



**Benefit from creating heartfelt moments in natural areas that unify everything
as they resolve conflicts around and in us.**

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A Suggested Sequence for Mastering the Pristine Truth of Natureness

“Scientifically, the core of Pristine Truth is that **UNDENIABLY YOU ARE ALIVE AND READING THESE WORDS HERE AND NOW**. The essence of this absolute and trustable fact is also true for anything else you or others do. It can be a potent five-minute or days-long therapeutic “vacation” steeped in Nature’s beauty and healing any time, any place, cost-free, alone or with friends.

[Read this article](#)

This narrative is for folks who recognize that “Natureness” is the self-correcting essence of Nature and us. They are wordlessly attracted (🍃) to learn to apply its Pristine Truth and make peace with the natural world rather than have our lives and world further break apart due to our societies’ war against Nature’s wordless and defenseless flow around and through us.

Pristine Truth is a completely trustable art and science because it includes the “here and now,” its real place and time. The latter is spacetime, the science of how the life of the Universe works. That means its words and nature are congruent, our in-common essence of life. It additionally means Pristine Truth can’t be wrong. It’s spacetime using our words and growing itself. It’s existential. Be amazed as you actively mindread, discover and correct in you and others why its missing in our education and society, [select here](#)

The earlier you call Natureness folks to explore this Pristine Truth phenomenon the earlier you will benefit 550% more from the links below. 360-378-6313. Note that this is required as step #5.

If you think or feel it is a fact that you are not alive and reading these words right now, [select here](#).

Recommended: Read a 600-word synopsis of applying Pristine Truth available at www.ecopsych.com/AI600.pdf You can share that article to help folks appreciate and support you and your Natureness interests.

To further explore or involve yourself in the Pristine Truth program, when possible **in conjunction with a natural area** (the sky is one) complete the following items **while being “Jodyness” and acting accordingly.**

1. Read www.PristineTruth.net and www.PristineTruth.com
2. Complete the program [Application Form](#)
3. Find a compatible discussion partner or student you can mentor. Your phone call can help with this.
4. Respect the value of [obtaining permission or consent](#)
5. If you have not already done so, call Mike Cohen or your Mentor to authenticate your Natureness 360-378-6313
6. Grow with the [Public Education Article](#) Review the [benefits of Natureness](#)
7. **Do these “Strengthen Your Natureness” activities.**

NOTE: All your discoveries and responses to them can be used to show you have met equivalent certification or course requirements. You accomplish this by using the article [Natureness in Action](#) as a prime guide that, like a workbook, you add things to in response to appropriate exhibits or elsewhere, like a journal. Download it as a PDF and change it into MS Word to use it for entries into it. www.ecopsych.com/NATILLUSTRATED.pdf

Visit a natural area or pet/plant/aquarium. Be aware that it or you breathing air is part of Nature’s eons wordlessly loving to continue living this instant in space-time. Share in words information you gain from its wisdom as it loves you into being along with the Earth, sun and stars

- A. **Find and validate your essence** by taking 3 deep breaths whose attraction for air, grown by plant life, consciously connects your story-driven way of life to Natureness.
- B. **Identify your essence** by add **ness** to your name, like Jodiness. **Ess** is **essence**.

- C. Complete www.ecopsych.com/amental.html to **gain consent** from an attraction that calls you to visit it in a natural area.

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

- D. **In the natural area, after obtaining consent**, add **ness** to Nature's essence, Natureness, and all things there when we are involved with them: like Treeness, Rockness, Cloudness, Calmness, Musicness

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

Write down what you 54-sense and feel about your D and E Ness experience there as a Natureness connection.

Purposefully plagiarize to make a point. Write down the best part of your connection, put quotation marks around it, and add the name of a famous leader or philosopher to it. Modify it to see how it reads that way. Did that change its impact? Is nature actually the source of these leaders' knowledge?

- F. Thank and celebrate Natureness in some meaningful way for helping you happily grow with its perfections.

G. DO THIS NOW AND AFTER EACH ACTIVITY BELOW

1 Write down the three most important things you learned from this activity and its nature connections.

2 Write what you would think and feel about having what you experienced in the activity taken away from you.

3 Place what was true and valuable from this activity in a sterile safe lockbox in your mind so you can find its authenticity again when needed. At will, you can choose to only think and react from this box while, like a fort, being safe in it.

- H. **Share the value of 1-8 above**, with your partners, friends, and social networks as well as use it later as you continue to strengthen your "Jodiness" and become more protected from the war by expanding this foxhole you have created.

Include the link "www.PristineTruth.net" in your postings so others can help anybody enjoy their Natureness.

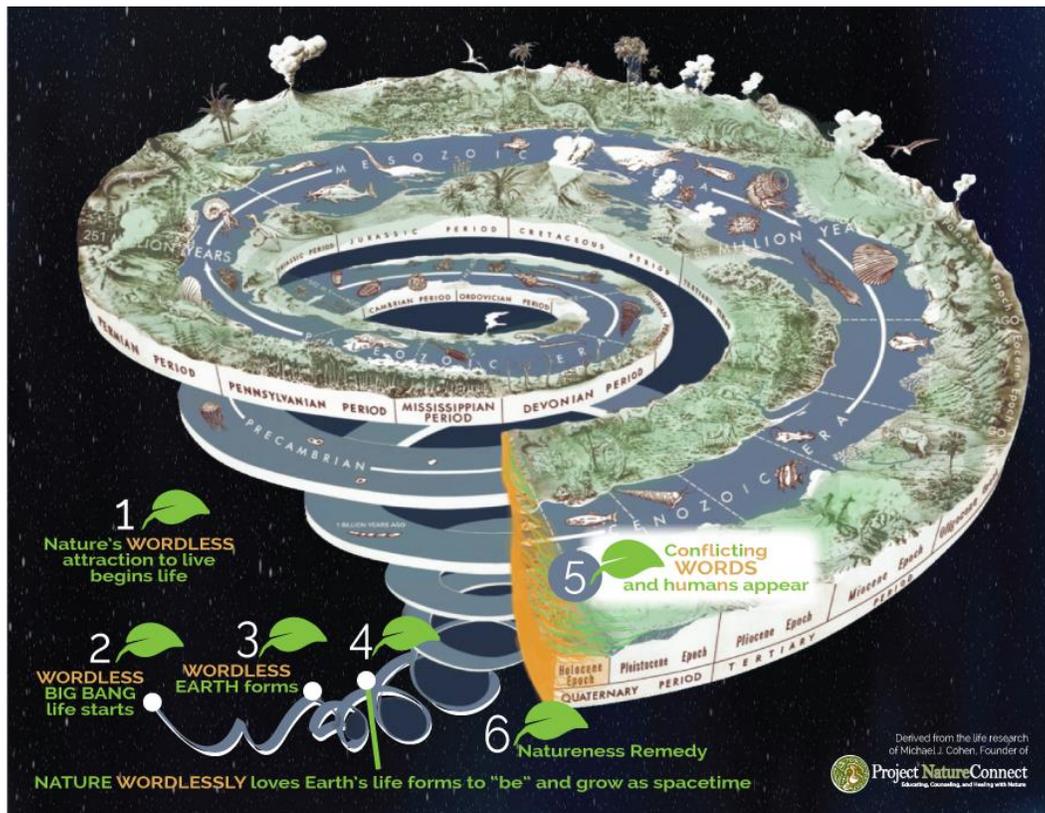
Optional: You can always benefit from reinforcing your Natureness Truth

A key to accomplishing Natureness is asking folks “What is the greatest truth in your life that you can trust and it’s not Nature, God, Love or Honesty?” This is because these four areas and most others continue to war with Nature. They omit or demean the ever-present Natureness of 14 billion years to this instant of “Nature’s wordless spacetime attraction/love to begin life” that preceded humanity.

Additional training is available at www.ecopsych.com/NESSACTIVITYA-E.docx

Core Book and Activities: As Jodyness read and react to the text and activities in *Reconnecting With Nature*, www.ecopsych.com/RWN.pdf

The  Pristine Truth life and history of Natureness as you this instant



NATURENESS: since forever, as now, your heartfelt, self-correcting essence of Nature’s wordless attraction to begin life and love its dance into being.