself because we are it and own it. It fills our mind; we've seen it happen and have learned from it, yet wanting to breathe is not one of our five senses that we early learn that we have.

As we proceed, these pages simply grow and reinforce the essence of our 54-sense longing for air (Cohen, 1997). By 550%, (54 senses, not just 5) this narrative replaces our prejudicial, inanimate and entropic thinking and its people-centered, pirate-the-Earth tragedies (Cohen, 2001).



Felt senses are facts: A selfie taken by the sense of distress (sense #26)

These paragraphs compassionately enhance the Natureness remedy for our outdated, mechanistic Universe and its war with Nature..

Today, sadly, our nature-disconnecting stories continue to create the misery we suffer (Cohen, 2020c). This is an emergency. Personally, locally and globally, wouldn't you love to reduce our abuse from our agonizing falsehoods and solastalgia hurt (Mallory, 2017)?

Natureness Exhibits



”Ness” is essence “to be or exist”

The History of Pristine Truth

As stated, obviously, our education's bias has scientifically indoctrinated us to endure being eco-zombie pirates whose lies, thefts, and murders break our lives and world. In response, this Pristine Truth article is a 54-sense spacetime practice whose facts transform our pirating into Nature's essence (Natureness) survival experiences that unify things globally locally and within us (Cohen, 2022).

If you read this article as your essence (Youness), you become involved with its truth, make it happen and love it, especially if you want to live in sane wellness and justice rather than the pirating that stems from our prejudicial lies about Nature.

To be able to write this piece, I've spent my past 56 years living and learning with others in 84 different natural habitats to strengthen humanity's nurturing abilities and reduce our ill-treatment of each other (Cohen, 1998). For this reason, this narrative validates that Nature is the fountainhead of authority and history of how its survival perfections work. As aforementioned, I establish that since before forever, as now, Nature is its wordless attraction to begin life and justifiably love to dance it into being, living, *and growing*.

Whenever we excessively disconnect from this Natureness singularity, we create **a personal and global survival want for Nature's absent love to be reinstated**. (Again, hold your breath to experience this.) Then, this article enables Natureness to reinstate Nature's love, as only Nature's essence can, so we don't continue to suffer from our deprivation of its lifegiving embrace (Cohen, 1993).

Natureness lets us give back and continue Nature's attraction to love things into being and survive. Simply owning it without sharing it is not how Nature's love works **because doing so stops its nurturing flow through us**. You can always strengthen and expand this ability via our online Natureness matching activity. (Cohen,1989)



Felt senses are truth. A selfie taken by the sense of place (sense #30)

Today, our planet is bankrupt and its/our life broken. As our traditional institution's ways and means sadly demonstrate, without Natureness Earth can't replenish what we overuse or destroy. This means there are no longer reasonable substitutes for Nature's relation's and love to survive. Why? In 1974, as pirates, we used up our planet's ability to recover from our excessiveness, and that deficit has increased ever since. It's 2022 and our bankrupt Earth suffers a 45%-75% resource deficit and counting (Cohen, 2021). Each additional artificial substitute for Earth's life is an additional injury to it.

Red alert! The Steady State, mechanistic way we still learn to think and relate is so destructive it deteriorates our planet's well-being. The United Nations has proclaimed humanity suffers from its prejudicial war on nature that is suicidal and stopping it must be a top priority for everyone, everywhere (Cohen, 2020c). This Natureness article/tool helps us meet the United Nations imperative to make peace with Nature and stop pirating or warring with Planet Earth and each other (Cohen, 2001).

As aforementioned, Natureness accomplishes this by adding the suffix “ness” to things so we begin to know them not as objects but as their trustable essence, ‘ness,’ that is also their and our wholeness. For example, I become *Mikeness*, a tree becomes *treeness*, a rock becomes *rockness*. We are kith and kin survivingness.

This *Natureness* process enables us to identify and relate to the heartfelt whole-truth essence of things rather than the gloomy limits and word or label distortions that keep us pirating Earth (Cohen, 2022). Words are not natural, they are mostly artifacts making more artifacts. Fortunately, deep “breathingness” helps us locate and restore our essence, as explained below.

Obviously, if I start here as a pirate by lying, in all following moments everything based on my lie will also lie until corrected. That sequence is the singularity of how the Universe’s spacetime continuum sequence works as it grows. To avoid this trap, I’ve anchored the article in a Pristine Truth Exhibit below, which is an absolute therapeutic truth. As we continue, Pristine Truth’s reasonable and honest bliss strengthens, grows, and reinforces itself as we appropriately invoke and add value to it. It is *Natureness*, a direct contact, purifying, genuineness that empowers us to prevent and remedy our hurt from the personal, social and planetary climates we increasingly create (Cohen, 2020b).



Felt senses are pristine. A selfie taken by the sense of self (sense #35)

Terms and Definitions

The reader's life experiences in this white paper includes, in geological order, the constructs and labels I use here and in its Flowchart, reference books and articles. Use them to connect your greatest trustable truth with anything because their felt, sensible accuracy simultaneously works personally and globally. (Cohen 2023)

- **Nature** is forever, as now, its beautiful, *wordless* attraction 🌿 to begin life (1 🌿) and justifiably love its dance of everything into being and growing in attractive “rubber band attraction” balance. This includes our inner nature, our wordless **inner child**.

- **Attraction** (1 🌿 and 1-6-1 🌿) is the desire or intention to draw things together, such as gravity, magnetism, or glueball. Emotionally, it's our inner child that wants to live harmoniously, to breathe with Nature this instant, or to read this next word. Attraction becomes more attractive and stronger by growing into diverse, mutually supportive relations. It knows what to attach to because it is conscious of what it's attracted to. Attraction is the essence of Love.

- **Repulsion** is an attraction to move towards a greater attraction, senses #25-#27.

- **Life** is its wordless attraction/love to live by supporting life in balance.

- **Death** is humanity no longer able to use words or grow social relations.

- **Diversity** is the self-balancing (homeostatic) sequence of stretchable, “rubber-band” attractions as they grow more attractive.

- **Spacetime** is a verb, our Standard Big Bang Universe's attraction to sequentially grow/expand Nature's attractive life moment by moment.

- **Pristine Truth** is the felt repeatable and trustable science of spacetime and its history in action.

- **Natureness** is the self-correcting essence of Nature and its love to flow around, through and as us and all things including Organism Earth.

- **Humanity** is Nature a million years ago, as now, with the unique ability to create, invoke, and live out words and their artificial meanings.

-Natural System Thinking Process is a web-of-life blueprint model of Nature whose strands are 54 attraction/loves that we call our senses (Cohen, 2007)

-Green Switch is the application of otherwise missing Pristine Truth

Earth is our planet's special way of life that lives because, uniquely, it has water on its surface.

-Earth Misery is the result of humanity's words excessively disconnecting us from Nature's love for our life.

-Greed is the outcome of excessively or addictively wanting things because our excessive loss of nature's love makes us feel that we never have enough.



Exhibit 1. Your/Our Pristine Truth:

Here is a pristine true *Natureness* statement that is this book's Pristine Truth root and foundation

“It's an undeniable, self-evident fact that you're alive, are able to act and are reading these words here and now”

That's the spacetiming (being here and now) way Nature's life works. As its Big Bang birth continues to procreate itself, moment by moment. This instant we are it with words. It's existential. Nature grows all things in concert, simultaneously, everything all at once, all parts of you and me and our planet, including our thoughts, senses, and feelings.

The quote is the same #1 🍃 on the flowchart as well as Nature's essence: [1 🍃 to 🍃 6 to 🍃 1], the whole flowchart, phi, growing with and as us and vice-versa this instant. It's what we know, think, sense and feel in word and deed in this moment and the next, ad infinitum.

The chart can be viewed as spacetime being the tree of life, or the Tree of Knowledge in the Garden of Eden as it occurs in today's spacetime Universe rather than a the unscientific God-created Universe paradigm of three thousand years ago (1 🍃).

Now that we have established that unarguably true quote statement here, this book stems or grows from its indisputable pristine truth so all of it, too, is Pristine True and can be used as a truthmaking tool. *These words include and confirm that what they say we are doing or being is part of our universe's spacetime here and now.* That makes their truth existential, self-evident. They register directly in the life of our senses, no proof is necessary because we inherently experience it. The quickest way to know this it is pinch yourself too hard and feel your senses' life seek something more attractive so you stop pinching.

Sadly, and to our loss, the above is a Pristine Truth that our society teaches us to take for granted or **omit or conquer**. Our excessively Nature-disconnecting words make this happen because they are detached and detach us from Nature's authenticity.

To offset this overwhelming lie of omission, every part of this article is, or originates in, the 54-sense, Pristine Truth, 57 years of me applying it in natural areas to attach it to its origins, and learn more about it and its critical value that our extreme indoor education and life ordinarily bypass. That bypass is the point source of what's breaking our world.

Think about it for a moment. This instant is your indisputable moment of truth, of self-evident proof that *Youness* and your 54-senses exist, are alive and belong as what you really think and feel in this spacetiming moment. Isn't it perfect? While in an attractive natural area, its wordless youness and Nature's eons are a single spacetiming, self-correcting essence, your whole life in action. When youness accurately label your essence as "ness," what youness 54-felt sense experience, is spacetime's oneness rather than worry, friendness not aggravation, Natureness not depression or anxiety. Pristine truthness is our "now" genetics.

Note that if a scorpion, tornado or feces could read, this Pristine Truth would unify them with all others that could read. This occurs because Pristine Truth exists in its space and time on this page, now. If these things were in some other place or moment, then it would not be available. However, *it would be as soon as*

*we/they adopted and stated it appropriately for that other **time** and **place**. That's the Natureness green switch solution we are missing.*



Caption: Felt senses are authentic: A selfie taken by the sense of community (#34)

The Natureness of Pristine Truth is like an accurate clock because it reports the facts as it's continually updating itself so as I write it again it's true about this new place and time on this page. In this way, "The truth is that you are reading these words here and now," is not the same as it was above. In this moment it is truer from its placement here, not there, the additional paragraphs and images alone along with other things that have happened since you first read the statement. This means that what you/*Youness* may not find true in this Pristine exhibit now will become true in later exhibits. For this reason, this narrative repeats, summarizes or reviews key points whose truths, might become polluted by regressing to their earlier warps.

My truth repetition here makes the total article become an organic spacetime fact-check, a habit-breaking force that therapeutically stays in context and self-corrects to remain alive. You/*Youness* can apply and trust it anywhere, from sub-atoms to feelings to family to cosmos. For example, boldly, right now, here, the article defies the notion that there is no such thing as singular or absolute truth. This instant is one. It is absolutely true *Youness* are reading these words, here and now in spacetime, while attached to the rest of the spacetime Universe's life.

Most people love their Pristine Truth, especially in natural areas, because, there, Natureness, Nature's self-correcting essence, helps Pristine Truth's coalescing ways peacefully anchor folks in the happiness of their reassuring sense of trust. Their Natureness replaces their stress, fears and pain with the satisfactions of exceptionally accurate 54-sense information and its organic balance. More fully expressed your Pristine Truth is: "This moment, it's an absolute fact that Nature exists, and that you exist, you are alive, you heartfelt want to live and can do things. Your senses are working while you are now learning about Natureness while breathing and growing and reading these words this instant."

Sadly, most people don't know what their great, trustable Pristine Truth is because our formal and informal education and counseling make a profit by purposely omitting it. They also omit Natureness so society can control us or to sell us something to replace Natureness's disturbing exclusion.



Felt senses are accurate: A selfie taken by the sense of domineering (sense #36)

In the reality of existential science, when needed, things that are true exist, just like this article does right now. If our words identify things and they don't really exist, our words are pirate deceits that hurtfully mislead us. Here, via Natureness, as we continue, our Pristine Truth is spot-on indisputable, trustable and unconditional. That's why this narrative can help us increase well-being, moment-by-moment, **especially if read in conjunction with a natural area or pet or plant.**

In today's person/planet crises, whenever we do not apply Pristine Truth, as pirates we deepen the rut of our prejudicial war against Nature's distortions and their sickening effects so our crises increase.

For this reason, you learn more if you read this article while you are you/Youness, your Natureness, *in contact with the absolute authenticity of an attractive natural area and add "ness" to what attracts you there.* Your pet or potted plant will otherwise suffice. Then, without words, the area's life-desire to recover will help your life do the same and vice-versa as it flows through you. See if You/youness can find examples in a natural area of what the narrative describes as you read it, add ness to them, find yourness attractions to themness and enjoyably learn from the kinship results.

Note that *atmosphere* means "vapor of a planet sphere," *inspire* means "bring in life-spirit (a breath of life)", *expire* means "depart life-spirit," *respire* means "restore life-spirit" and *conspire* means "breath life-spirit together."

Note that this article consists of science with attitude. Its Natureness *conspires* with you and natural areas to stop our pirate stories' prejudicial war against Nature.

Note that we are able to constructively conspire using words because our essence is always **Nature's attraction (love) to begin life and justifiably dance it into being.** Nature loves us into unadulterated, cooperative being. Our words here support its spacetiming intention.

Note that as pirates we keep ourselves alive with each breath we take while our awareness omits that each breath's source is the 13.7 billion year flowing growth of Nature and its Universe that has preceded it into, as well, wordlessly becomes this moment.

Review: *Your Pristine Truth demonstrates that whenever you read it, or are aware of it, it is your spacetiming truth of the world in that moment.* In heartfelt ways it supersedes all things because it includes every other truth that helps spacetiming replace our pirate lies with the benefits of the facts in any situation, **except two.**

- **One fact** is that you are not yet convinced our Pristine Truth spacetiming is an overpowering accuracy so you deny it.
- **The other fact** is some abuse you endure so that your Pristine Truth "hooks" it from your subconscious into your consciousness, like it or not. It's still too painful so you can't accept its reality and history, or it warps facts.

In summary, beyond reasonable doubt “here and now” is the scientific Natureness certainty that our Pristine Truth is genuine fact, the truth, the whole truth and nothing but the truth so help *our spacetime Pristine Truth singular instant that is you/Youness this instant and every moment by moment.*

VALIDATE 🌿: At the end of each exhibit, to “conspire”, meaning “Consciously take a few deep breaths with Nature and become your Natureness. 🌿” Then find an example of that exhibit’s information in a natural area or pet. Then decide if the exhibit is

() Valuable/proceed 🌿 or () False/read references or (Cohen 2021)

Happily empower yourself. Become the Flowchart and vice versa. Whenever you encounter a term or idea that you recognize has already been discussed, highlight it to show yourself and the world that you know what you know. If it adds nothing new, just mark it “completed.”

Important. You can convert this PDF into a Word document, add your affirming experiences to it, and later submit it for your certification or degree. You can include your reactions, drawings, photographs, poems, felt-sense selfies, quotes, and other items to become more attractive and stronger by diversifying itself into many mutually supportive relations that tend to strengthen your validation.

For example, you might add

“Seeking my true self I saw tree roots growing from a stone. This powerfully touched me. The root attraction made my heart softer, and I felt rootlets slowly deep breathe in my chest reviving my inner roots. I felt safe and confident. I am you/Youness rooting in Natureness’s love for colorfulness, surrounded by safeness. Everything health-wise, instinctive, and intuitive is deeply rooted in me/us/it.” *See other examples at (Cohen, 2020d).*

Selfies: In spacetime all things everywhere, past, present and future, exist at once including our thoughts, senses, feelings and imagination along with reasonably expressing them. This means your Natureness can legitimately let your senses take selfies of themselves in a natural area, pet or person, and *label them as such.* This lets high-tech science words help each sense become a stronger Natureness fact of your life. This image is an example,



Felt senses are intelligent. A selfie taken by the *sense of ecstasy (sense #53)*

As a reminder to validate exhibits, the word *Validate* appears at the end of each exhibit. Reminder Visit Appendices A-D for course information, *Validate*

Pristine Truth Exhibit 2. In the emergency of today’s already bankrupt and broken world, in any given moment, our Pristine Truth Natureness either increases personal and global health or it’s an additional upsetting falsehood. Yes or no. No ifs, ands or buts. That’s the thrust of this Natureness article. In the now of spacetime, it loves to increase our/your well-being by its Pristine Truth replacing the lies of pirating words that deceive *usness* and it helps us help others do the same. *Validate*



Truth Exists

Pristine Truth Exhibit 3. An inaccuracy that we write on paper can produce major consequences when carried out in Nature’s reality. For example, a list of instructions for finding an oasis in the desert can result in the anguish of dehydration if just one instruction mistakenly says turn “right” instead of “left.” Other tragic examples are,

- “Planet Earth is an infinite rather than limited resource.”
- “We live on Planet Earth,” when actually we live in it, under its clouds and flying creatures, as part of its biosphere’s eons of growing, self-organized development continually flowing around and through us.
- “The Steady State Universe is a mechanistic, static thing that decays into entropy’s disorder,” instead of “The life of our spacetime

□

Universe is its love to survive by growing its own space and time. That is Nature's wordless attraction to begin life love its dance it into being moment by moment." *Validate*

Pristine Truth Exhibit 4. Nature and we exist in here and now spacetime. An indisputable fact is that if Nature or we didn't exist, our Pristine Truth Natureness couldn't be true because we and it wouldn't exist. **This core way of knowing is the wonderful heart of pure organic science:** at any moment for something to not-exist or exist, to be 0 or 1, false or true, wrong or right, on or off, guilty or innocent, dead or alive, connect or be disconnected, reliable or untrustable, be Natureness or an anti-Natureness pirate since 1974. Cohen (2021a)

When you/*Youness* apply Pristine Truth to your personal life your 54-sense existence becomes an undeniable fact of life, so you scientifically know it, and more happily let Nature's unifying wisdom help you know how and who you are, what you are and are doing, and help others do the same

This Natureness singularity removes doubt and conflict, increases resilience, creates unity and brings joy because all things hold one attractive thing in common: *they have spacetime survived to this instant in reality with the memory and vision as part of it.* This holds true even if you don't believe it or are not attracted to existing. It's self-evident. ***You/Youness must first exist to be non-attracted or a denier or non-believer*** (Cohen, 2016a). *Validate*

Pristine Truth Exhibit 5. Your Pristine Truth Natureness is a happy sentiment that needs no proof. Being existential and empirical, it lovingly registers directly in *Youness's* senses of consciousness and reason in concert with your 52 other senses (Cohen, 1995). Pristine Truth celebrates that you are spacetime alive and exist and that you know you know it. Again, you can't know that or anything else if you don't exist.

Our broken world and lies have so distorted our thoughts and feelings that most of us can't answer this simple question, "*What is the greatest truth in your life that you can trust and it is not Nature, God, Love or Honesty* since their lies, wars scams and corruption have created today's miseries" We are born with and as our greatest Natureness Truth **but we are educated to reject or deny it. *Without the Pristine Truth of Natureness*** we suffer the lies we have created as they flow through us, moment by moment.

Do you know the answer to the greatest truth question? Most people don't. That's a key but very easily solved problem. (Cohen, 2021) *Validate*



Our 54-Sense Truth

Pristine Truth Exhibit 6. We don't have to prove what we sense or feel in the moment because our life scientifically registers this Pristine Truth through the reality of self-evident sensations we directly register in our 54 senses. They are inherently sensible. You are doing this right now with these letters and their forms. By the words they create, we Pristine Truth know that we have senses of sight, reason, consciousness, literacy, color, shape, trust, community, place, distance and aliveness. Thankfully, via Natureness, these, and 43 other senses, register, blend into, validate and convey our Pristine Truth at this and any other spacetime moment (Cohen, 1997, 2016d). Omitting Natureness omits them and creates our troubles.

Note with alarm that only one of these eleven senses, the sense of sight, is one of our five senses that were identified by Aristotle circa 330 B.C. This alone tells your sense of reason it is false that you only have five senses. You simply validate that you have experienced ten more senses, including your senses of reason, consciousness and survival at this moment. *Validate*

Pristine Truth Exhibit 7. Reasonable relationships are a 54-sense Natureness bliss because the life-supportive climate they create is the emotional climate you live in. As you nurture them and it via Natureness, both gracefully nurture you. *Validate,*



Truth Is Alive

Pristine Truth Exhibit 8. Since before the Universe began, speechless Nature, has been and is its wordless attraction (love) to begin life, a love that, by 1950, was identified scientifically as spacetime and became common knowledge by 1970. Your existence and growth validate this because as part of Nature, like it and everything else, moment-by-moment, including this moment, you/*Youness* are Nature's spacetime continuum loving to begin your life as energy and matter in the next moment. This is far more attractive for you than what we call death. Via Natureness, you recognize that your life's desires and energies are a real thing, they matter. *Validate*

Pristine Truth Exhibit 9. *Review: our Pristine Truth is part of the here and now of Nature's spacetime love to begin our Universe before its big bang birth. You can validate this because you are experiencing it unless you are suicidal. As a demonstration of this, bring the Pristine Exhibit 1 here into this completely different moment_____ and note that it and its truth still exist. Validate*

Pristine Truth Exhibit 10. *Review: You exist and are alive as part of the life of our Universe's love to live. It is completely logical, if not self-evident, that if Nature, the Universe, or our planet died this instant, you would also be dead. This is also true if you stop breathing. Then your Pristine Truth couldn't be true because, being "dead," neither you or anybody else could produce, know, speak or live it.*

If Nature died, so would its wordless attraction (love) to begin life. If you/Youness know you are alive, be Natureness assured that the essence of our Universe is alive since all is one in any spacetime instant and all is Nature's/Earth's moment-by-moment attraction sequence to live and love us into being for the past 200 thousand years. It's like we are a label-applying surfboard on the tip of Nature's wordless wave of life (Cohen, 2010). *Validate*

Pristine Truth Exhibit 11. As you/Youness can sense and feel this moment, your life as Earth's life loves to live. It wants to support and nurture life in peace so we and it can continue to live and grow. It is also true that you may fight and risk death for your life's survival; that is your Natureness's spacetime love to live in action (Cohen, 2010). *Validate*

Summary: thankfully, we exist, are alive and live in the life of our Universe. It consists of Nature's spacetime love to begin life and it has been omitted from our pirate education's felt-sense thoughts and relationships since it was discovered in 1949. The fact that science and education leaders cannot yet affirm that Nature or Earth are alive demonstrates the consequences of Natureness omission. Get real, we are being misled and suffer the results while Pristine Truth could remedy this, moment by moment if we added it to each thing we do.



Felt senses are reality, A selfie taken by the *love of love (sense #54)*

Spacetime Exhibits



Spacetime Facts

NOTE: from this point on “you” is understood to also mean “you/Youness” because this wonderful choice is always available.

Pristine Truth Exhibit 12. *Review: For the past century, scientifically we exist in the flow and growth of Nature’s spacetime Universe life, not in a Steady-State, mechanical Universe as was thought before 1925 A.D. until Edwin Hubble observed the galaxies expanding/growing away from each other. Painstaking*

evidence since then demonstrates that our Universe has seamlessly grown, like a tree's seed, by progressively procreating itself. This has occurred since Nature loved to give orgasmic Big Bang birth to it 13.7 billion years ago, as well as before it while it was its attraction to be born (Cohen 2022a).

Because all things in our historic eons, as well as in real time, are attached to each other in spacetiming's now, the essence or identity of each thing is always present as either our stories and memories, or our immediate experiences, or our thoughts about the future. All things, past and future exist in spacetiming "now" as unadulterated reality energies and/or as true or false story energies.

Nature's love to begin life now is also our subconscious life in action. You can validate this fact by thinking about this moment's experience, and/or whatever memories, stories, facts, dreams, thoughts, things or feelings you have or will experience. Note that they are only real and available in this present moment of the Universe as your Pristine Truth because your life exists. Nobody has ever disproved this fact because *that person had to exist and be alive when they tried to disprove it*. Your life might enjoy reading this last statement again because it is your Pristine Truth Natureness anchor and argument. *Validate*

A pristine truth science synopsis:

As the flowchart indicates, Nature's life was wordlessly loved and grew our Big Bang Universe into spacetiming-being 13.8 billion years before humanity first appears in it bringing with us our unique orange words and storytelling ability. The latter was only about 200,000 years ago.

Any of our stories, information or relationships today that omit the Natureness of when all of existence historically began are pirate misrepresentations that painfully demean, abuse and polarize the world. This makes us create our wars, disorders, injustices and climate crisis.

Because we have known, but ignored, this spacetiming fact for 71 years, we increasingly disconnect, break our world and suffer accordingly (Cohen 2020a). We can, instead, apply the Natureness remedy for this tragedy via this article. Natureness is the single valid label for each moment Nature love to live harmoniously begins to live. *Validate*

Natureness Exhibits
Attraction is the Essence of Love



Felt senses are universal. A selfie taken by the *sense of color (sense #3)*



Nature's Wordless Love

REMINDER: from this point on “you” is understood to also mean “you/Youness” because this wonderful choice is always available

Pristine Truth Exhibit 13. Apart from humanity, including you, Nature’s love to begin the life of the Universe and our Planet is non-verbal, like the Tao, a lake or a tree. Unless you can offer a scientifically valid example, no evidence exists that Nature has ever communicated in written or spoken words as we humans do. However, as this moment demonstrates, our Natureness Pristine Truth is an exception to this fact. Here and now, we are Nature’s essence using words to help us be our Pristine Truth as we walk our talk. In that way, this article self-corrects

and peer-reviews itself. Otherwise, most words are abstract labels and values, artifacts that we impose that restrict how Nature works since, being non-literate, it is helpless and vulnerable to our meaning of words, short term. To our loss, wordless Nature can't constantly remind us that since Earth is presently in 75% deficit, there is no free lunch and Nature bats last as climate change and Earth Misery demonstrate (Cohen, 2001).

Since we exist and grow in and as Nature's spacetime love to begin life, our ability to speak words is Nature's love-to-begin-life expressing itself and its purity through our 54 senses *along with their labels and definitions*.

We are seldom taught that the words we experience are not coming out of nowhere. They are Nature, a natural area we call Planet Earth, speaking as and through us as unique artifacts that we create and manage. We either scientifically speak the words that describe Nature truthfully or they are un-trustable pirate distortions. The latter make Nature's flow through us lie about or attack itself so Nature's integrity painfully disintegrates, in and around us. (Cohen, (2011)

Our sense of reason, in concert with 53 other senses, recognizes that it is unnatural and unreasonable for us to felt-sense think or act out words that we know injure Nature, especially since our senses of pain or fear make us aware when our excessively nature-disconnecting stories abusively inflict these injuries on our person, or nationally or globally (Cohen, 1995).

Climate Therapy's Natureness is an existential science. When its Pristine Truth removes unreasonable stories we discover that our excessively nature-disconnected world of words is a dream. It does not exist anywhere else in Nature. When that dream is not logically organized by our reasonable 54-senses, our words make us become pirates or soldiers in our war with Nature nightmare. *Validate*

Pristine Truth Exhibit 14. The lies of our excessive, unscientific pirate stories and labels about Nature change Nature's and your life into conflicted and distressing climates of nature-disconnected labels, artifacts, relationships, emotions, behaviors, beliefs and environments. Your deeper, speechless Nature subconsciously lives in continual fear of how these may further hurt or abuse you or when they will be painfully triggered into your consciousness if something "pushes your buttons" (Mallory, 2017) (Uhl, 2016). *Validate*

Pristine Truth Exhibit 15. Our stories and labels can instantly transform the lies and inaccuracies that create our abusive relationships into 54-sense Natureness love that begins to remedy them. You can validate this if your Pristine

Truth here is doing it with respect to you increasing your trust and love of it.
Validate



The Nature Of Attraction

Pristine Truth Exhibit 16. “Attraction” is an evidence-based label for the power that holds things together. It’s a thing, a fundamental force or “glue” that unites things, from sub-atomics to families to galaxies and beyond. This includes us at our conception and all of Nature simultaneously in the now. Nature’s wordless attraction (love) to begin life is a now attraction sequence that is attractive. Its purity doesn’t adulterate or do abusive things to itself so it produces no garbage. Repulsion is a protective sensation that reminds us to immediately seek more attractive attractions. In reality, repulsion does not exist since everything stems from Nature’s original attraction to begin and grow its life. Doesn’t your life sense that right now?

You can validate that, including yourself, things exist and grow from attraction. For example, as you are attracted to continue to read this sentence you are aware of its words, not its individual letters until I mention this now. Also you may have missed that the word “of” was doubled in the previous sentence. Isn’t it attractive to continue and know these and other omitted facts so you may not be or feel misguided or mistrustful later? If not, how do you explain that you are now at this point in this new sentence if being here is not attractive?

Attraction is spacetime motivation in action, even if its source is its desire or habit, love, pain or fear, real or remembered (Cohen, 2020). *Validate*

Pristine Truth Exhibit 17. In story-less Nature, attraction is free-will conscious of what it is attracted to otherwise it would not know or register what to connect or attach to. Even if you are being coerced into reading these words, it’s more attractive than the alternative, you are doing this right now with your attraction to this sentence and possibly the next one (Cohen, 2017). Are you going to follow this attraction? *Validate*

Pristine Truth Exhibit 18. Attraction in at least 54-sense ways organically holds all parts of Nature together, including yourself, while Nature is attracted to begin life. You can use Exhibit 6 to demonstrate this fact if your life at this moment can’t. *Validate*

Pristine Truth Exhibit 19. You know you love your 54-senses because your life embraces and depends upon their attractive satisfactions. That's why you feel hurt and unhappy if they are abused, or rejected or if you think some thing or disease will take them from you. Do you think you really want to get rid of any of them and their value?

Pristine Truth Exhibit 20. Because attraction draws things together, it is the essence of love and unity including Nature's love to begin your life in this moment, and love you into being. Is there anything you are sure is not held together by attraction?

Are you attracted to speak rather than not speak, to live or not live? Can you see that repulsion is actually attraction to some more attractive attraction? For example, we are not repulsed by danger, we are attracted to run *for* our lives to something more attractive, not towards suicide. *Validate*

Pristine Truth Exhibit 21. *Review. Life loves to live. Attraction helps us accurately felt-sense experience and define Nature as its speechless attraction/love to become life.* This organic energy holds immense or miniscule things together.

There is no such thing as a vacuum or empty space because they are all filled with eons of spacetime attraction energy. Scientifically, our Pristine Truth is speechless Nature's verbalized attraction to grow as the life-flow of its spacetime, Big Bang Universe this instant. It was similarly immensely attracted to birth itself as energy and matter 13.7 billion years ago, as it is attracted/loves to grow in and as spacetime here and now. This is because life loves to live as your life and mine. *Validate*

Pristine Truth Exhibit 22. SUMMARY Scientifically, since its beginning about 14 billion years ago, **or before** the flowing growth of speechless, organic Nature, moment-by-moment, has loved to more attractively give birth to the Universe and its spacetime love to live and grow, moment-by-moment (Cohen 2019a). This includes us and this article now. Over time, this attraction has grown stronger and become more attractive via homeostatic diversification. At this moment attraction continues to **diversely grow everything in the Universe including Planet Earth you and me, to be more attractive, to attract more love.** You, I and these words are it in this instant.

Pinch yourself. You can Pristine Truth sense the pinch and your existing life. Look around. It is self-evident that it, the world, and you exist, live and grow simultaneously. Isn't that survival, including yourself, attractive? Note, however, that you can speak words that assign specific meaning to things and Nature can't do this. To Nature, speech is foreign, an "abstraction," meaning "to draw away from or disassociate." Without Natureness, Nature's love is defenseless against our non-

supportive pirate words about it. That is the core of our war, disunity and abusive climates.

Spacetime research since 1925 affirms that the Universe's life is not stop-time static. It has an attractive direction and purpose as its beauty demonstrates. Its spacetime sequence loves to support and grow its life. Nature's attractive intention is to continuously begin pure spacetime life, where all attractive things, including Pristine Truth, exist harmoniously and unconditionally. This is our 54-sense attraction to well-being. If you can't feel that love this instant, to validate it, try disconnecting from its atmosphereness. Hold your breath. You'll felt-sense your inherent love to live it shortly. *Validate*



Nature's Singular Sequence

Pristine Truth Exhibit 23. *Review: In storyless Nature, attraction is free-will conscious of what it is attracted to (Cohen 2017). That is the essence of love and unity including Nature's love to begin to continue and grow your life in this moment.*

In spacetime, anything you are conscious of always materializes after and from that same thing's preceding moment. During this organic transition and *while "rubber band" attached to their origins (homeostasis)*, new attractions (diversities) establish their attractive lives in balance.

When the review, above, is communicated in industrial society, scientifically our Natureness words consciously symbolize Nature's attraction to wordlessly continue spacetime's life-as-matter, math/science sequence (Cohen, 2017). As part of Nature's love to begin life now, this sequence is also who, what, where, when, why and how are you: You are Nature speaking your love to begin life. So am I and everybody else while the natural world seamlessly does it wordlessly.

THE SEQUENCE: As per Exhibits 1-22, above, in this instant that is our Standard Universe spacetime story, all things are simultaneously living out our Pristine Truth's

- 1) Love to become our wordless Universe of *14 billion* years ago,
- 2) Love to birth and become the now of our wordless, growing, Big Bang, energy-matter, spacetime Universe of *13.7 billion* years ago.
- 3) Love to instantly become our wordless unifying attraction field as gluons, Higgs boson, gravity, electromagnetism, strong force et al. (Cohen, 2012)

4) Love to become our 13.7 billion year continuum of *wordless*, attractive spacetime growth, diversification and unified, balance.

5. **Then 150,000 years ago our complex language develops.** We love to become humanity's true or false words that, for survival, prejudicially override and hide knowing ourselves as Nature speaking its/our love to become life. We attach to a unique "pirate story" world that we invent and is attracted to Nature's love of life as a resource. It is a protective but often misleading love that bonds us to be artificial and profit as we wander into less supportive climates and environments.

6) Love to become our inaccurate pirate words that say "The Universe is *mechanical*." That Steady State story claims that, like a throw of the dice, we evolve by probability selections as we decay into the disassembled chaos of death and entropy. It says that when a thing's love to begin life dies it is recycled and restored anew. This meant, *incorrectly*, that Earth is an infinite, ever-replenishing resource that our nature-disconnecting words can prejudicially abuse, conquer and exploit indefinitely without harming Nature.

7) **In 1949**, after 46 years of research, quietly, our evidence-based words and reasoning replaced the Steady State Universe story with today's life of our Universe spacetime science. It is nature's/our continual love to begin and grow pure life.

Our pirate stories are inaccurate when they excessively nature-deprive us so we omit Gaia, pre-humanity's wordless 13.7 billion year life-flow of our Universe's Pristine Truth, existence. It's spacetime life discloses the destructive falseness of pirate stories about Nature, God, Love and Honesty, especially since they omit Natureness and Pristine Truth as they fuel our prejudicial war against Nature.

8) **This sequence is like Carl Sagan's** "If you want to create an apple pie from scratch you must first invent the Universe.' Your Pristine Truth life with words invents the Universe because you are a personification of it that can speak. You inherently know it loved you into becoming you as Big Bang spacetime, at your conception and this instant. This explains the discovery of how and why every 5-7 years every atom in your body is mutually beneficial loved to be replaced by a renewing atom from the natural world and vice-versa.

This instant, we are Nature with or without words loving to continue to become more attractive by beginning life in the next moment. We are different than the rest of Nature because, moment-by-moment, around and in us, our felt sense life

of Nature is wordless and only we can add words to it, accurate or false.

To engage Prinstine Truth's flow and label all things "ness" Natureness harmoniously bridges this stressful gap. It creates "everything all at once," space-time universe life. This means that As "then" is always as "now" because "then" is a story that only exists now. Atoms from 10 billion years ago continually replace our body this instant, 98% of its totality each year, and completely every 7-10 years. We grow 2.3 billion new cells every hour while our old cells recycle back to Nature. The entire Universe, with its attraction to grow more attractive removed, consists of tightly compacted hydrogen atom nuclei the size of a volley ball while the missing rest of the Universe is all its perverse attractions to grow diversely.

As aforementioned, all this is significant because attraction is the essence of love, attractioness. To our loss, 99% of our lifetime is spent living stories that are out of tune with how Nature's life grows and works. In fact, without Natureness, our society does not know if Nature is alive or not. It can't identify a clear difference between life and death because there isn't one if all things are alive. That's a stressful science-religion-spirit-philosophy conflict that Natureness can help us resolve just by adding "ness" to everything.

Try this: Some evening Youness, with some Ness friends, meet at a place where you can see the sky with the stars out. There, you have your essence get consent from the Universe's life to find a ness attraction in that growing space-time moment where everything is one essence, Natureness. Ask that attraction what it would like you to know and note how you sense, feel and think about what it has transferred as being part of yourself that you recognize. You and your friends share this experience and help each other benefit from it, including how you are attracted to your attraction as you may experience it in each other. What values did you find in this Natureness gathering? Do you trust them? (Cohen, 2021A).

If you apply objective math to that gathering 0-9 does not work when one person's story believes the Universe is God while another's story does not. A conflict is present that wars have been fought over since humanity's stories began. The numbers 0-9 chain is broken In Natureness, scientifically, God's essence is the Godness. All things are unified by their reasonable attachment to their "ness" kinship, moment-by moment.

Without Natureness, any time we prejudicially choose a nature-replacement story, those with the most nature-disconnected power reduce environmental and social justice and increase conflict. Invoking the Natureness of

“ness” reverses that trend because Natureness’s unifying unconditional loveness to live transforms prejudiceness into that love.



Nature is its/our Love To Live

Pristine Truth Exhibit 24. Our 54 felt-sense thoughts and relationships painfully signal when they are abused by our lies hurtfully breaking-up our Gaian love-to-live around, in and as us. Out of pain, fear or reason this abuse attracts our 54-senses to seek more attractive things and relationships to satisfy this loss of love. We call this base feeling “survival” our desire to keep Nature loving to more attractively become our life in the now of spacetiming. For example, the immediate pain of a hot stove attracts your finger to a more attractive cool place so it survives rather than burns away. *Validate*

Pristine Truth Exhibit 25. *Review: Nature constantly loves to become the aliveness of its “now” space and time climate that it creates and where (space) it resides every instant (time).* This means that in spacetiming now, all the essence of the Universe and its eons of growth are Nature’s spacetiming life becoming your Pristine Truth, “You are attracted to read these words here and now.” As aforementioned, this makes you an attractive, special, personification of spacetiming that can speak. It enables you to register and accurately label your whole-life unity as your deepest Pristine Truth love of life to live and grow. In imagination or reality your first or last name could be “Spacetiming.” It’s your conscious and subconscious life in this moment. Do you want to give it up or make it more attractive and healthier? *Validate*



Felt senses have integrity. A selfie taken by the *sense of companionship (sense #35)*

Natureness Great Truth Exhibits



Words Are Not Reality

Pristine Truth Exhibit 26. Your Pristine Truth includes that rarely does the story of an article stop the falsehoods its story identifies so things seldom change without additional acts, conflicts or fights. This article remedies that phenomenon by blending the information in all 1-25 Pristine Truth exhibits to create and strengthen a unifying Natureness **great Truth** of your life that you can trust. This Natureness is not Nature, God, Love or Honesty **because, since they are only geologically recently invented by our words and concepts, their meaning omits Nature's previous 14 billion years of spacetime's wordless attraction (love) to begin life.** It's like we have had the Universe surgically removed from our mentality so we think and relate like it never grew or exists and we suffer accordingly. That's our **untruth** or **sin of omission** as per Exhibits 12 and 23.

Without our Natureness, the present is adulterated by past falsehoods. Once you know your Natureness, you help stop our Natureness distortions from breaking the world into our personal and global earth miseries.

Earth Misery Climates: due to our prejudicial war against Nature's web-of-life (Cohen 2008), this year, 2021, on average, we and our living planet endure a steadily increasing 45%-75% loss of its recycling, composting and healing powers (Global, 2021). These vitalities are located in Earth's eons of attraction-based wildlife and natural resources growing harmoniously in the now as part of Earth's metabolism.

This alarming natural resource deficit is accompanied by a parallel 45% increase in our mental illness, obesity, climate change, oceanic oxygen depletion, loneliness, atmospheric carbon warming, mass shootings and excessive stress.

Earth Misery Climates' painful outcomes increase corruption, child abuse, unhappiness, mistrust, unfairness, political and economic extremes, destructive cravings, dependencies, addictions and many other ailments. Most are earlier abuse being spacetime reactivated.

Our Earth Misery Climates socialize us, on average, to live 99% of our lives out of tune with our Natureness love and spend 95% of our time indoors (Klepeis, 2001) (Weir, 2020).

As exemplified by the additional value you find in each Pristine Truth exhibit here, your Natureness can instantly discover, fortify and actualize Pristine Truth in the now of anywhere, any place, anytime because then it is real there, not just written words here. This makes the remaining exhibits here be Natureness exhibits that pertain to Earth Misery Climates and spacetime everywhere, not just the Pristine Truth in this article.

For example, you will learn that if you visit somewhere next week, you can take your Pristine Truth as your Natureness with you and apply it to your relationships in real time there as needed. This love is an immunity that protects you from abusive Earth Misery Climates that may exist there, and immerses you in the organic joy of Natureness sanity.

In short, once you know what your Natureness Truth is, by validating and actualizing your Pristine Truth anywhere, your Natureness increasingly strengthens and Earth Misery Climates diminish.

It's like you as pirate or ecozombie always carry an organic Natureness, green switch spray, serum or wand in your pocket. You are applying it now as you continue to learn more about your Natureness on this page. Note that when you don't apply it you are victimized by Earth Misery Climates while their prejudicial lie of "Natureness Truth omission" bewilders you by lies that say you are not a victim of that lie. *Validate*



Our Greatest Trustable Truth (Natureness)

Natureness Exhibit 27. *Review: The attraction-based ways Nature consciously loved us, as verbal humanity, to begin living in and as Planet Earth, started about 150,000 years ago (Boyd, 2017). However, now, as then, we alone, not speechless Nature, invent stories, true or false, that we use to guide us for our survival. These stories may verbally connect to, or repulse, each other, especially when written so they can't easily change. Their messages often disconnect us from Nature's wordless attraction (love) to become life as it thrives in a natural area.*

We are personally Earth Misery disconnected from natural areas because we know them verbally while Nature's love remains non-verbal i.e. "53-sense speechless, dumb or ignorant around in and as us." Sadly, and to our loss, thing-by-thing we excessively treat or abuse Nature/us as our plaything or whipping boy because, being dumb, and while in pain Nature can't tell us "Stop," or send us a legal restraining order to desist from conquering or "improving" it, especially since our prejudice gives Nature no legal rights. To avoid this pain, we remove labels or relationships that can trigger it. That leaves our hurtful contacts hidden within us. We call it our subconscious or solastolgia and organize our lives to avoid experiencing it again while books and media safely vent it through their stories about it including jokes, films and competitive games as well as unreasonable drugs and behaviors. Our 54-sense attachments to our replacements for Nature's 54-sense love hide our Natureness remedy from us so our prejudicial war with Nature continues around and in us. For example, Elton John said that his childhood traumas can still control him and, in addition to shaping his parenting style, they can make him erupt in anger without warning. It all continues to exist in the now until Natureness transforms it into love. *Validate*



Prejudice Against Nature

Natureness Exhibit 28. *Review: When I began this article, my Natureness insisted that it be founded on its Pristine Truth so its authenticity could help me write it and be accurate. Without our Natureness playing this role, this and most*

other pirate writing or speech is excessively disconnected from wordless Nature's love to become pure life in natural areas that includes weeds, bugs and swamps (The opposite of "swamps" like Washington D.C.). By omitting our Natureness, our written laws can't stop us from telling stories, be they reasonable or harmful. (Cohen, 2011a).

Our Pristine Truth demonstrates that most of our words are limiting terms, invasive prejudiced foreigners, artifacts that war with Nature, eviscerate Earth and turn things into money. For example, as pirates our written, prejudiced against nature history includes felt sense knowing Nature as savage, barbaric and frightening, as something science must conquer to support our economics. Even after Osborne's and Vogt's 1949 bestselling books, (Cohen 2020a), our leader's words have socialized us to painfully break our world into Earth Misery Climates. As our Pristine Truth's increasing value in this article demonstrates, we can invoke our Natureness, reduce our prejudicial war Earth Misery Climates and increase well-being when we know how to apply our Natureness anywhere. *Validate*

Natureness Exhibit 29. Our ancestors migrated from our mutually beneficial tropical origins into foreign seasonal climates. To survive in the latter our words and leaders "improved" temperate and arctic areas so that they imitated warm tropical life. Parts of humanity survived anywhere by their stories creating tools, artifacts stories and customs that, without Natureness, rudely labeled and exploited Nature, around and in us. This birthed and encouraged us to build our unchecked indoor world closet of agriculture, heat, shelter, false and mystical stories, food preservation and medicines while it prejudiced us against nature as our enemy to be conquered. (Cohen, 1983).

Only our Natureness , right now, creates this article's reasonable, 54-sense translation of our stories so that in a natural area, devoid of prejudice, you may peacefully unite your painful estrangement from Nature's love to begin life, in a more satisfying and balanced way, as described below. Your Natureness is like you are feeling very thirsty and finally have the satisfactions of a natural area to be a non-toxic liquid that quenches thirst. This becomes the latest entry into your life-experience autobiography (Cohen, 2019). *Validate*



Felt senses are spirit. A selfie taken by the *sense of play (sense #29)*

Natureness in Action Exhibits



Climate Therapy's Fundamental

Natureness Exhibit 30. Here is the inspiring Natureness secret remedy that reconnects our stories' abusive separation from Nature's nameless but restorative love in a natural area. (Cohen, 2016c).

As spacetimeing, our Natureness knows that a natural area is also our subconscious and that everything there in authentic Nature, including us, is real, universal aliveness that corrects itself as it continually begins life.

Nature's love to begin life is at least three verbs, *spacetimeing*, *loving* and *beginning*. The words for life are also verbs, its *attraction* or *loving* or *desiring* for *living* or *surviving*.

Our civilization teaches us that we are the stability of nouns, for example, you are your name. We are also stabilized to the meaning of the labels our nouns attach to otherwise wild natural things. For example the life of a tree is labeled “board feet.”

The Nature-foreign meaning and power we assign to our noun labels gives us word and story control over the things that nouns name. This is because we relate to things’ names, not to their Natureness, (now, nameless, spacetime love essence to live organic attraction relationships: USSE NNIAAL) (Cohen, 1999).

Everything is in transition in Nature, however, things’ names usually stay the same. This separates us from Nature’s unity and becomes, instead, argumentative cubbyholes of knowledge. Our thoughts can make “Bambi,” or each other into the terror of becoming a corpse, abused or conquered so our Pristine Truth natural freedom is wounded or limited

HOWEVER

Our Natureness can make any noun a verb simply by adding “ing” to it just as it added ness to it to identify its essence. Ing is action, a state of *being* spacetime. For example, I, Mike, am also me Miking. Similarly, a tree is treeing, a cloud is clouding and Natureness is us Naturenessing.

NOTE: This is identical to adding “Ness” to things but is more real in that “being” is our existential *now identity* since we are our aliveness doing it in the spacetime moment. Ness is an essence-wholeness *tool to identify “Truthingness.”*

Even in an injured natural area our Natureness can add “ing” to anything, so we know that thing as a living verb and vice-versa. This makes Nature literate through us in that its *loving* to begin life can sense how that ing label makes us feel and act like Nature’s equal and friend, not a conquering, foreign-power noun. This is like creating a common denominator for different fractions to unify in their oneness, in this case, unifying with Nature’s love to begin life in a natural area. With joy there, that spacetime love reduces our subconscious pain of disconnection from its source, Nature’s love to begin/grow life.

“*Inging*” enables your Natureness to recognize a “thing” to be an attractive, supported, free and unified part of a natural area that your words, especially nouns, have enslaved to fight our prejudicial war against Nature and the hostile climates it creates. (Note that a thing consists of the letters th before ing and that its original meaning was to assemble i.e. unify.) As your words coerce a natural thing to become an Earth Misery Climate, you simultaneously, but not necessarily consciously, also do it to its existence in and as you.

For us to Natureness, or not to Natureness, that is the question. Since 1974, to not-Natureness continues the Earth Misery Climates' lies that break and hurtfully cubbyhole us and our world. Our Natureness breaks our addiction to pirating, moment-by-moment,

Naturenessing a natural area changes objective nouns back into loving-to-become-life verbs, including us. This makes our Natureness stronger as it makes time and space for Nature to 54-sense compost and recycle our painfully misguided thoughts and acts into its love to begin pure life fairly, as only it can do. This makes any 5-sense relationship into 54-sense bonding that becomes 550% more effective in a good way. All things breathe together as their in-common Natureness rather than be victims of pirating and its Earth Misery Climates. This produces the sanity of personal, social and environmental justice. Add it to any relationship. Be happy. Conspire! (Breathe together).

As I promised, your Natureness works, by updating your Pristine Truth "Youness are reading these words here and now" into what you experience anywhere else, especially in authentic Nature.

- For example, if your essence, "youness" loves a Rose for its color and fragrance, you substitute "You" with *Youing*, enjoying words with *Rosing's* coloring and fragrancig here and now." (Translation: you love a rose's color and fragrance.)

-The Pristine Truth becomes your Natureness "Youing are loving a rosing's coloring and fragrancig here and now" to be the Natureness of your life that you can trust and it's not Nature, God, Love or Honesty that right now, by omitting your Natureness, continue to pirate our world into Earth Misery.Climates.

In this spacetimeing reality, Pristine Truth "inging" 54-sense transforms what ails you into a rewarding, safe and scientifically reasonable spacetimeing platform or lifeboat that, at will, your Natureness can return to in reality or imagination, and reestablish in the now. Then you can continue your love to live while your Natureness platform consciously embraces you in your 14-billion-year history of Nature's love to begin life rather than the stressful prejudice of Earth Misery Climates. That love to support life and grow is a wonderful and wise purity that you personify and can experience and share with others, especially if you are in a natural area.

Although this process seems complex and lengthy as you read it, you can achieve it in less than a minute by being your Natureness in a natural area and inviting an attraction there to respond to "Youing would love consent from 'Rosing' to learn from it in mutually beneficial ways (Cohen, 1990)."

In this instant, our Natureness lets our Pristine Truth label and speak the Tao as well as actualize Confucius's "The beginning of wisdom is to call things by their right name." Without their Natureness, since 600 BC, Buddha and Thale's deductive science have preached against, but actually created and supported, Earth Misery Climates.

Practice your Natureness

- For 5 minutes, *youness* go to an attractive natural area and with each thing *Younging* (your name with an ing) recognize there, a tree (or anything else that's attractive), and label it an ing, like treeing. Think about the truth of *Younging* and treeing both being Nature loving to begin life in that moment. Then say to the tree "Right now treeing and *Younging* are Nature loving us to begin our lives together.

- Now, in imagination become the treeing, and you say to *Younging*, "We are Nature loving us to begin our lives together," and experience what is valuable in doing this.

then

- For five or more minutes, 54-sense how many attractive things about treeing you can find that are as parts of *Younging*. In actuality, they all are *except stories that say they are not*.

- Then, become treeing and see how many attractive parts of *Younging* it recognizes being treeing. In actuality, they all are, again, *except stories that say they are not*. (Cohen, 1989).

This activity helps you find Natureness support for your life and where you may work on reconnecting the stories that say they are not parts of *Naturing* and may be misleading you.

The core of a natural area *aing* becomes the common denominator "All *things* here are their love to live by supporting this area's spacetime love to begin life now." Our lies are the words in these disastrous times that prevent our Natureness from actualizing our Pristine Truth happiness while transitioning off this page and into other realities including stressful interpersonal relationships.

NOTE: Only if you know your Natureness, can this exhibit be used to reduce the excessive separation of Nature's and our essence. For example, by adding "ness" instead of "ing" to things, like treeness, or calling things people, like tree-person or rock-person, or "non-verbal me," or "loving to begin life." Via our

Natureness, these inging substitutes when added to relationships, human or otherwise, help increase the well-being of our personal and global climate as they transform Earth Misery Climates into Nature's unconditional love to live by beginning life. Then all things belong and mutually support and balance each other for survival as authentic Nature's love. While you do this your stress and disorder symptoms disappear because you have unified the conflict that created them. As doing this becomes more habitual and important your well-being similarly increases. Without Natureness our thinking and relationships continually deepen the rut we have created as they reinforce the lies of omission that produce Earth Misery Climates. Earth Misery negates that in Nature's "survival of the fittest," the fittest are things whose attractions most cooperatively support other things' attractions or attractiveness.

Inging makes your Natureness therapeutically become the Lorax or an Earth Avatar so you can speak and act to make spacetime in Earth Misery Climates for Nature's love to do only what it can do. This process, called "Grokking," is a relationship that helps some of your 54 senses green-hug an attraction in a natural area to blend with you and others, and vice versa, so you become felt-sense oneness, personally and globally (Cohen, 2016a). *Grokking* is your crucial Natureness antidote for Earth Misery Climates. Interpersonally, its singularity "cures" the bipolar, schizophrenic and prejudicial, along with other disorders, *because all things become one natureloving*.

Inging demonstrates why a natural area's peace and unity are a Natureness "Higher Power." These "spacetime actualizations" don't produce garbage, war or undue abuse while they constantly become optimums of life, diversity, love, community, trust, balance and cooperation (Cohen, 2007). This explains our **omitted Natureness's**, ever-increasing, mistrust, conflicts, injustices, lies, divorces and Earth Misery Climates.

Here's a corrective lens for your worldview: *Without our Natureness most of our words insensitively abuse Nature's love around and as us and we react accordingly.* By standardizing this love into **Pristine Truth** and **Natureness**, we can unite both globally and locally

In summary, without our Natureness, you and I learn to know and relate to Nature, around, in and as us, by restricting the natural attractions of "things" as we label their wildness with words that they are not. We control and manage them as conquest-driven labels and stories dictate. In turn, our emotions and intelligence, including our 54-senses, protest their loss of Nature's love, fairness and freedom.

To stop this invasive injustice, our Natureness injects **Pristine Truth** into Earth Misery Climates. There, its Natureness "inging" in natural areas makes the labels accurate, free, attraction-loving verbs that we and Nature's love hold in

common to begin life. Sharing this with another person is especially valuable and builds lasting reasonable relationships between people as well as Nature. Any personal, social or environmental cause that omits their Natureness is 550% less effective and more destructive than needs be.

When you improve life by *inging*, something soon happens in a good way, meaning to the benefit of all. Quiet time in a natural area automatically makes this connection on a personal or local level, but without your Natureness seldom in a lasting or global way.

Have you ever felt a special peaceful happiness in a silent (wordless) natural area? Was it valuable? Different than being in a shopping mall? That joy was Nature's love rewarding your senses for sensing it.

Many studies show that Nature-contact increases a person's well-being (Cohen 2015). In a natural area it improves person/planet well-being 550% better if you are *youness*. Then Natureness's momentous, safe, spacetiming switches on a healing and unifying happiness energy.

In the now, all things become the perfection of Nature's love to procreate life's purity, balance and beauty. During these green-hug moments, Earth Misery Climates don't exist while, unimpeded, person and planet well-being increases and becomes a spacetiming platform for our love of life to continue by beginning again in the next moment.

Note that most spiritual leaders met their Gods in a natural area while they were scientifically unaware that 14 billion years earlier spacetiming Pristine Truth was already becoming that area's, and their life and existence. For this reason, these leader's truths were/are, lies that omit Pristine Truth. Without the science of Natureness or Godness, so do God, Nature, Love Honesty and us, mislead us today,

"Inging" enables your Natureness to do what my Natureness sometimes does in a natural area where all things exist simultaneously including our past stories and influential people. There, by adding *ness* or *ing* to their name, I can teach spacetiming Natureness science to the nature-connected experiences of

- Buddha, -Jesus, -Mohammad, -Moses, -Krishna, -Betty Frieden,
- Gandhi, -Martin Luther King, -Sojourner Truth, -Einstein,
- George Washington, -Susan B. Anthony, -Hitler, -Sweitzer,
- George Floyd, -Shakespeare, -Rudolf Steiner, -Aldo Leopold.

With me they learn to update our mechanical dead Steady State Universe model of 3,000 years ago to 1925-1970 A.D. spacetiming life. That is approximately when spacetiming's flow and growth became the standard spacetiming Universe model in today's high tech society. These leader's truths are attracted to my assertion that our society denies it is prejudiced against nature and the remedy for this tragedy is attractive familiarity with the Natureness of natural

areas. There, they and we exist harmoniously in the now of Nature's verbally expressed love to begin **lifeness**.

Your Natureness recognizes that when you find something attractive in a natural area, simultaneously it's that same thing, in/as you, telling you that your story has excessively disconnected you from your in-common existence with that natural area and attractive thing now. The attraction signals you to reconnect, to 54-sensing it and enjoy the peace, happiness and well-being your wordsmithing has actualized by unifying our broken world's Earth Misery separations. This strong attraction in Nature helps you happily resolve a conflict you presently endure. Similarly, in World War II the solidarity of making victory gardens quickly solved food shortages to save our nation's life as did blacking-out our windows at night.

Do you recognize that since you began reading this narrative your you/Youness has beneficially increased your competence in strengthening it along with your ability to help others do the same while reducing Earth Misery Climates. That progress is self-evident and you can add that skill to your livelihood. It is the best proof that you can increase personal, social and environmental well-being now and in the future. If your capability has not strengthened, it suggests that you may not yet fully know your Natureness and that it's readily available (Cohen, 2021).
Validate

Note: There are 150 additional partnering-happiness activities available that, like inging, help you help Nature's life begin to remedy our conflicts and diorders (Cohen, 1993, 1994).



Actualizing Your Natureness

Natureness Exhibit 31. As if a miracle our Natureness lets us know what's true by making Pristine Truth work everywhere with anything anytime. We create this "absolute organic truth" by blending of all the exhibits to create, in metaphor, a pair of spacetime, 54-sense Natureness glasses. When we put on these corrective lenses, they make anything we see or know anywhere the same Natureness of "You are reading these words here and now."

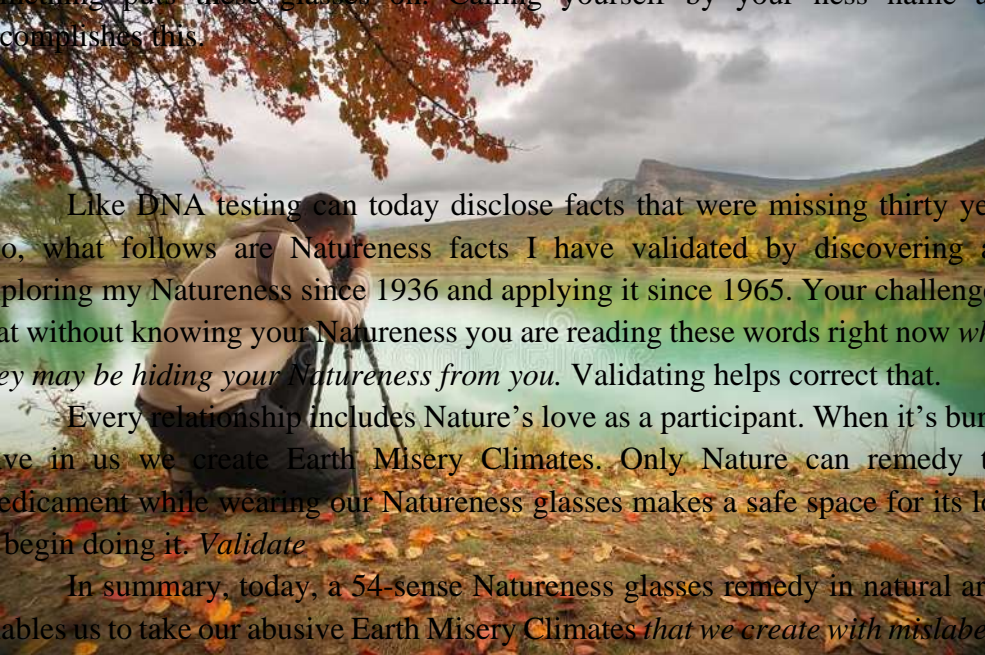
Our Natureness glasses update our Pristine Truth while off this page and involved in anything else as long as we know what our Natureness truth is. Most of us don't but we can learn it in seven minutes by phone and then teach it to others. (Cohen, 2021).

The glasses have two different lenses, one with our Natureness and the other our Earth Misery Climate perceptions. That is how in reality and imagination our

glasses activate our sense of reason so we can act more sensibly, especially because Natureness glasses inherently know that Nature bats last (Cohen, 2011).

OPTIONAL: A means to strengthen our glasses is the acronym “USSE NNIAAL-54.” It quickly brings to spacetime awareness our Pristine Truth’s **54**-sense, **U**nity, **S**equence, **S**pacetime, **E**ssence, ... **N**ow, **N**ameless, **I**ntelligent, **A**live, **A**ttention **L**ove that, without our Natureness, becomes today’s lies and Earth Misery Climates. Your Natureness glasses can “USSE NNIAAL-54.” anywhere because anywhere always contains Nature’s continual love to begin life in pure spacetime while the prejudice of our Earth Misery Climates deteriorate it (Cohen, 1990).

Do you recognize that “You are reading these words here and now,” has become your mobile Natureness glasses that work anyplace you know what you Natureness is? Nature’s love and your Pristine Truth want you to use these glasses to make safe space for them to live. Sometimes saying “Youing” before you do something puts these glasses on. Calling yourself by your ness name also accomplishes this.



Like DNA testing can today disclose facts that were missing thirty years ago, what follows are Natureness facts I have validated by discovering and exploring my Natureness since 1936 and applying it since 1965. Your challenge is that without knowing your Natureness you are reading these words right now *while they may be hiding your Natureness from you*. Validating helps correct that.

Every relationship includes Nature’s love as a participant. When it’s buried alive in us we create Earth Misery Climates. Only Nature can remedy this predicament while wearing our Natureness glasses makes a safe space for its love to begin doing it. *Validate*

In summary, today, a 54-sense Natureness glasses remedy in natural areas enables us to take our abusive Earth Misery Climates *that we create with mislabeled nouns* and this instantly transform them into the joy and healing ways of *nature-connecting verbs* that make space for Nature’s pure love to begin life now and love us into being. *Validate*

Felt senses are forthright A selfie taken by *sense of mind & consciousness (sense 43)*

Natureness Reality Exhibits



Imagination Exists

Natureness Exhibit 32. *Review: organic, 54-sense Natureness arts and science can create terms, stories and activities that help us produce attractive connections with Nature that are therapeutic. In a natural area this helps remedy what ails us as our Natureness begins to attach accurate names, including “ing” to things there including us.*

Remember, in spacetiming, imagination is real, it exists as such so there is no such thing as imaginary fear; its source is always present real-time or in memory. This means that in a natural area, our Natureness can take today’s prejudicial war against Nature back to our origins 150,000 years ago and our words, then and there, capturing and placing questionable labels on Nature, including people right now. This lets our immediate Natureness reconnect our prejudicial nature-disconnecting

stories to their peaceful origins as Nature loving them and us into spacetime being, *then and now*, since they are the same. This reality creates a now, reduced abuse moments *platform* where we can finally begin our excellent childhood.

This exhibit shows how our natural area Natureness immediately stops our hurtful conflicts rather than supporting or increasing them. It actualizes our 54-senses while they are connected to how Nature's love works in a natural area. This blend eliminates the cause and effects of our tragic Earth Misery Climate disconnections. It enables our spacetime, in reality and imagination, to start to grow in this new, begin-life-now climate instead of remaining disconnected and victimized by nature-disconnected adverse side effects. This Natureness phenomenon can be added to anything (Cohen, 1989). *Validate*

Natureness Exhibit 33. All these exhibits make it imperative that we add Natureness to whatever our cause or intent if we want to halt our world-breaking Earth Misery war. If we did this, I have demonstrated that the results we want can be achieved 550% faster and stronger because Nature around and as us becomes our ally rather than our victim. For example, in our Natureness expedition community, three individuals got strep throat and because it was scientifically reasonable, the whole community agreed to change the schedule and take preventative measures while the three were treated for it in personalized ways. It was cured and never spread (Cohen, 2012).

Without our Natureness, no matter how nature friendly our activities, intentions and relationships, since 1974 we have known that our Earth Misery Climates daily increase. Because we don't add Natureness to our relationships they are 14 billion year outdated and hurtful misrepresentations. (Global 2021). *Validate*



Earth Misery Climates Data

Natureness Exhibit 34. Additional Earth Misery Climates information: Our Natureness shows that we are engaged in a prejudicial war against Nature that educates us to create today's suicidal world while violating our moral, ethical and legal rights to life (Cohen, 2016). We must hook up with another planet half Earth's size to replenish these losses and we can't find that planet no less know how to hook up with it. We can, however, invoke our Natureness to stop this madness.

Tragically, without our Natureness and its anti-lie powers, by law we spend 18,000 childhood hours being educated to produce our Earth Misery Climates. We

spend less than 12 hours of our lifetime in tune with Nature's love to begin life. Adding 54-sense Natureness to everything we learn or do helps remedy this dilemma. This article accomplishes that because my Natureness *is* writing these words in spacetime and my greatest trustable truth is also everybody else's Natureness. This lets us Pristine Truth co-mentor each other when we know our Natureness.

Our Natureness works anywhere because it is experiential, it strengthens-by-doing so it self-corrects and improves itself every time we invoke it. While its absence creates and deepens our Earth Misery rut, its presence replaces it with Nature's continual love to begin pure life as only it can. *Validate*



Maverick Genius

Natureness Exhibit 35. I discovered my Natureness when it helped me notice its existence. This has continually occurred over the 56 years I have been researching the arts and science of holistic education, counseling and healing with Nature while camping out in 84 different natural area habitats, backyard or backcountry. Since 1959 my Natureness has stated: “As a twig is bent so grows the tree and this explains why humanity has lost its way. Our growth from the ‘savage’ does not necessarily lead to the cluttered, materialistic often desperate life that we presently live. To find the right road my Natureness nature-connected learning program must return its participants and itself in reality as well as in imagination to the origins. From their essence we can go forward again in a truly civilized, not a merely artificial, way of life.”

In 1965, out of frustration and curiosity, in the bowels of the Grand Canyon Wilderness in Arizona I reasonably asked Planet Earth how its life was different from mine After I continually deducted the similarities, it became apparent. I could speak and think with words and it could not. This was self-evident, a Natureness fact because that's exactly what was happening then. It's happening now, too, in your Natureness now, wherever and whenever.

My decades of individuals and communities beneficially actualizing our Natureness relationships in natural areas qualified me for doctoral

degrees and being recognized as a maverick genius who created accredited programs to this end (Cohen, 1998; Hoke, 2015)

I'll match the Natureness of my 56 years of pure, 54-sense experiences in natural areas with any individual, dead or alive, and I'll come out far more accurate and practical with respect to increasing personal, social and environmental well-being. This is because my Natureness spacetime science was unavailable to anybody before 1950 so what others did is scientifically outdated and detrimental in today's Earth Misery Climates disaster if Natureness is not added to it. Better still, I can teach folks how to become a 54-sense Natureness maverick genius so they can help themselves and others reverse our Earth Misery Climates and their abusive ways. I have established Natureness trainings, courses and degrees to this end (Cohen, 1994, 2019).

One need not be a maverick, [read "inconvenient"], genius to recognize that all our knowledge media and experts have brought us to create, increase and suffer this moment's Earth Misery Climates. This shameful unreasonableness continues to grow because, moment by moment, we are emotionally rewarded, no less paid money and profit, from Earth Miseries' destructive thoughts, feelings and relationships. It's like overeating to satisfy the loss of love you feel from being overweight. *Validate*



Our Warped Ego

Natureness Exhibit 36. Our Ego is our central story about us and itself.

It describes who we are and our self-worth as a reasonable thinker and doer, individually and collectively. What influences our Ego often modifies how we think and grow. However, with respect to its egotistical story, it is an eye that can see the world but can't see itself. (Cohen, 2020a)

Nature, being wordless, has no ego story. Its senses of reason and consciousness in congress with 52 other senses are its ego, moment-by-moment. Neglectfully, our Ego defensively hides its guilt for creating or participating in the anti-nature and illegal Earth Misery we create (Cohen, 2001).

Our Ego became its/our "civilized" description about how Nature should work for our survival above all because our lies convinced our ego that it is king of the world. Nature's love couldn't argue with that since it couldn't and can't speak.

When our stories omit our Natureness they are scientifically outdated or inaccurate and we suffer from our Ego's need to be rewarded as “right” as well as endure its painful disgrace for being wrong while aware the Earth Misery Climates we create are criminal negligence (Cohen, 2016). This shames and frightens our ego so it denies its responsibility for it.

Earth Misery Climates make us overuse our planet’s life to excessively produce material satisfactions for our disconnection pain. We mislabel this phenomenon “greed” instead of “Natureness Deficiency.” Devoid of our Natureness our ego mislabels Nature’s wonderful attributes to be “the human spirit,” and says Nature must be improved or conquered. This prejudice defames Nature and violates our rights to life so, without Natureness, all forms of justice are 550% ineffective.

To stop this insanity, our Natureness must applaud and reward our ego when it is Natureness reasonable and reject its non-Natureness stories for their negative outcomes while we offer them the therapeutic satisfactions of Natureness that they desperately need. That’s like creating eternal stem-cell therapy everywhere.
Validate



Organic Validations

Natureness Exhibit 37. In case you don’t fully trust your senses, the Natureness facts I present here have been peer reviewed and published in other scientific journals (Cohen, 1993, 2017). Our Natureness includes the science of deductive reasoning that deducts from Nature outdated or unproveable phenomena, including the mystical and supernatural. This makes what remains trustable, repeatable, evidence-based fact. Even the billion-year-old slime mold with no nervous system is Natureness deductive and can solve some of today’s advanced mazes and scientific challenges. (Cohen, 2018).

We sometimes know Nature as a wonderful experience, like an amazing rainbow, but seldom as our Natureness. This makes Nature “recreation” while omitting that it’s simultaneously re-creation, an antidote for our prejudicial Earth Misery Climates (Cohen, 2022).

Can our Natureness-omitted remedies for Earth Misery Climates ever succeed if their unjust and toxic “side effects” continue to bond us to use more goods and energies than Earth’s life can replace even as we transition?

“What was really cool was I gave my sister simple instructions of asking permission of a natural area and then asking what her Natureness is.

She had a similar experience to mine, of the timelessness of her past and present as one in the now (Cohen, 2020d). It was really cool! Our child natures were attracted to this experience, and we were jumping up and down like kids and not women in our 6th decade of life! Wheee! ”

~ **Natureness participant interaction**

“I went to a natural area I was attracted to and asked permission to 54-sense unify with it. I asked what my Natureness is at this time and had an experience of nature embracing me in the present, and also feeling as if I were in the ‘*past*’ at the same time, back to the teenager that would flee to nature when things got really tough. I was a teen, and I was the me now, simultaneously. I felt safety and well-being. I realized we are timeless as is nature. Nature stands for us day and night, over eons. Nature is there for us consistently; it never abandons us. My sense of belonging was attracted to this, as were my senses of safety, peace, nurturing, attachment, and my own truth.”

~ **Natureness participant interaction**

“I love this, getting comfort from our “Other Mother” (Earth) is just what we all need. Over my lifetime, our “Other Mother” has also been a father sister and brother to me, too, an entire family. A really perfect place to belong.” ~ **Natureness participant interaction** (Cohen, 2020d) *Validate*



Conclusion

Natureness Exhibit 38. Because most of us have had our natural world Natureness abused in some way, especially during our formative years, this Natureness article, *as we find and add examples of it in a natural area*, is a tool that lets us 550% better remedy our nature-prejudiced war traumas and the Earth Misery Climates they create everywhere because their essence always exists in spacetime. My narrative achieves this by scientifically affording safe reconnection space in attractive natural areas and gaining consent from them to let us connect with what attracts us there so that we may discover that the real Natureness last name we all hold in common is “Spacetime,” Nature’s continual love to begin life as us *using words*.

At this moment and forever, until new evidence updates it, this 54-sense article lets anybody become our Natureness in any relationship or discipline once they know their Natureness. That's our Pristine Truth in action, 0 or 1. It's omission increasingly creates our Earth Misery Climates. The conclusion is that we must replace omitting it with Natureness spacetime moments that let Earth teach. You can facilitate this by participating via (Cohen, 2021, 2022).

REMINDER. In conjunction with the instructions for achieving Natureness expertise, submitting this article with your added exhibit validations gives you advanced standing in the degree and certification training programs of Project NatureConnect.



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NOTE Most references are updated, online and in context so they strengthen, rather than harmfully compartmentalize or undermine the integrity of an exhibit's contribution. Specific terms or topics in a reference are located by using a finder

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Appendix A

Project NatureConnect,

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The Natureness Climate Therapy Outreach Program

An activation of the article *The Remedy for Abuse that we Learn to Ignore: Nature's Essence is its Wordless Love to Begin Life* in conjunction with **Climate Therapy Eco-**

Arts and Science Create Personal and Global Peace: Stop Our Suicidal War With Nature Around, in and as us.

Overview

To stop our suicidal war with nature we must green switch to scientifically create unifying natural area moments that let the **essence** of Nature's life (Natureness) teach us what we need to know to increase personal, social and environmental well-being and repair our broken world and life.

Because we (humanity) can speak with words and Nature cannot, without enlisting Natureness our stories excessively disconnect us from Nature. To compensate for this abuse, hurt and abandonment, we crave artificial satisfactions from Earth's natural resources; however, they are also its metabolism around, in and as us. Injurious, this disconnection has 45% to 75% bankrupted our person/planet life and counting.

This Natureness outreach program is a Climate Therapy that creates heartfelt natural area moments. In space-time unity they let our 54-senses interlace with Nature's wordless love to begin life, as it has since forever, as this instant. This organic science remedies today's ecocide through therapeutic practices that grow beneficial person/planet relationships as **we relate to the natural essence of things** instead of just their stories.

All the above and its effects are validated and activated in the constantly updated TJSSSR article *The Remedy for Abuse that we Learn to Ignore: Nature's Essence is its Wordless Love to Begin Life*
www.ecopsych.com/NATURENESSTJSSSR.pdf

The Natureness Key Are you aware that the life of a pet or plant or natural area that you heartfelt love consists of 54-natural senses and 24 universal facts of life? Consider this. You can be aware of it for sure this instant because that's how Natureness works here and now. You simply grow in space-time along with all things including your consideration of your thoughts, feelings and information.

What do you felt-sense think about this scenario?

“In today's broken world, these words let you know that your beloved pet is miserably starving because you are away at a global citizenship training school and you can't give it food. This instant you either can go home and feed it the 54 senses and 24 facts that it needs to happily grow, or abusively, you can let it starve further.”

In this metaphor, your pet represents our Planet and you are Earth's heart *within it*. The fact is that if you learn Natureness at school it enables you reasonably, and with

joy, best do what needs to be done about you and your pet's separation. Otherwise, without Natureness, our planet and you increase our abusive misery and starvation as we further break our world. This ecocide scenario explains why Natureness is vital for increasing peace and well-being.

Objective

We must reasonably achieve the Overview by *validating its outcome in written words*. This is because Natureness words best transform our abusive acts and stories into peaceful personal and planet relationships including stories that increase global wellness. Otherwise, since 1949, our words continue to destructively separate our Society from Nature's essence, and break our world personally and globally.

Beginner Program Instructions

NOTE Full program instructions are located below, at the end of this beginners program.

1. **Carefully read the Natureness webpage**
www.ecopsych.com/journalnatureness.html This page is an extension and review of that page. Do you recognize we are excessively educated to be pirates or soldiers that eviscerate our planet and can't stop without creating Natureness relationships with Nature's essence around, in and as us? Identify questions there that may arise. Optionally read this key article that is the core of Natureness and the full program
2. **Visit a natural area or pet/plant/aquarium.** Be aware that it is Nature's eons wordlessly loving to begin life this instant in space-time. As a recovering pirate, in mutually supportive ways, you want to obtain and share information in words from its wisdom as, speechless, it loves you into being along with the Earth, sun and stars
3. **Find and validate your essence** by taking 5 deep breaths whose air consciously connects your story world to Natureness.
4. **Identify your essence** by add **ness** to your name, like Jodiness. **Ess** is essence.

5. **In the natural area**, do the same. Add **ness** to Nature's essence, Natureness, and all things there when we are involved with them, like Treeness, Rockness, Cloudness
6. **Gain consent** from the essence of an attraction that calls you in area for you to visit it by completing www.ecopsych.com/amental.html.

As instructed, write down and save what was of attractive value to you from this activity.

7. **As Jodiness**, do the activity at <http://www.ecopsych.com/giftnatureness.html>.

Write down what you 54-sense and feel about this 4A/4B Ness experience as a Natureness connection.

8. Thank and celebrate Natureness in some meaningful way for helping you happily grow with its perfections.
9. **Share the value of 1-8 above**, with your partners, friends, social networking as well as use it later if you continue to strengthen your Jodiness and become more protected from the war by growing in this foxhole you have created.

Include the link "www.NaturenessTruth.com" in your postings so others can help pirates become their Natureness Truth.

Optional: You can always benefit from reinforcing your Natureness Truth

A key to accomplishing Natureness is asking folks what is the greatest truth in their life and it's not Nature, God, Love or Honesty. This is because these four and most others continue to war with Nature and omit or demean the ever-present Natureness of the 14 billion years of Nature's wordless space-time love to begin life that preceded us.

* * *

Full Natureness Program Instructions

1. **Read the Natureness webpage** www.ecopsych.com/journalnatureness.html and recognize we are excessively educated to be pirates or soldiers that eviscerate our planet and can't stop without creating Natureness

relationships with Nature's essence around, in and as us.

2. Download this article you are reading if needed, *The Remedy for Abuse that we Learn to Ignore: Nature's Essence is its Wordless Love to Begin Life* www.ecopsych.com/NATILLUSTRATED.pdf.

Convert the article to docx and copy it so you can write your experiences in it as you read.

This article is key. Read through it in Word and note areas where you might have questions. **Important:** note the yellow highlight area that explains **Validate** in the article, page 6,

Then, as you progress below, and as the article illustrates, when you can, add your attractive natural area Natureness **Validate** experience to the Exhibits in the article.

VITAL Save this Article with your additions to it. You can use it in many ways in the Project NatureConnect certification or degree courses, or as a helpful reference or personal Journal. It is equivalent to many parts of the program.

You can also add your responses, with comments or questions, after each activity, 3-15, below, as a Journal and insert responses here.

Additional readings for mastering the outreach program

- Book **Reconnecting With Nature, Michael J. Cohen** Amazon.com
- **LNE book:** www.ecopsych.com/NATURENESSBETAFINAL.pdf
- **Natureness Truth** www.ecopsych.com/gttspacetiming.html
- **Natureness Pure Science** www.ecopsych.com/natscience.html
- **Climate Therapy Quotes** www.ecopsych.com/ctquotes.html

Suggested Readings with additional Natureness activities

3. **Visit a natural area or pet/plant/aquarium.** Be aware that it is Nature's eons loving to begin life this instant in that space (space-time) as it flows around and through us and all things at once.

As a recovering pirate, in mutually supportive ways, you want to obtain and share information in words from its wisdom as it wordlessly loves you into being along with Earth, sun and stars.

4. **A. Find and validate your essence** by taking 5 deep breaths that consciously connect your story world to Natureness. *Validate*
5. **B. Identify** your **essence** by add **ness** to your name, like Jodiness. **Ness** is essence.
6. **In the natural area**, do the same, add **ness** to Nature's essence, Natureness, and all things there, like Treeness, Rockness, Cloudness *Validate*
7. **C. Gain consent** from the essence of an attraction that calls you in area for you to visit it by completing www.ecopsych.com/amental.html. *Validate*

Write down and save what was of attractive value to you from this activity.

8. Now call the attraction in 7. its Ness name and as well as call yourself your Ness name, for example Treeness and Jodyness *Validate*

Note what thoughts and feelings grow from engaging in this Natureness relationship. *Validate*

9. **D. As your essence**, do the activity at <http://www.ecopsych.com/giftnatureness.html>.

Write down what you 54-sense and feel about this 4A/4B Ness experience as a Natureness connection. *Validate*

10. E Peacefully Unify

a- Say hello to Treeness, introduce yourself as Jodiness and exchange pleasantries. *Validate*

b- Ask Treeness, "Who are you without your name? Remember what Treeness replies.

c- Ask yourself, Jodiness, "Who are you without your name? What do you discover you and Treeness have in common or where words separate you? *Validate*

d- Tell Treeness what is attractive to you about it.

e- Ask Treeness what about you is attractive to it *and speak what it says*
Validate

f- Note what thoughts and feelings grow from engaging in this Natureness relationship. *Validate*

g- Tell Treeness what you would think, feel or do if somebody tried to take your connection with it away from you.

Ask Treeness the same about someone taking you from it. *Validate*

h- Ask Treeness if it is attracted to you hugging it and do so if it's attractive to both of you. *Validate*

i- See if Treeness will help you discover what words or labels determine where you, Jodyness, begin and it, Treeness ends or vice versa. *Validate*

j- With your whole body, pull on one of Treeness's leaves or twigs to the point of not quite separating it from Treeness. Ask Treeness if you are connected to and honoring its attraction essence. *Validate*

j- Ask Treeness what it would like to teach you. Then hold and become Treeness and as it tell yourself what it said. *Validate*

k- Find in Treeness significant things in your life: good or bad relationships, songs, quotes, memories, stories etc. When you find negatives, Treeness is only signaling you to find a more rewarding attraction. Remember, this instantness is Nature loving you into being anew as it is attracted to begin life for all. Since its origin is that attraction, there are no negatives (senses 25-27)

l- Out of love or respect make a pact between Jodyness and Treeness that would help Climate Therapy transform ecozombie Pirating into Natureness. *Validate*

m- Ask yourself, Who are you as a non-pirate? Use your Natureness words to now tell yourself who you are without your name or without being a pawn for a pirate king or munitions executive. *Validate*

- 11. As Jodiness**, do the activities in Appendix B of this article that follows or at <http://www.ecopsych.com/giftnatureness.html>.

Write down what you 54-sense and feel about this 4A/4B Ness experience as a Natureness connection. *Validate*

- 12. Share the value of 1-9 above**, with your partners, friends, social networking as well as use it later if you continue to strengthen your Jodiness and become more protected from the war in this “foxhole” you have created.
- 13.** Include the link “www.NaturenessTruth.com” and www.ProjectNatureconnect.com in your postings so others can help pirates become their Natureness Truth.

- 14. Optional:** You can always benefit from reinforcing your Natureness Truth

- 15.** A key to accomplishing 14 is asking folks what is the greatest truth in their life and it’s not Nature, God, Love or Honesty. This is because these four and most others continue to war with Nature and they can’t stop. Outdated, they omit or demean the ever-present Natureness of the more than 13.7 billion years of Nature’s wordless love to begin life that preceded us and is present as our senses.

That’s how Nature wordlessly works as the web-of-life in a natural area to produce its pure balance and beauty that pirating buries alive in you until got out of the grave situation by doing **1-6**

- 16.** Place your 1-6 Ness adventure in a greatest trustable truth, sterile lockbox in your mind so you can access its reality when you need it. Then, if you remember already experiencing it, or find it is already there, simply note how you just further experienced and substantiated it.
- 17.** Review your key article and its validation. Add reinforcing comments that help validate it and your work. You can use it as evidence for equivalence in furthering your mastery of Natureness and Climate Therapy

- 18.** Continue to

Additional readings for mastering the outreach program

- **LNE book:** www.ecopsych.com/NATURENESSBETAFINAL.pdf
- **Natureness Truth** www.ecopsych.com/gttspacetimeing.html
- **Natureness Pure Science** www.ecopsych.com/natscience.html

- **Climate Therapy Quotes** www.ecopsych.com/ctquotes.html

Suggested Readings with additional Natureness activities

- [Reconnecting With Nature](#)
- **Core Activities** www.ecopsych.com/SEVMRATCACTIVITIES.docx

Strengthen your Natureness Truth expertise through our
Orientation Course or our online **Climate Therapy program**

Appendix B

Pristine Truth Natureness Fortifying Activities

These activities can be done after making the standard Natureness program contacts with a natural area.

Twenty additional activities are located at end of each chapter of the Amazon book *Reconnecting With Nature* by Michael J. Cohen. It is the reference book for the Project NatureConnect Orientation Course and comes free with the course as a pdf along with *The Web of Life Imperative* activities.

SEVMRATC sev-mer-at-see

Sense Enjoy Validate Match Resonate Appreciate Trust Celebrate

Do a different one or more of these at a time for each activity you do so you become familiar with them all and know which work best for you or your partner(s)/clients.

The SEVMRATC steps, below, are done **using the sense of color** as an example. You can SEVMRATC with any other senses or statements you want to strengthen. They appear on the lists in Appendix C and D, that follow

Sense

Check out different parts of your surroundings and move to the point that seems most attractive. Identify what things/sensations you find there (*color*) from the Program's 54 sense list

Enjoy

Spend one minute enjoying your chosen place's or thing's color. For example; Enjoy the color of an orange leaf. Recognize that you deserve to enjoy every aspect of life, including color.

Complete the following sentence: I enjoy this place's (leaf's) *color* because it makes me feel_____

Validate

Acknowledge to yourself that you are someone who finds this particular place's *color* attractive and enjoys it. Write a short statement to this effect

Match

Match this *color* with the same color that you might see or feel within you, your color memories, associations and mood. Write down the parts of your personality that are this color.

Assume a physical posture or motion that matches this colorful entity's shape and imitate this entity's motions. For example: to match the radiating shape of an orange leaf, hang with your body and arms spread like the leaf and wave as it does in the wind. Learn from how this activity feels. Write down the feelings.

Resonate

The *color* of this place has a certain quality which gives you a special resonant feeling. Hum or sing a musical note or notes that resonantly express your feeling while experiencing this color. (Also Resonate through songs, visual arts, poetry and dance.) You can find one sense and resonate it with another sense, like you can color a musical note or sense of trust. Experiment with this for increased resilience.

Appreciate And Honor

In writing thank this *color* mood which has attracted you for having given your life so much color and feeling. Honor this entity with some physical act, gift or spoken words. Honor it for contributing its color sensations to the global life community and you.

Trust

Trust the rationality and feelings you obtain from this SEVMRATC experience. Trust the love of Nature you may discover. If your rational mind resists trusting your sensations and feelings, it is rational to demand that it trust them because your sensations and feelings are facts. SEVMRATC helps Nature express itself. Trust SEVMRATC. Use it often to connect with any natural area or sense. Write a

short statement explaining why you trust and want to continue to use SEVMRATC.

Celebrate

In your SEVMRATC notebook write a Haiku verse or short poem which expresses your thoughts and feelings about connecting with *color*. (A Haiku is three line prose whose first line contains 5 syllables, second line contains 7 syllables and third closing line contains 5 syllables.) For example, for connecting with orange autumn leaves you might write;

Orange sunrise leaves.
Awaken deep within me.
The dawn of being.

Upon completing the Haiku, assume a posture or motion which you feel states your good feelings with regard to this SEVMRATC event. Hold your position or motions for at least one minute. If necessary, defend yourself from criticism within or around you. Modern thinking may critically label you as ‘ ‘unscientific’ or ‘ spiritual.’ Declare your independence. Protect your pursuit of happiness, your good feeling connections with Nature, if you want them to survive. As Rollo May says, “ If you do not listen to your own being you will have betrayed yourself.”

Share your Haikus. They enable language to connect people with Nature. Use them as an opening or closing to letters. Decorate and frame them. Now read through your SEVMRATC margin or notebook entries and summarize your SEVMRATC experiences and feelings with a few sentences, your Haiku, a poem, drawing or other statement(s).

APPENDIX C

Project NatureConnect Sense and Facts List

Our excessively nature-disconnected stories separate us from nature’s spacetime nurturance and break up our world. The facts presented here are words that make time and space for nature to reconnect with us as only it knows how.

“It’s an undeniable fact that you are attracted to exist, to live and can think and act as you read these words right now, **or when you do anything else.**”

The blended pristine truths behind this fact continually repeat themselves because their in-common essence is Nature’s spacetime growth so we trust them as

being existential. They include that 1) physical things are real, 2) today follows yesterday, 3) we are attracted to exist and be alive, 4) thoughts, senses and feelings are facts of life, 5) gravity pulls things together, 6) nature's life does not use words and 7) in our spacetime universe, moment by moment, everything as one thing is the attraction to live and grow life that we call Nature.

Attraction is the essence of love.

Since forever and before, Nature is its wordless attraction to justifiably begin life and love its dance into being.

THE PROJECT NATURECONNECT LIST OF 24 PRIMARY FACTS

Major things a weed or a mouse could have taught us in elementary school.

VALIDATION: A published, double-blind, peer-reviewed scientific article that validates this Climate Therapy tool is available at www.ecopsych.com/SCIENCEVALIDATION.pdf.

Additional similarly reviewed publications are

www.projectnatureconnect.com/benefits

www.ecopsych.com/IJE.pdf

www.ecopsych.com/natpsych.html

www.ecopsych.com/coheninterview.pdf

www.ecopsych.com/counseling.html

www.ecopsych.com/ksanity.html

All these publications authenticate the 24 primary facts, below, and they also apply to the peaceful and cooperative ways of ancestral Neanderthals, Aborigines, and Sentinal Islanders 30-450,000 years ago, Recent studies indicate their ancient genetics are also many of our 54 sense genetics that guide us today. Our excessively nature-disconnecting stories can be seen as a hidden conspiracy, a prejudicial war with Nature that is breaking apart the life of Nature/Us.

Scientifically, like a sprouted seed, in the Big Bang life of today's space-time Universe all things exist, are attached, happen and grow as a unified, whole singularity, moment-by-moment.

This explains how our thoughts, feelings and relations register that, since forever or before, **Nature is its wordless attraction (love) to begin life.** All things, including us, are always it right now, they are all supportively growing into each other. It's self-evident existential that, if you exist, Nature exists. You can find and

know anything in Nature in and as you and vice versa because the essence of every diverse thing is the nameless attraction that we label *Nature*.

- Project NatureConnect

INSTRUCTIONS: Identify the facts, below, in which you feel you need more information or have conflicts. They are answered via the course book *Liberating Nature's Essence* or *Principles of Organic Psychology*.

1. The essence of all things is the singular, moment by moment, attraction energy of spacetime, Einstein's unified field.
2. The fittest things are the most attractive cooperators with other things.
3. Our greatest trustable Natureness truth is a self-evident fact that is alive, undeniable and scientifically valid, However, it is not today's God, Nature, Love or Honesty that continues our war with Nature
4. Our Natureness Pristine Truth is all of us evidence-based experiencing, in historical sequence, our life in the now, moment by moment.
5. As per www.ecopsych.com/journalmist.html, the now is the life of the "immediate moment, space/time, film-frame, mist of our sequentially expanding, love-balloon universe" (Now. capital N).
6. The life of the Universe, Nature and Earth is attracted to continue to live, to survive into the next moment as it flows around, through and as us, except for our nature-disconnecting words. That attraction is heartfelt.
7. An attraction that we find in a natural area is that same attraction within us attracted to loving the joy of reuniting in the Now with itself and its wordless, unified family origins in the natural area.
8. Since its life was Big Bang born, or before, the Spacetime Universe/Nature/Earth has remained alive.
9. All things only exist or happen to us in the Now. It is the instant when, since forever, the Universe's life loves to grow its own time and space to live in, moment-by-moment.
10. We live in, not on, the life of Earth, at the bottom of its atmosphere, in its biosphere as fiduciaries of our living planet and each other.

11. Since the beginning of time, the life of Natural attraction has been conscious of what it is attracted to and everything is held together since then by that attraction, moment by moment.
12. Anything and everything is attractively attached to all that has gone before it and all that follows it. The essence of all things is always present in the Now.
13. There are no repulsions, negatives or prejudices in Nature, it singularly consists of its Now, stronger or weaker, attraction-love dance.
14. For every new-moment natural attraction in the Now, there is an established, equal, central, natural attraction to support the life that birthed that moment. This produces the balance of natural homeostasis.
15. We have at least **54 Now natural sense groups** that register their attraction relationships in our sense of consciousness (sense #42).
16. In the life-web of Planet Earth, with the exception of humanity, nothing uses or understands our "artificial" verbalized, literate-story way of knowing (sense #39).
17. Spirit, creation, self or God are our organic love-of-love (sense #54) that is found everywhere in the Now of a natural area and us.
18. Identifying our 54 senses by name in our Grokked nature-contacts makes a critically unique, scientific contribution that increases well-being.
19. The art of creating scientifically accurate, 54-sense stories that are supported by other people's Natureness truth stories, is needed to catalyze organic change or healing.
20. Pristine Truth Climate Therapy Grokking via our Consciousness, Reason and Literacy (CRL) senses creates organically sound human relationships.
21. Things and relationships must be valued or measured by their effects and reasonability.
22. We often avoid re-living the pain of what has abused us by the relief and satisfactions gained from abusing others as we were abused, or by co-dependent relationships and/or by addictively tranquilizing the pain.
23. Commencing in 1974, and similar to omitting the full value of an equation numeral, omitting any of the above facts, transforms Natureness truth into Earth Misery until the omission of Natureness truth is corrected.

24. In a natural area we can co-mentor and transform Earth Misery injuries and disorders into the attractive therapeutic love and well-being of Pristine Truth Natureness.

It 54/felt-sense validates beyond reasonable doubt that any functioning natural area or thing is the fountainhead of authority in how the dancing essence of the natural world's wisdom works. Nature wordlessly and peacefully organizes, corrects and balances its spontaneous optimums of life, diversity, cooperation, grace and sanity without producing garbage or abuse, including war, so that, everything safely belongs and supportively transforms into everything else and supports its life.

Our discontents result from our life's excessive disconnection from nature's dancing essence in a natural area that, when not blocked or adulterated, flows around, through and as us except for our excessively nature-disconnecting words.

Without the truth of a situation, we can't repair or improve it. Scientifically, at our will in a natural area, our great trustable truth enables us, to our mutual-benefit, blend our now lives with the wordless spacetime core of Nature's life. When we omit the organics of Natureness truth-78, the core instead becomes a weapon of mass destruction to Nature, around, in and as us.

“When the gravitational waves were finally discovered, it still came as a shock. The shock was to suddenly know what for years had been a belief and a hope. The discovery removed all remaining doubt that Albert Einstein's description of space, time and gravity is the best way we have of understanding the universe.”
 “There are absolute masterpieces which move us intensely: Mozart's Requiem, Homer's Odyssey, the Sistine Chapel. Einstein's jewel, the general theory of relativity, is a masterpiece of this order”.

- Daily Galaxy

Via Nature's wordless flow around, through and as us, every atom in our body is replaced by atoms from the environment and stars every 4-6 years, 90% of them every two years, while they return to Nature.

-Smithsonian Institute

There are roughly 10 octillion atoms that make up the human body. That's about 1 million times the number of stars in the visible universe. The multitudes within and beyond us are not contradictory but can be explained by the same set of physical rules.

The universe, in all its diversity, can be described by a surprisingly few set of rules, collectively known as Spacetime, the Standard Model of Physics . It is the culmination of a millennia of investigation, allowing us to understand how matter works, very fully so calling it a model, and standard, is kind of a lost opportunity

to really convey to people the magnitude of what's been achieved by humanity. That's why I like to call it the 'Core.' It's a central body of understanding that we can build out from."

- **Frank Wilczek**, recipient, Nobel Prize in physics.

Scientific research is based on the idea that everything that takes place is determined by laws of nature, and therefore this holds for the actions of people.

- **Albert Einstein**

APPENDIX D Our 54 Natural Senses

Our nature-disconnected stories isolate us from the whole of life and its self-correcting ways. These 54 natural sense groups reconnect your life with the balanced and beautiful whole life of our planet. [Full information **Select Here**](#)

The Fifty Four Natural Webstring Self-Evident Senses and Sensitivities

The Radiation Senses

1. Sense of light and sight, including polarized light.
2. Sense of seeing without eyes such as heliotropism or the sun sense of plants.
3. Sense of color.
4. Sense of moods and identities attached to colors.
5. Sense of awareness of one's own visibility or invisibility and consequent camouflaging.
6. Sensitivity to radiation other than visible light including radio waves, X rays, etc.
7. Sense of Temperature and temperature change.
8. Sense of season including ability to insulate, hibernate and winter sleep.
9. Electromagnetic sense and polarity which includes the ability to generate current (as in the nervous system and brain waves) or other energies.

The Feeling Senses

10. Hearing including resonance, vibrations, sonar and ultrasonic frequencies.
11. Awareness of pressure, particularly underground, underwater, and to wind and air.
12. Sensitivity to gravity.
13. The sense of excretion for waste elimination and protection from enemies.
14. Feel, particularly touch on the skin.
15. Sense of weight, gravity and balance.
16. Space or proximity sense.
17. Coriolis sense or awareness of effects of the rotation of the Earth.
18. Sense of motion. Body movement sensations and sense of mobility.

The Chemical Senses

19. Smell with and beyond the nose.
20. Taste with and beyond the tongue.
21. Appetite or hunger for food, water and air.
22. Hunting, killing or food obtaining urges.
23. Humidity sense including thirst, evaporation control and the acumen to find water or evade a flood.
24. Hormonal sense, as to pheromones and other chemical stimuli.

The Mental Senses

25. Pain, external and internal.

26. Mental or spiritual distress.

27. Sense of fear, dread of injury, death or attack.

(25-27 are attractions to *seek additional natural attractions* in order to support and strengthen well-being, attractions to run **for** your life. They are part of Nature's attractive dance, not "repulsions")

28. Procreative urges including sex awareness, courting, love, mating, maternity, paternity and raising young.
29. Sense of play, sport, humor, pleasure and laughter.
30. Sense of physical place, navigation senses including detailed awareness of land and seascapes, of the positions of the sun, moon and stars.
31. Sense of time and rhythm.
32. Sense of electromagnetic fields.
33. Sense of weather changes.
34. Sense of emotional place, of community, belonging, support, trust and thankfulness.
35. Sense of self including friendship, companionship, and power.
36. Domineering and territorial sense.
37. Colonizing sense including compassion and receptive awareness of one's fellow creatures, sometimes to the degree of being absorbed into a superorganism.
38. Horticultural sense and the ability to cultivate crops, as is done by ants that grow fungus, by fungus who farm algae, or birds that leave food to attract their prey.
39. **Language sense**, used to express feelings and convey information in every medium from the bees' dance to **uniquely human** articulation, stories and literature.
40. Sense of humility, appreciation, ethics.
41. Senses of form and design.
42. **Sense of reason**, including memory and the capacity for logic and science.
43. **Sense of mind and consciousness**.
44. Intuition or subconscious deduction.
45. Aesthetic sense, including creativity and appreciation of beauty, music, literature, form, design and drama.
46. Psychic capacity such as foreknowledge, clairvoyance, clairaudience, psychokinesis, astral projection and possibly certain animal instincts and plant sensitivities.
47. Sense of biological and astral time, awareness of past, present and future events.
48. The capacity to hypnotize other creatures.
49. Relaxation and sleep including dreaming, meditation, brain wave awareness.

- 50. Sense of pupation including cocoon building and metamorphosis.
- 51. Sense of excessive stress and capitulation.
- 52. Sense of survival by joining a more established organism.
- 53. Spiritual sense, including conscience, capacity for sublime love, ecstasy, a sense of sin, profound sorrow and sacrifice.
- 54. Sense of homeostatic unity, of instinctive *natural attraction* aliveness to be the singular essence-diversity attraction dance mother of all our other senses (NNIAAL) and the orgasmic Big Bang of the moment. (See NNIAAL equation and its operation in microorganisms.)

The core principle is simply that whatever any of our 54 senses find attractive in nature is what is doing the finding.

APPENDIX E Public Information

For immediate release, use and distribution

298 words

Contact Mike Cohen 360-378-6313

TOPIC Benefit from sharing the October 2023 International Journal of Ecopsychology legacy article “*Pristine Truth*” *Ecopsychology: The Natureness Remedy* by Michael J. Cohen, Ed.D, Ph.D.

A Maverick Genius’s Legacy Article Resolves Conflicts in and Around us: Benefit From “*Pristine Truth Ecopsychology, The Natureness Remedy*”

A new organic science article is a groundbreaking contribution, an antidote for the conflicts and dysfunctions that plague us including our wars.

Dr. Michael Cohen’s latest article actualizes his 94-year lifetime of inquiry and experience regarding how natural attractions in natural areas reduce our disorders. For this he has been dubbed a maverick genius.

In a world where we learn to prioritize our selfish wants while our stories excessively conquer nature, this article’s pristine truth creates peace. It enables nature’s unifying powers to diminish today’s corrupt relationships, lies, and fighting that increasingly deteriorate our personal and global well-being.

The article is a tool that makes whole-life improvements rather than just more talk. Reading it replaces our misleading Steady State worldview with the life of our Spacetime Universe. The latter is Nature itself, its singular, self-correcting love to live by growing life moment by moment.

As a potent healing instrument, the article is part of nature's love as it flows around and through us. We can sense and feel its and our heartfelt attraction to live. For example, disconnect right now. Hold your breath and feel this anxious and painful disconnection from Nature grow. It becomes a happy relief when you reconnect with nature by inhaling air again. [That survival feeling is what Nature is and the article does.](#)

By blending the attractions in natural areas with their sensations in our psyche, the article transforms our conflicting and abused relations into Nature, the unity of everything's love to survive.

It's critical to invoke the article's trailblazing process. Add it to any relationship and create therapeutic moments that let Nature's attractions teach.

Let's keep Nature's life-giving flow alive by passing this announcement on for a healthier, more harmonious and sustainable world. Become Nature's flow in action.

Contact: [Michael J. Cohen, Ed.D., Ph.D.](#) 360-378-6313

[Read the Article free](#) <http://www.ecopsych.com/IJENATGUIDE.pdf>

[Read the Article's benefits:](#) www.projectnatureconnect.com/benefits/

[Read the Article's implementation:](#) www.ecopsych.com/NATILLUSTRATED.pdf

[Read the Article's Course and Degree Validity](#)
www.ecopsych.com/PRISTINEPNCWCU.pdf

#

Question

Does your heart of hearts actually believe we are going to stop our millennia of runaway lies, hostilities and natural area overuse without invoking Pristine Truth? Isn't our attraction to it our best hope, the unifying glue, the love that we feel is missing? Is, instead, some miracle or hope really going to fix our broken world?

“It's an undeniable fact that you are attracted to exist, to live and can think and act as you read these words right now, **or when you do anything else.”**

The blend of pristine spacetime truths behind this fact continually repeats itself so we trust it as being existential. It includes that

- 1) physical things are real,
- 2) today follows yesterday,
- 3) we are attracted to exist and be alive,
- 4) thoughts, senses and feelings are facts of life,
- 5) gravity pulls things together,
- 6) nature's life does not use words and
- 7) in the essence of our spacetime universe, everything as one thing is Nature's attraction to live, moment by moment.

Nature is the fountainhead of authority in how its perfection works in the flow of its life around, through and as us, except for our words that deny this pristine truth.