

How to Liberate Your Natural Essence: The Art and Science of Sensory Validation

Michael J. Cohen

Let the love of Earth and its people be heard.
Sensations and feelings are facts of life.



***Stop the pain and abuse. Master the organic remedy for
Broken Earth = Broken Life, Health, Heart, Soul, and Spirit.***

“Stories or experiences that abuse life, equally wound the life of Nature and people. This white paper transforms that wound into [Natureness truth](#). That gives words to Nature’s silent love to begin life so its story can help us increase person and planet well-being

We suffer our disorders because our half-truths injure the reasonable passion of our 54-senses to support the life of Earth/us. These 54 intelligences are eleven times more astute, powerful, sensitive, unifying and responsible than our “normal,” 5-sense ways and means of relating. Sensibly, this book empowers the 5 to advance to 54. It makes them/us 850% stronger, more resilient and motivated as we practice [Climate Therapy](#)

Purchase this softcover book at www.Amazon.com

Create Eco-Arts Therapy, 54-sense moments in natural areas
that unify and heal us with the sanity of Nature

Savor the Core of Revolutionary Wisdom

Strengthen and invoke your greatest, trustable truth.

Individually and globally, we endure the constant, overriding emotional pain of our society that irritates us into creating the corruption and disorders that we suffer. Our misery stems from our loss of Nature's core unifying and healing powers due to an unwarranted prejudice that we have learned to hold against the natural world. Our warp excessively disconnects our body, mind, and spirit from Nature's balanced ways and wisdom, in and around us. **Happily, the organic therapy in this paper** gifts us with scientific methods and materials that enable us to remedy this catastrophe. Its unique social technology enables us to replace our loss of authentic Nature's self-correcting love and purity in our daily lives by reconnecting us with its vitality in natural things, areas and energies

Special Lifetime Guarantee: This white paper is a sensory tool that unifies. It will ground you in your often overlooked natural intelligence that can immunize you from our society's destructive lies while strengthening your natural integrity. Your inherent 54-sense wisdom gives you the answer you need to the critical question, below. Do you think you know it? You can't know the truth of anything else without first knowing your own truth.

What is the greatest truth in your life that you can fully trust and IT IS NOT God, Love, Nature or Honesty?

The revolutionary wisdom that this paper provides answers the question. It enables us to instantly blend our lives with the life of Nature/Earth and each other as fiduciaries. This scientifically transforms our destructive social and material attachments into constructive and loving relationships. It helps anybody fuse the natural world's 54-sense wellness into their thoughts, dreams, and contacts.

"This nature-connected therapy has been enlightening and life changing since day one. The attractive value for myself and others was how in a very easy, simple yet powerful and deep way it helped me reconnect with my true self, reminding me of who I really was, no matter what others said who I should be, by gaining a sense of increased self-worth, acceptance, love and belonging. It enriched my personal life by helping me live again my love and energy for nature, in and around me. It enriched my relationships for I was no longer looking for something or someone outside of me to fulfill my needs. It let me reflect all these attributes of unconditional love, belonging and perfectness to my students and coaching clients. In a sentence, I would say "It helped me and others find the way back home."

– Anonymous Student Journal

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"This whole-life Natureness truth tool validates when and why evidence-based natural area contacts beneficially add the undeniable organic truths of 54-sense science to our arts, loves and thinking. Its therapeutic process creates hands-on,

natural area moments that let the stricken life of Earth generate responsible healing and joy for itself and us.”

- Journal of Organic Psychology

PNC WHITE PAPER 20-20

Climate Therapy Strengthens Our Love of All Things

How to Liberate Your Natureness: The Arts and Science of Sensory Validation

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What is the greatest truth in your life that you can trust?

The Organic Natureness of Climate Therapy
Educating, Counseling and Healing with Nature

Project NatureConnect



Project NatureConnect

P. O. Box 1605, Friday Harbor, WA, 98250

360 378 6313 nature@interisland.net

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NOTE: A similar white paper is available from Amazon.com as an **accredited CEU or academically transferable course, certification or degree.** See Appendix D, page 112

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Dedication

For all the wonderful folks who help keep Project NatureConnect alive, well and attractive.

“You are not a drop in the ocean. You are the entire ocean in a drop.”

Rumi 1250 A.D.

“The eternal mystery of the world is its comprehensibility.”

Albert Einstein

Author

Michael J. Cohen, Ed.D., Ph.D. While developing the art of his hands-on science, the Organic Application of Ecopsychology, since 1953 Mike has achieved several Master’s and Doctoral degrees, written 11 books and directed sensory university environmental education and outdoor education courses and degree programs. For decades he developed and lived in natural areas on year-long, “utopian community,” environmental education expeditions. Recognized as a Maverick Genius, he received the Distinguished World Citizen Award and conceived the 1985 International Symposium ‘Is the Earth a Living Organism,’ His programs consist of applying a 54-sense love-of-love in natural areas whose truth strengthens arts and sciences and additionally makes them critically needed ecotherapy.

www.ecopsych.com/mjcohen.html

Purpose

To remedy: “For excessive money and power, contemporary people are [lying, thieving pirates who can’t stop assaulting Nature and each other](#)”

It’s all about how you want to feel. If you like or love Nature the Climate Therapy remedy in this book enables you to sense its peace and sanity continually. Its evidence-based process bonds you with heartfelt arts that are a 54-sense organic remedy for what ails us and the natural world.

“There’s lots of things that I do and love where I work and outdoors, but our crazy world is so abusive that things are falling apart. This makes me feel helpless and empty. I’d like to reduce our destructive ways but I don’t know how. As a child I was happy in nature. I could study and play and talk to trees and love being with them in mystical ways but I’ve lost my passion with mother earth. I know if I could find that truth again I would know how to teach others how to find it, too. I feel that would strengthen my soul, my livelihood and the things that I love.”

-Eco-Art Therapy Applicant

Scientifically guide your Natureness passions to increase well-being.

Since 1974, the distressful short circuit in Industrial Society’s thinking and relationships has produced the falling apart world of 2019. To our harm, our excessively nature-disconnected stories and acts generate, on average, a 45% natural resource *deficit* every year, and counting. We sense, but we seldom admit, that we live the bankrupt life of our bankrupt planet. It is no secret that we need to connect with another half a Planet Earth just to get back in balance.

Our resource deficit from pirating the life of Earth has created a [parallel 45% rise in our personal life troubles and miseries](#). Since 1974 they include an *increase* in wildlife depletion, mental illness, obesity, climate change, oceanic oxygen depletion, loneliness, atmospheric carbon, population, mass shootings and excessive stress. *All this is accompanied by* increased corruption, child abuse, unhappiness, mistrust, unfairness, expensive health care, political and economic extremes, dependencies, addictions and disorders. Each abuses our inner child’s inborn integrity

We are what we let ourselves continue to become, moment-by-moment.

Let yourself measure your own well-being according to your sensory contact with nature, not by what you have read or what others tell you.

- Stacey Mallory

An emotional short circuit in our love, thinking and interactions has produced a natural resource deficit that creates our tragic acts and their miseries. We suffer because, as pirates, we learn to omit the great, self-evident truth we inherit about how to build reasonable relationships. Do you omit it?

What is the greatest truth in your life that you can trust?

Clue: the evidence-based answer is not God, Love, Honesty or Nature because by omitting Climate Therapy facts they teach us to war with Nature

HINTS: Although it is not the clue, above, Climate Therapy's [Natureness](#) fortifies our greatest trustable truth and responsible relationships.

In this list find things that are important to you. Once you learn to apply Natureness it strengthens any of them. That increases the well-being of all things except one.

- It is the self-evident essence of your love, art or science.
- You can find it anytime. It empowers you.
- It feelingly registers in your psyche. It is undeniable.
- It contains 54 natural senses/sensibilities.
- It is the missing film in your perception camera.
- It enables you to live in balance.
- It is the only way you can connect with God.
- It holds any single thing as well as all things and forms of life together, including humanity.
- It is the nucleus of friendship. It connects your consciousness to the eternal. It is purely and fully organic.
- It is hidden because it is inconvenient.
- It enables you to sense and feel responsibly. It stops the production of destructive garbage or pollution.

- It prevents an atom from exploding and keeps life alive.
- It produces peaceful and balanced relationships.
- It gives you irrefutably accurate information. It is the core of trust.
- It catalyzes happiness. It is always available. It is the heart of reverence. It is the only way we know spirituality.

Be aware that very few people deny that what they discover is their greatest truth once they learn what its Natureness is.

- It creates optimums of life, diversity, attraction, and cooperation.
- It sustains all things in equilibrium. It is the foundation of beauty.
- It reduces stress, anxiety, and disorders. It creates a reverence for life and is the core of spirit, nature, earth, and humanity.
- It is free. It unifies. It is whole life science. It purifies any relationship.
- It is the love of love. It is created by creation and is creation in action.
- It is the mainstay of empirical knowledge. It is a quantum leap that helps you make one.
- It connects all forms of consciousness except one. It is the foundation of sustainability.
- It only knows how to unify and ground you. Its absence in our thinking results in our suffering.

Our greatest leaders and teachers acknowledge that once they identify their greatest truth, they are sure that it is it and that our education and counseling omit it.

Whether they apply and share that truth is an entirely different story.

- It is readily accessible. It is intelligent. It demonstrates that it exists.
- It is the source of enlightenment and increases it. It is the basic element of Planet Earth. It is the crux of whole-life thinking.
- It is the focal point for courage. It is the deepest joy of self
- It produces seamless, loving togetherness. It is the soul of scientific inquiry. It is the key to cheerfulness.
- It is the prime antidote for abusiveness and violence.
- It is always honest, kind and fair. It is the reality of time.
- It is pristine ecological grounding. It is life without fear.

- It makes space. It is pure science. It is your deepest ideal.
- It empowers you to be. It is the most attractive thing.
- It makes you a special personification of our planet's life.
- It is the essence of creation creating and managing.
- It is like a scientific wand that you can use to make true whatever you touch with it.

Enjoy the Eco-Arts Science and Therapy of Your Great Natureness Truth

What is the greatest truth in your life that you can trust?

*Clue: the answer is **not** God, Love, Honesty or Nature.*

Can you correctly respond to the question? The answer is a potent scientific tool, the heartfelt art of focusing a unifying, 54-sense light beam on any situation.

Learn how to happily walk and talk in the therapeutic well-being of its rationale, sanity and beauty. Help others do the same. Become its organic brilliance.

The illuminating clout of the beam is the unconditional love of its Climate Therapy Natureness. It enables you to access that love directly from its pure source in a natural area, backyard or back country.

Similar to mathematics reliably validating things so you can trust and use them, Natureness is reliable arts and science. **It empowers you to use Nature's pure sensory truths to identify additional pure truths.** You can then apply and share that special wisdom.

That wisdom's authenticity helps your loves to transform destructive personal, social and environmental relationships into the delights of unity and well-being.

Enjoy applying this authoritative, nature-connecting truth. **It corrects the lies that make us create our unhappiness.**

What is the greatest truth in your life that you can trust?

Here is the answer directly from its source:

The greatest trustable truth in your life is that **you are reading these words right now.** It is self-evident [Natureness](#).

Natureness works by adding the suffix “ness” to all things, including yourself. This activates and identifies the greatest trustable truth essence of your life and the essence of anything else including Nature/Universe/Earth,

“Ness” safely lets the essence of anything connect with our essence. This lets Nature borrow our words and use them to tell us what we need to know to stop our [destructive relationship with Nature and Earth, around in and us.](#)

You can validate your great Natureness truth anytime. Nothing can be more honest in any moment. Clarity! Credibility!

(This is the secure certainty of fact, reality, actuality, veracity, genuineness, precision, accuracy, exactness, assurance and sureness)

Your greatest trustable truth is your immediate, now, experience that you sense and feel, to now see this page or feel the seat you may be sitting on. Your great truth is also the emotion of surprise or pleasure you may have while reading this. It is what your 54 senses register to be reality as you and the world exist in the *now* of any given moment. (*54-senses: Appendix A page 78-91, on page 89*).

The scientific explanation for the truth of “now” is simple. It is because the now is the only time life and things exist including our 54-senses.

The now is self-evident and the now is always conscious of itself, even if you or I may not be.

The now is Nature’s wordless love to begin life growing its own space and time forever, moment by moment

In reality we can relate using words to the essence of Nature’s love and all things via the process of “NatureNESS,” We simply add “ness” as a suffix to anything’s name, including our own so our in- common essence can speak.

The now of life, spacetime, consists of all things including our unique ability to create true or false stories.

NOTE: To create peaceful unity, this white paper uses 'Natureness' to identify and actualize the essence of our greatest trustable truth and Nature's wordless love to begin life, moment-by-moment.

Natureness also represents other names and labels for Nature's attraction energies .

Scientifically, in this and all instants, Nature, the Universe and Earth's web-of-life, including us, is Natureness.

The exception to this is our misleading pirate lies or acts that excessively disconnect us from or conquer Nature as it wordlessly loves us into being.

Scientifically speaking, everything comes down to its moment of truth.

Here and now, do you want to be a pirate or Natureness?

This white paper reduces pirating by applying Natureness information derived by actualizing its greatest trustable truth relationships. **The science of that reality is this key Natureness fact:**

"It is indisputably true that you are reading these words here and now because, since forever, Nature is its wordless love to begin life."

How can anyone scientifically deny this spacetime truth? A century of advanced study shows that Nature wordlessly began, grew and developed for at least 13.7 billion years before it loved humanity and our words into being as part of it.

While our unscientific stories or beliefs may reject this truth, in a natural area, standing balanced and beautifully strong, Natureness, the life-essence of Nature/Universe/Earth, continues to live wordlessly since it started eons before humanity was born and our stories began disconnecting, distorting and excessively exploiting the natural world.

The devastating lie or sin of omission we suffer results from pirate kings teaching and paying us to steal for them our well-being, our 13.7 billion years of Natureness whole-life experience and joy while it continues to love us into being. Then the pirate kings profitably sell bits of it back to us so they can afford to further reinforce their powers.

To remedy this catastrophe, in conjunction with a natural area or being Climate Therapy helps us create moments that let Nature's wordless love transform our pirating into Nature**NESS**.

Our eye can see the world but it can't see itself so our stories omit our Natureness until, while in contact with a natural area, it helps us deal with our blind spot.

This includes that the closest wilderness to where we are is always inside us.

We are wilderness limited by pirate words that hurtfully indoctrinate us to only use five of our 54 senses.

Nature**ness** truth lets us include our missing sensibilities. Then we can see that our emperor's new clothes are pirate outfits and military uniforms that look like business suits and fancy costumes

For emphasis I repeat: "**To create peaceful unity**, this white paper lets **Natureness** actualize the essence of our greatest trustable truth and Nature's wordless love to begin life."

Reminder: Once you learn to apply Natureness it strengthens any truths you chose on page 4 and, by 850%, increases the well-being of all things in your life except one.

[NOTE: As below, preceding each Natureness truth in this book, appears

" *Validate Natureness*". Once you acknowledge its authenticity for yourself, place a checkmark in the parenthesis to indicate that heartfelt great truth has become a self-evident part of your Natureness. At that moment, along with other Natureness truths that you check, you have one step more become the great truth of what you want to be.

When you leave it unchecked, it reminds you to seek more information.



Trust Self-Evidence

Validate. Natureness #42 sense of reason peacefully promotes well-being

Because it is undeniable, self-evidence is a recognized fundamental of scientific thinking and relating. Self-evidence is true and accurate without proof or reason because it registers directly on the 54-senses of our body, mind and spirit.

Self-evidence never has to be defended or argued because it is

irrefutably existential.

Self-evidence comes from experiencing a relationship with ourselves or others through two or more of our 54 natural senses. This certainty is a fact of life for humanity. Its felt-sense attraction and intention feelingly produces balanced, responsible actions and relationships, moment-by-moment (Cohen, 1995).

Our 54 natural senses, individually and collectively, are Natureness. For example: you can't rationally deny your natural senses of *thirst*, *color* or *music*. You also can't deny that not one of these three senses are included in Aristotle's 2,500-year-old, established fact that states **"We live and know through five senses."**

In fact, your *sense of reason*, in this moment, registers that our recognized, dominant "We have five senses" fact **must be a distortion or fabrication**, since "five senses" excludes senses of thirst, color and music realities.

Your *sense of reason* (#42) also notes that **it is also not one of the commonly held five senses**. At the same time, it also notes it is self-evident that **it is real and functions, it is reasoning and reasonableness now**. This demonstrates to our *sense of deduction* (#44) that "We have five senses" is inaccurate. It is fiction, an outdated fable. (Check out our other 50 senses in Appendix A, page 89)

The preceding paragraph engages you in the wisdom and value of Natureness, as does what you are reading here right now.

You don't have to validate it; it is your self-validating Natureness.

It gives your natural desire for truth **the power to relate to the Natureness of anything else and know its essential truth rather than suffer our pirate lies about it**.

Upon acknowledging their Natureness, most people, say that they knew its great truth all along and that its legitimacy is self-evident. This realness has crossed all borders including a wide range of politics, religions, races, sexuality, economics, age groups, countries and disciplines.

This demonstrates that **Natureness has a reasonable, 54 natural sense, common quality. It exists throughout the web-of-life, including humanity, because we and everything else are Natureness, except us when our stories deny this fact of life..**

To our loss, our excessively nature separated stories teach us to ignore, conquer or exploit Nature. This blocks us from discovering the wounded Natureness of our increasingly deteriorating relationship with the natural world and each other.



being

The Essence of the Now

() *Validate. Natureness #31 **sense of time** peacefully promotes well-*

The now is the immediate moment, the space/time life of our Big Bang Universe. Albert Einstein and his colleagues scientifically validated it in 1915 A.D. For almost a century it has been an anchor of the central thinking and feeling of Industrial Society.

We suffer from Natureness omission because sensing, knowing and understanding the moment-by-moment standard Universe is seldom a required part of our education and socialization. We seldom learn that **both** in our stories, as well as in the non-story life of Nature, everything is a 54-sense reality, a living “ness” noun, verb, adverb and fact of the moment **including any reasonable art.**

The life of the Big Bang now is attracted/loves to grow and **to be** the now. One way its **being** loves to express and manifest itself is by it being your Natureness and mine.

Let your senses register that the evidence-based time sequence of the life of the space-time Universe, since its beginning 13.8 billion years ago, is the same sequence of the pure, prime numbers 0 1 2 3 4 5 6 7 8 9.

Because the sequence of the years and the numbers are totally consistent, their exactness is reliable, so science works.

We can trust numerals if the progression sense they make **has not been abused, altered or falsely applied.** This is a core truth that validates scientific reasoning and methods.

Because the space-time universe built, and continues to grow itself on the trusted power of its unfailing, math-like sequence, mathematics is sometimes identified as the “Language of the Universe.” By adding to it our 54 natural senses, our *sense of reason* can register and apply Natureness as our greatest truth at any time.

Ordinarily our Natureness is used to determine how things around us work so we may best understand what they offer and rewardingly put it to work for us.

Applying Climate Therapy goes a giant step further. It is the art of using Natureness to discover the inborn, balanced and beautiful universal sensory truths of our natural selves. They are also the life of the **Universe, Nature and Earth (Natureness)**. This means Nature's wordless love to begin life is us and vice-versa.

Our personal Natureness is the art and science of **making the things around us reasonably support and implement the Natureness of our arts, loves and passions.**

As a part of any relationship, this unifying, universal therapy enables us to validate the heartfelt wisdom and bliss of the natural world, within, around and as us, and help others also enjoy this happy wellness. Pure and unadulterated, it is the readily available **antidote for what ails us and makes the world fall apart.**

"A thousand candles can be lit by a single candle and this increases the brilliance of the first candle."

- Natureness Reality

Sadly, we suffer and need therapy for our rampant lies, abuse and disorders simply because the ways and stories of our nature-separated society teach and reward us to become **Natureness deprived.**

To our loss, learning the evidence based truths of the Big Bang is not required as part of our Education Counseling and Healing.

That does not change the fact that **Natureness knows how to grow and live its perfection as the suppressed central core** of arts, science and technologies that we love and depend on.

Since it began 13.7 billion years ago, Nature has made its own *story-less* (non-literate) time and space. This means that this moment is a seamless Big Bang continuum of Nature's

speechless eons of unconditional love that is attracted to all and excludes nothing. It is Nature as a natural area where everything belongs and no garbage produced. Climate Therapy helps anybody habitually embrace, rather than omit, Natureness.

“Happiness is increased by helping others find it.”

- **Natureness Reality**



The 54 Person/Planet Natural Senses

() *Validate. Natureness #54 sense of love peacefully promotes well-being*

Like each of us, **you have 54 senses/sensations** (*Appendix A page 89*) that love to attract, incorporate and blend into your Natureness to purify it. They are each a self-evident truth, an essence of your now experiences, of your Big Bang love of life as it is incorporated into your nervous system and consciousness. Knowing this fact becomes a scientific awareness of your wholeness that we all learn to ignore.

Always keep this fact in mind: most arts and passions are expressions of our 54-sense love attractions, singly or in congress. When in congress, they also express themselves as our *sense of Reason* (Sense #43).

Your **Natureness** validates and is happy with now because, your 54-sense life, is an attractive reality. Heeding your 54-sense essence and wholeness is the Nature of **everything loving to be your Natureness in any given moment.**

We and our genetic ability to 54-sense love and feel are the ecstasy that Nature’s balance and beauty loves into being.

One of these 54 senses (#39) is our unique sense of story-telling literacy. Only we are graced with it.

A wonderful phenomenon is that three of our 54 senses (Pain, Distress and Fear #25-#27) are **attractive discomforts**. They each urge us to find and follow our 51 other natural attraction loves, to run **for** our life because we love to survive it.

(Explore this phenomenon See Appendix A page 89)



Natureness is an Antidote

() *Validate. Natureness #44 sense of deduction peacefully promotes well-being*

With the exception of our ability to speak, each of us is a seamless continuum of the Nature's universal tree of life since its Big Bang seed sprouted in the beginning of time. For this reason, **now, via accurate Natureness stories, you can reasonably center your life around your heartening arts, and love** of the natural world, and your love for facts.

The life of the Universe/Nature/Earth is the Big Bang's now, evidence-based, Natureness wisdom, pleasure and wellness in action.

In a natural area, when you experience a natural attraction there, **therapeutically your senses and feelings are conveying the wisdom of Universe/Nature/Earth as its life produces its perfection, around, in and as you there.** Your 54 senses register how Universe/Nature/Earth does this **since you and they are it doing it as the human part of it, the only part that can speak.**

You know how to enjoy, speak and share these organic truths, at will. That is true therapy, not short-lived catharsis.

THE EXCEPTION to your accuracy is if you were taught to excessively attach or addict your life and love to artificial replacements for Nature and their destructive side effects.

Then you lose nature's wisdom because such moments are non-organic imitations. They are, and they guide you to perpetuate pre-designed, often inaccurate *stories*, not the real and happy, self-organizing and self-correcting, **54 sensory facts of life and relationship building that include the sense of reason.**

On average, our lives consist of a total of 620,000 hours and **less than 12 of them, (.005%)** are in tune with the balanced and beautiful life of Natureness around, in and as us. That makes us desensitized pirate [ecozebies](#).

This book is your remedy for this Nature deficient condition. Here, you learn how to add 90 additional, educational, Natureness hours in harmony with the purifying life of our planet so you may learn to enjoy it as a therapy and help others do the

same. This enables, you and them to skillfully add additional Natureness hours to your life, at will, and enhance your well-being, too.

Because our excessive, technological **replacements of, and our stories about , Nature** seldom contain the wisdom of the natural world's self- correcting intelligence, they produce damaging lies and side-effects that create our increasing chaos, distress and emotional pain. This misery of and from our plundered planet, underlies most of our disorders because its Nature life is our life, too. The distortion makes us so personally, socially and environmentally dysfunctional that, in shame, **we usually deny this is happening.**

Our denial needs the art of nature-connected therapy to recover from its hurtful disconnection from Nature's love. That evidence-based art can be added to any art, science or relationship.

The above explains why we seldom let our great truth help us identify or remove the destructive source of our disconnection. Our stories don't see or believe it. We learn to think its stress is normal, "that's life," "the world is falling apart." "It's God's will." Our thwarted Nature becomes the shrug of our shoulders, our apathy, wanting and isolation. **Natureness in a natural area is the preventative and remedy for these destructive outcomes.**

KEY: Have you noticed the "miracle" of how **distress disappears when you spend quiet time in an attractive natural area?** There you become a now part of it and automatically you Natureness its peaceful integrity.

That is the secret and source of the organic application of Ecopsychology Eco-Arts Therapy. Its ways and means enable you to choose when and where you want your passions to help folks benefit from authentic Natureness contact in a natural area.

Think of at least one good experience that you have had in nature: backyard or backcountry; mountain, forest or field; brook, ocean or shoreline; pet, garden or aquarium.

Try to remember colors, sounds, aromas, textures or flavors that might have been part of the experience.

Did your contact with nature contain comforting motions or feelings of community, trust or place?

Did you feel this visit was enchanting, self-enhancing or

spiritually pleasing?

Was it supportive, peaceful, bliss? Did you feel more balanced?

Did you feel renewed or purified, or that you were part of a greater whole or being.

Did you feel you belonged?

The above have helped many individuals remember valuable Natureness experiences in nature, experiences they would welcome repeating. Many have also conveyed that they did not need a teacher, class or book to teach them to have an attractive nature experience; its Natureness qualities seemed to be innate; some could remember wonderful experiences from early childhood.

The arts and science of Natureness holds the truths, above, to be self-evident and therapeutic since even limited exposure to natural areas reduces the hypertension that puts 50% of us at risk. Our nature-connected experiences enable us to think, sense and feel who we naturally were before we were overwhelmed by our excessively Nature-disconnected stories and associations.



Excessive Separation from Nature

() *Validate. Natureness #26 sense of mental distress promotes well-being*

The authorities we trust and depend on are rightfully proud to identify the great problems we face but, sadly, **our leaders are excessively nature separated. For this reason, they have yet to give us a Natureness enabling tool to solve our problems.**

On a global level, our excessive and growing **disconnection from the now of our planet mother** painfully produces harsh effects, a “central PTSD” that is similar to the results of abandonment by our human mother or by her womb.

If you appreciate Nature, **this book contains Climate Therapy that you can apply as part of your arts and loves.** It creates 54-sense, Natureness story moments **in the natural areas** that insist that the life of our planet teach us how to strengthen Nature’s peaceful well-being and unity, in and around us.

This book is a self-evident healing and therapy when you and those you work with produce its outcomes in a natural area.

We are troubled because when we omit our 54-sense natural wisdom, we become the thing that troubles us.

We are further troubled because we avoid re-living the pain of what has abused us by gaining relief and satisfaction by abusing others as we were abused. Learning instead, to habitually obtain therapeutic relief from Natureness in natural areas remedies this hurtful phenomenon.

Validate Natureness for yourself. Natureness some of your 54 senses in a natural area and note if you reasonably enjoy the outcomes. (Appendix A, Page 89)

Stories or experiences that abuse life, equally wound the life of Nature and people. Natureness transforms that wound into unifying love.

We are presently so overwhelmed by our disconnections from Nature that without **Natureness** help, we seldom change in a good way. **In a natural area, this book provides help from Natureness.**

NATURENESS ACRONYMS found in Climate Therapy

RW Revolutionary Wisdom: a 54-sense mental function book

GTT The Greatest Trustable Truth of your life

UNE Universe Nature Earth

S-E Self-Evident

EM Earth Misery

UFC Unified Field Crest of GreenWave-54

CRL Consciousness Reason Literacy sense triad

NNIAAL Now, Nameless, Intelligent, Alive, Attraction, Love

SUNNEH UNE plus Scientific, NNIAAL Humanity



Peace on Earth through Natureness peace with Earth

OVERVIEW

Now is the only time and place that you can have an exceptional childhood

This book presents a Greatest Trustable Truth of your life (**Natureness**) overview of the whole-life, 54-sense book, *Revolutionary Wisdom: Organic Psychology in Action* from Project NatureConnect.



An Enlightening Therapy

() *Validate. Natureness #43 sense of mind peacefully promotes well-being*

In a natural area, engaging in first-hand Natureness experiences as you read these pages empowers you and yours to discover and enjoy your happiness and integrity. It demonstrates how we protectively learn to deny this obvious fact: **most of our problems and miseries result from our excessive disconnection from the unified life of Nature. This produces our pirate-looted planet's miserable disorders, in and around us.** Can you admit this to yourself?

Do you recognize that the organic arts and 54-sense science of Natureness organic Ecopsychology and Ecotherapy beneficially reconnect you with nature's joy when you **thank attractions in a natural area for the delight of Natureness wisdom that they bring you?** That is when what we can't see becomes "visible" via our 53 other senses.

Summary: Natureness takes us on a sensory backyard or back country natural area expedition. It increases personal, social and environmental well-being by helping us experience our loving, 54-

sense continuum of, and kinship with, Nature's self-correcting web of life, in around and as us, while we read this book. **Doing this is an enlightening therapy that reduces our stress, disorders and deterioration.** It provides indisputable evidence **for significant 54-sense facts of life in the natural world that we ordinarily learn to disregard.** This awareness is paramount because it is an organic therapy that supports natural areas as it supports us. We both need help.

White sunlight consists of a rainbow of colors. When we filter out one color, for example, blue, white sunlight shines blue. Similarly, we consist of 54 natural senses. When we abuse one of them, we feel and act in the same, abusive, non-sense way, until our 53 other [webstring](#) sensibilities replace this loss or recover its integrity.



A Synopsis of Earth Misery

() *Validate. Natureness #25 **sense of pain** promotes well-being*

Our central culture of educated people and established institutions survives through **high-tech scientific research.** Its excellence affirms that Nature and Humanity are feelingly bonded together as the self-organizing and self-correcting life of our planet. This helps explain our 54-sense emotional responses to weather, landscapes, tides, tremors and canyons.

When we attach ourselves to **fictitious or outdated stories,** the prejudices, pirates or artifacts that abuse our **Natureness** further capture and exploit the life of Nature. **They injure our feelingful attachments to Nature and produce emotional distress.** Do your stories deny this fact? Are you comfortable with the world falling apart?

As stated in the Purpose, because our stories estrange us from Nature, for pain relief, we seek **excessive satisfactions** from our nature separated technologies, substances, relationships and fantasies. Long term, this **increases** our separation, hurt and resource overuse.

Since 1974, our distressful short circuit has produced today's runaway, catastrophic [Earth Misery](#) relationships. To our harm, today, 2018, our nature-disconnecting stories and acts produce, on

average, a **45% natural resource deficit** every year, and counting. We live bankrupt lives on a bankrupt planet.

Reminder. Our excessive demands on Earth's life have created a **similar 45% increase** in **Earth Misery** that accompanies our deficit. Earth Misery includes species extinction, mental illness, obesity, climate change, oceanic oxygen depletion, loneliness, atmospheric carbon, population, mass shootings and excessive stress. **These are accompanied by increased** corruption, child abuse, unhappiness, mistrust, unfairness, expensive health care, political and economic extremes, destructive dependencies, addiction and many other disorders. Nature bats last.

To our harm, our normal, eco-zombified psyche is so abusively Earth Misery stressed by society's discontents that we seldom trust or try to benefit from our Natureness. As mentioned, we avoid the pain of re-living our abuse by inflicting that same abuse on others and this increases Earth Misery.

(<http://www.ecopsych.com/zombie2.html>)

An essence of our problems is that, **on average, less than one percent of our lifetime is in tune** with the balanced life of authentic Nature, in and around us. In response Natureness adds powerful trustworthy reconnections with the life of our planet in natural areas, backyard or back country. Then you may enjoy many additional hours as you desire them.

Approximately 75% of our waking and sleeping hours are spent mentally dealing with the **distress created from our natural life being abused by our excessive separation from the life of Planet Earth's loving nurturance**. You can learn to make your arts and passions convert these hours into therapeutic healing in Nature's embrace.

When you Natureness this book in a natural area it shows that our excessive disconnection from the life of Nature causes our earth misery. It also shows that 54-sense connections with natural areas empower us, as fiduciaries, **to reverse our earth misery and disorders in 83% stronger ways**. To not do this tends to increase Earth Misery.

Where do we get the right to inflict Earth Misery on the life of Earth, each other and ourselves? Since a Natureness remedy is readily available, doing this can be unethical and immoral because it unnecessarily increases Earth Misery effects. This violates our legal rights to life and free speech.

Globally our life and the life of Nature is 45% bankrupt now. If globally it was like the USA and similarly developed nations it would be 300% bankrupt. This defies the Universal Declaration of Human Rights law (UDHR) and promotes undue distress.

The decision is clear. You know that the source of our Earth Misery tragedy is us 98% living our Natureness while caged within the imitations and ways of our artificial world rather than in the truths of a natural area. Secretly, we are like a Goldfish that has been removed from its aquarium and can only view it through the glass as it suffers.

How you fulfill your livelihood, art or passion in the next moment will either increase or decrease Earth Misery. Your advantage is that your greatest trustable truth is now aware of some important things about the Eco=Arts Therapy Natureness tool that decreases Earth Misery and you are free to use it.

“Sensible moments are happy moments. They don’t need therapy but they can be more rewarding when they provide therapy for others.” - **Natureness Reality**



Legitimate and Trustable Content Assurance

() Validate. Natureness #34 *sense of trust* peacefully promotes well-being

Adding your Natureness to your arts and delights is like you having or being a unifying wand that implants the natural peace of Nature in whatever you touch. In the process you enhance your Nature is enhanced in the remainder of this book. **It helps your passions reduce Earth Misery and increase well-being because it empowers you with additional, self-evident, Natureness spacetime facts of the now as this book continues.** This revolutionary Natureness wisdom is your/our missing link to life in balance

The accuracy of Climate Therapy Natureness is assured by a published warranty (1), validated field studies (2, 7) and refereed, peer reviewed and published articles in many scientific and professional journals (3). Its twenty five key facts (4) have yet to be scientifically disproven since they were put into practice in 1972, reflected by revolutionary wisdom participants (5) and “legally defended” (6).

1. <http://www.ecopsych.com/journalwarranty.html>
2. <http://www.ecopsych.com/ksanity.html>
3. <http://www.ecopsych.com/mjcohen.html>
4. <http://www.ecopsych.com/66IJMRA-11702.pdf>
5. <http://www.ecopsych.com/survey.html>
6. <http://www.ecopsych.com/grandjury.html>
7. <http://www.ecopsych.com/journalproposal.html>

NOTE: This white paper is the Natureness version of a soft cover or Kindle book from Amazon.com

Appendices A, page 78, and B, page 92, and C, page 94 plus the references, page 76, and above, present validating information about the organic application of Ecopsychology, 54-sense, Eco-Arts Therapy.

“When our natural roots are not consciously intact, our rights and integrity are brushed aside by Industrial Society’s exploitative ways.”

- Natureness Reality



Self-Evident Authenticity

() Validate. *Natureness #52 sense of survival peacefully promotes well-being*

In addition to the content assurance, above, authenticity for Climate Therapy is provided by the life of Nature itself during the moments that your Natureness truth values a natural attraction in a natural area. There, your self-evident 54-senses, in congress, unify with the total life of Nature’s time and space in that moment while it

continues creating its perfection, around, in and as you, moment-by-moment. Your self-evident sense of reason registers that this is factual because, in the now, you 54-sense experience and own it as part of it being you and your Natureness.

Natureness is PNC's remarkable art and science of using the natural world to identify additional energy and live in the therapeutic integrity of educating, counseling and healing as if the life Planet Earth mattered.

Natureness produces accurate information about the integrity of life because its source is 54-sense contact with authentic Nature's natural areas. There, the life of Nature is the fountainhead of authority in how it creates the perfections of its balance, peace and purity.

Natureness recognizes that without using stories or producing garbage or toxic waste, Nature organizes and corrects itself to create optimums of life, diversity, cooperation, balance, attraction/love, peace and well-being.

At this point this book has introduced as part of Natureness the fact that

We produce and suffer Earth Misery because our society detaches over 98 percent of our life from Nature's wisdom

Self-evident truth is evidence based, undeniable and scientific.

Like any other form of life, the life of Nature wants to live.

We have at least 54 natural sense groups that register and convey how they work.

With the exception of humanity, Nature neither uses, understands or responds to our verbalized story ways of communicating and knowing

Natureness relationships only exist or happen in the now.

The pages that follow will further explore the above, as well as these facts

We often avoid re-living the pain of what has abused us through the satisfactions we gain from abusing others as we were abused

An attraction we find in a natural area is it in us loving the joy of reuniting with itself and its unified origins in the natural area.

Since its life was born, Nature has remained alive moment-by-moment.

We can improve our Natureness truth by gaining permission from a natural area to visit it.

The organic Ecopsychology application of Eco-Arts Therapy transforms Earth Misery into personal and global well-being

Because we are 45% Earth Misery bankrupt, using Natureness enables us to reduce, rather than increase Earth Misery.

Additional Information: Strengthen your Natureness



KEY: Gaining Permission

() *Validate. Natureness #34 sense of belonging reduces Earth Misery*

If you keep Earth Misery in mind, and you visit a natural area and it could speak, what might the beautiful life of nature and earth sense, feel or convey about you visiting it?

“It would sense fear and distrust me due to our invasive Earth Misery destructiveness. I don’t think I’d be welcome. I think this is why I see animals flee or hide when I approach but not when other animals get near them.”

- Natureness workshop participant

How to Gain natural area consent and express gratitude.

Help overcome a natural area’s possible distrust of you. Start each nature contact you try to make with this activity.

Due to our tendency to abuse nature, in and around us, to visit an attractive natural area in peaceful friendship it is critical to be attractive to it by assuring the area its safety and asking for its permission to visit it:

Whenever you want to spend time in a natural area, ask it if you may respectfully and enjoyably visit with it without injuring it. Always do this before approaching it. This honors Nature’s inherent

spirit, truth and integrity.

After asking for consent to visit, if something in a natural area feels attractive for 7 seconds or more, you have obtained its permission to visit because it knows your stories won't harm it. (Note: this period gives you time to be aware of danger signals in and around you. They attract you to know that you do not have consent to visit and then attract you to find another attraction.

Here's why you wait seven seconds for consent to visit a natural attraction when you seek its permission to Grok it.

"Our group was asked to select something attractive, sight unseen, from a bag full of miscellaneous objects. One adult woman blindly selected a piece of wood in the bag because she was attracted to its shape and smoothness when she groped and explored it by touch. However, she had a negative reaction to the wood once she took it out of the bag and saw it. At first, she did not know why she did not like it when she viewed it, but in time, perhaps through her dreams, she realized it was a subconscious reaction. The wood was the same shade of blue as the walls of a room where, as a child, she had been molested. Ordinarily, during the seven second waiting period in a natural area, another attraction would have appeared to her if she could have seen the color of the stick."

Gain Consent

- A. In the now, for a few minutes, repeat calling the life of this attraction and natural area "Nature's love of **my life and all life**" during some of the moments you quietly sit or walk through it. Note if doing this changes how and what you sense and feel about it and you. Do new colors, motions and sounds appear? Do you discover new attractions, stronger, greater vibrancy, thankfulness, euphoria, peace or bliss?
- B. Thank this natural attraction for sharing its presence, joy and love with you.
- C. What other gift could you give to its authenticity directly, **not to a story about it**. *For example*, exhaling on a plant in daylight to feed it carbon dioxide, peeing on its roots or keeping the landscape wild and/or protected around it.
- D. Promise Nature you will try to increasingly ____ it in

people, places and things. **Insert one or more:** Love Honor
Support Protect Strengthen Nurture Embrace Help
Respect

- E. Note how you feel now in comparison to when you started this gaining consent activity. www.ecopsych.com/amental.html

Remember that it is sensible and important to gain consent when you are building relationships with the Natureness in/of people, too.



a

THE KEY NATURENESS RATIONALE

() Validate. Natureness #42 **sense of logic** reduces Earth Misery

The Core Concept: A Model of Our Greatest Challenge

We usually suffer our problems because, **in metaphor, Industrial Society has emotionally attached us to drive an advanced technology automobile.** As we excessively speed this vehicle down the highway to relieve our stress or distress, or for fun, or late for an appointment panic, we are alarmed to see that the car, suddenly uncontrolled, will go into a group of families having a Climate Therapy Natureness training workshop and picnic in a beautiful natural area.

Because we have not yet desired to learn how to fully activate the car's organic braking and steering system, in anguish we hope and pray that the vehicle will stop as we fearfully scream "Oh God," or "whoa" or "STOP" like the vehicle was an evil spirit or a runaway horse, or it understood words and feelings.

The reactions, above, are unscientific and outdated. They do not stop our high-tech car, so we wreak Earth Misery havoc on people, places and things including ourselves as passengers. We are guilty and must be punished for **DUI, Driving Under the Influence of Natureness ignorance.** Scientifically, how could this not be so? How can we realistically stop the car?

What we need is an **organic science and technology brake,** a Natureness process that helps us register and apply the wise, self-correcting, ways that are inherent **in the life of that lovely natural area, as well as in us.** We would then know and apply the natural world's organic balance and purifying powers that have protected and preserved its life over the eons. That would wisely manage the car. The absence of our Natureness is the core that creates Earth Misery. To not bring it back via the brake is the lie of omission.

How to apply the organic brake is relatively simple for us to learn since, as part of Nature, we have genetically inherited, sense and register this information. We just have to know how to put it into words and with them create a scientifically accurate guidance system, a 54-sense, Natureness social technology. That organic management tool would reasonably unify and motivate our senses, feelings and relationships. **It is available.** This book is part of it. Is it wise, moral, ethical, or legal to omit it? Would it stand up to a [class action suit](#) against withholding a remedy for our rights to life that is free of EM mental illness, climate change and species loss, life that is mentally and environmentally healthy?

Natureness is a natural therapy that helps us recognize we are attached to and part of the life of Nature, Earth and each other. It identifies us as fiduciaries, as the Natureness of the natural world's love of life. Organic Psychology courses and degrees strengthen this Natureness.

When we ignore the Natureness management process, while the life of Nature's universal, self-correcting ways and rewards simultaneously operate around and in us, **our excessive, runaway car injures them/us.** For this reason, we typically gain satisfactions from the car that are accompanied by harmful pain, chemical and relationship "side effects." In this way, "objective" science continues to recklessly shoot itself and us in the foot. That distress causes us to want, and **when we want, there is never enough so we usually want more.** That is the self-destructive short circuit that increases Earth Misery.

Our self-inflicted Natureness loss and discontents produce our greed and excessiveness along with the Earth Misery we suffer. At the same time, in delusion, we learn to hail ourselves as "Intelligent creators of our ingenious technology, progress, and economic growth." "We are the fittest species in the life of our planet."

One example of the insecurities and mental disturbances our Nature estrangement produces is that no matter how rich or poor we are **we feel that we need 15% more money.** Another is that we believe far more in hope and tranquilizers than learning to make Natureness contacts with authentic Nature to remedy our ills. The latter are almost viewed as having an illicit affair.

As we read this book while connected to a natural area, **it gives us the organic science and technology brake that we need to apply.** That begins to happen with this book. It consists of us

rewardingly attaching ourselves to the wise, self-correcting ways and eons of a natural area while we read it. You don't just read this book, you enjoy it in and with Nature.

In a natural area, when you Natureness a natural attraction there, **you unify with and therapeutically sense how Nature produces its perfection around and in you, moment-by-moment.** Like reading this book with Mary Poppins, doing helps you benefit from the wisdom of the ages by blending with that now intelligence in a natural area.



Happily Increase Your Integrity

() *Validate. Natureness #54 sense of wholeness reduces Earth Misery*

We can't enjoy the belonging that we constantly long for because we have learned to excessively disconnect our 54 senses from the life of our planet. In its Natureness, we belong.

The arts of applying Natureness empowers us to recover from our excessive Nature disconnection by safely and reasonably re-bonding us with the authentic life of our Planet and its self-correcting ways. **This recycling transforms our injured 54-senses into responsible happiness.** As it reconnects them with the Natureness wisdom and satisfactions of their natural origins in natural areas, our abuse or abandonment is replaced with joy and belonging. This process is a nature restorative therapy that can be added to any art or science.

Help Natureness help you and others. To reduce Earth Misery, the wisdom of Natureness truth in a natural area invites you to add it to the messages in this course's paragraphs. For this reason, **read or re-read this book while in a natural area, backyard or backcountry, the more natural the better.** When a natural area is not available, connect with the sky, a tree, pet, potted plant, park, weed or aquarium. Learn from authentic nature in, around and as you, rather than from the questionable pirate stories that produce our discontents.

A REVIEW OF NATURENESS: What is the “Greatest Trustable Truth in your life”?

Academic, limited story response: “My Greatest Trustable Truth is what I can or do experience in any moment *for example*, as I read these words.”

Practical full story response: “It feels reasonable to be aware that I see, register and understand these words and their letters. I experience that I can read them and feel excited because I love recognizing that I now know my Greatest Trustable Truth.”

Summary:

Natureness is the reasonable and trustable, now moment experience of consciously sensing, feeling and speaking our stories as we relate to people, places, things and energies, as you are doing on this page

For the past 150 thousand years, human beings are the only part of the 5 billion year life of Earth that can communicate or know things through abstract stories.

Apply the Arts and Rationale of Organic Psychology



Being a Verb.

() Validate. Natureness #34 **sense of friendship** reduces Earth Misery

[An example of engaging in the evidence-based art of 150 Nature activities that strengthen your Natureness. This is a conscientious, explicit and judicious use of current facts.]

At any given moment, you and Natureness are *the act of being* what you are in that moment. In language you can become aware of this by truthfully describing yourselves, or be described as, verbs. A tree is *treeing*, a rock is *rocking*, a sense is *sensing*, a cloud is *clouding*. You are your name “David” *Daviding*, or *selfing* or *being human* or *experiencing*. Nothing is an object, all things are Natureness in the moment *being*. When you are attracted to a rock or tree you are *being together* or *togethering*. In a natural area try knowing things and yourself as “ings” a few times after reading the paragraphs below. **Note what unity or values you experience.** Note if it adds a new dimension to your art.



Experience Essence

() Validate. Natureness #54 *sense of unity* reduces Earth Misery

[An example of engaging in the evidence-based art of 150 Nature activities that strengthen your Natureness, a conscientious, explicit and judicious use of current facts.]

At any given moment, you and Natureness are *the whole essence, integrity or spirit of* what you and Nature are in that moment. In language you can become aware of this by truthfully describing yourselves, or be described as essence or wholeness **“ness.”** A tree is *treeness*, a rock is *rockness*, a cloud is *cloudness*. You are your name “David” *Davidness*, or *selfness*. Nothing is just an object, all natural things are *their Natureness whole integrity, essence or spirit*. When you are attracted to a rock or tree or person you are *togetherness*. In a natural area try knowing things and yourself as *“ness”* a few times after reading the paragraphs below. Note what unification you experience, if any. Does it add new dimensions to your arts or passion? What are they?

Strengthen your “nessing” via Appendix B, page 92.

Natural Senses, Sensations, and Sensibility



Our 54 Natural Senses, Sensations, and Sensibilities

() Validate. Natureness #54 *sense of singularity* reduces Earth Misery

Do you in this moment acknowledge that we have at least 54 natural senses? (as per Appendix A *page 89*) Most folks don’t know this although each sense is self-evident. **They are organic certainties that we can unquestionably feel, register and examine in any moment.** For example, both the sense of thirst and water are undeniable facts of life, yet we say we only have five senses and thirst is not one of them. This “non-sense” is similarly true of our additional 49 senses even though, like our sense of thirst, they, too, are indisputable. *See Appendix A (page 78).*

By omitting 49 of our 54 sensibilities, our socialization teaches us

to think and relate in ways that produce our runaway disorders. They become ingrained ways that can't remedy themselves.

The fact that our 54 senses register in us is obvious. Their undisputed honesty imprints directly on our nervous system, mind, body and spirit. That truth is their sensation itself, be it motion, sound, curiosity, hunger, reason, fear, place, trust, consciousness, community, self, taste, music or love. All of these are facts of, by and from the life of Nature. For our survival as part of Nature, we inherit, live and love them. We don't want to be deprived, to lose their value.

Our 54 senses can, in concert, organize and correct themselves to make sense, to sensibly come into balance. That is Nature's organic way for all things. Accomplishing this while cooperatively supporting life outcomes in balanced peace and increasing diversity while not producing garbage is Nature's wisdom.

The story that tells us we only know and relate to the world with five senses is a lie that makes us produce, accept and be paid for the nonsense of learning to hurtfully "amputate" 49 of our natural senses. This discomfoting form of madness stops here by finding and thanking sensory attractions in a natural area after reading each paragraph, (as suggested, above). The part of Natureness that documents the how, why and when of our 54 natural senses is included in this book as Appendix A *page 89*). **Study it carefully now** if you want greater value from this paper. Learn how to stay happy and healthy in reasonable ways.

SUGGESTION Get consent to visit a natural area, find attractions that call you there and **identify which of the 54 senses you discover are involved in this calling**. Then thank that "consenting" Natureness attraction for sharing its natural wisdom, love, and joy with you through these senses. Improve your relationships. Find and enjoy this same natural love attraction in the life of other people while in a natural area.

Scientifically Validate the Art of 54-sense Connecting to Nature



The Now of the Unified Field

() Validate. Natureness #30 sense of place reduces Earth Misery

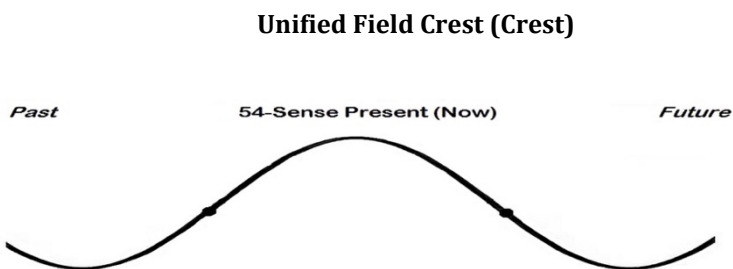
Natureness helps you first hand, explore the Unified Field that Albert Einstein predicted in 1935 and that was confirmed by Particle Physics in 2012. This science finds in the Big Bang that **the life of the Universe creates and grows itself. It makes and is its own time**

and space, moment-by-moment. This means that the whole of all things happens at once and is accessible in the “now.” Our thoughts, memories and sensations are part of wholeness. **Everything happens in the moment, finds new attractions and grows the next moment.**

You are the Natureness Unified Field because you are part of the life of the Universe and Earth’s web-of-life right now. Consciously Natureness connecting with the Field and its wisdom, in 54-sense reality, helps you think, feel and relate better by taking a giant step into increasing personal, social and environmental well-being. **This step gives you, in any moment, the word and story power to remedy our excessively nature-disconnected ways and their discontents that we presently operate.** Their disconnection produces, not reduces, our tensions and disorders.

This step is giant because scientists expertly **identify, measure and alert** us about our increasing Earth Misery problems **but they seldom have, no less give us, the 54 sense, Natureness tools we need to solve them.**

Natureness helps you recognize that in our Big Bang universe of sub atoms and galaxies scientists have painstakingly identified the Natureness fact that your life only exists in the now of time. This is like being on the crest of a wave as a Gestalt Psychologist proposed in 1952. Its **Unified Field Crest (Crest)** only exists as the present moment.



From the Crest of the wave, you can see **the past** as a story, but you can't influence it because you are on the Crest of **the now present.**

From the Crest you can see **the possible future** as a story, but you can't be there to influence it because you are **the now**

present Crest.

Scientifically, the life of the Crest is the Big Bang “**GreenWave-54,**” Unified Field, Boson/gluon/gravity wave of the eons since its birth in and as the beginning of “time,” 13.8 billion years ago. It is the pure attraction energy of now and it unifies all things as its life perpetuates itself and them into the next moment.

It makes sense (54-sense) that, **moment-by-moment, the Natureness life of the Crest and all things is attracted to continue to live/survive.**

The purpose of this book is to **help you beneficially introduce the Crest in any relationship** to increase person and planet well-being.

We produce and suffer our runaway car, Earth Misery disorders **because 99% of our time is 46-sense separated from and out of tune with the Unified Field Crest.** That gives us a natural sense Natureness IQ of only 15, that of an idiot. This helps explain why the world is falling apart.



The Natureness Science of GreenWave-54

() *Validate. Natureness #40 sense of appreciation reduces Earth Misery*

The greatest trustable truth is what you experience in the immediate moment because that is when your 54 senses on the Crest register in your awareness. **It is the only time anything exists, the only moment that you know God, love, honesty, nature or the Crest.** It is when the Crest knows itself. You are simultaneously doing this for the Crest and for the Crest as yourself, as well.

The Crest is the “immediate moment.” It is the only time and place “now” where your 54-sense wisdom can occur and Grok (54-sense unify) and be aware of the past, present and future as well as make changes for the better in conjunction with them. This is because the life of **Nature our senses and ourselves only live, build themselves and happen in each present Crest moment.** That is the painstakingly researched, singular, space-time law and way of Nature, the “now” that self-creates all matter, all of life, all human senses and relationships including all our amazing reasoning and our technologies and relationships, moment-by-moment. It is the core of all therapies. It is you Natureness reading and learning this right

now.

The Crest is ultimate Natureness intelligence and logic because it simply consists of, moment-by-moment, confirming the existence of one thing or another. *For example:* discovering “Yes or No?” “True or False?” “0 or 1?” in the now **is the core of how our mind and our senses, mathematics, intelligence and computers work.**

Is something **present or not present** in this moment? That knowledge is the pristine value of Natureness. It is simultaneous registration and awareness of the real, whole moment around and in us, **not just a questionable true or false memory, abstraction, fable, story or prediction.**

For example, the Big Bang went from **Universe-absent** to **Universe-present** in the superheated, orgasmic moment its Big Bang life was born 13.8 billion years ago. That life is attracted to be in its moment-by-moment cooling process and essence, including our essence, ever since then up to and including this moment.

Is something either “GreenWave Grokked (**GG**)” or “GreenWave Omitted (**GO**)?” (www.ecopsych.com/counseling.html)

The past and future are part of the present and it is all that exists as and in Nature, **with one exception.**

The one exception is any moment we are in denial of, or disconnected from, the Crest. At that moment, it and we are not consciously part of it and we can’t reason how to benefit from it. **This misleads us so we think and behave like the Crest is not there.** This is because an established and dominant “pirate disconnection from the Crest story” is the contemporary “norm.”

Grokking, the now experience of reconnecting with Natureness in an attractive natural area **is the antidote** for this core Earth Misery dysfunction that we suffer.

We are trained to be so disconnected from the value of Natureness as us that when we are asked what the greatest trustable truth of our life is, most of us cannot identify it directly, even after learning about it. Instead, we have to be told it, and then, after a while, most of us recognize and agree with its veracity. Take a moment to ask people the greatest truth question and note what happens. They may guess, but **they seldom recognize it is them hearing your words** until you show and explain that to them. This is so habitually ingrained, that even though your story-world knows better, like most people, you might at this point do likewise.

The Crest is its attraction, intention and natural love of the Universe to **being itself as the moment consistently perpetuating itself**. We are part of it.

Since Nature is time and space making itself there is no such thing as time in Nature. Instead there is a historical **sequence of events** (see *Appendix C, page 108* and www.ecopsych.com/journalmist.html) This means that the identical Nature/Crest essence of all things is present in any moment, often before they register in our consciousness and stories

Our 54 senses have taken 5 billion years as the life of Earth to know that they know this about Nature, natural areas and us. To our loss, we excessively profit from not learning this about our lives.

“Time and space and gravitation have no separate existence from matter.”

Albert Einstein

“This morning I was battling the remnants of some depression I had been feeling about my family and life "stuff." I was doing the sensory attraction activity, looking around enjoying the day, the breeze, the sun, the beautiful trees and the sounds of singing birds. In a flash of good feeling, I realized that these feelings are what is so good about living on earth at this time. It was enough if for no other reason, to be here, to experience the beauty of this planet. This was a major breakthrough for me because I battle the reason for being here quite a bit in my recovery work. This happened before noon, and it is now 6 pm, and I still feel great!!!!!!!!!!!!!!!!!!!! I wanted to share this because I am so happy!!!!!!!!!!!!!!!!!!!! - **Natureness Participant**

Natureness Impact

Consciously riding GreenWave-54 helps any individual who loves Nature and recognizes that the following fact is Crest self-evident: ***It is obvious that you are reading these words in the present time and space of right now.*** You reading them is real, ***it needs no proof or defense.*** You are experiencing it. It is registering on your 54 senses.

An example of the Natureness way GreenWave-54 works is this sentence:

1. “The truth is undeniable that you are reading these words right now.”

Everybody knows the sentence is true for you because you experience the words when you read them. It is self-evident.

That is different than

2. “The truth is undeniable that you read these words ten minutes ago.”

Everybody does not know that. You could be mistaken, forgetful or lying regarding this statement about the past. How could anybody determine that it was true if their 54 senses were not present in those moments or some completely trustable machine did not record it (is there really an instrument that does this)? Be aware that most of the facts we learn and depend on are similarly mistaken. This leads us to further produce earth misery rather than correct it by adding Natureness to our arts and passion.

Statement #1 is an extraordinarily reasonable fact because self-evidence is indisputable. It is obvious and as part of any experience it is always available in every Crest moment of the life of Nature/Earth/us.

If your conscious self is present, self-evidence is present. **Self-evidence registers, unadulterated, directly in our body, mind, and spirit through some or all of our 54 natural senses.** They, like all things, are part of the Universe and, like it, they, too, only occur and operate in the Crest moment.

Self-evidence includes, right now, your senses of sight, reason, consciousness, motion (scrolling, cursor, eye movement), literacy, color, design, trust and place all **experiencing this moment to this period. And now to this one “.”**

“The only source of knowledge is experience.”

Albert Einstein.

You can trust self-evidence when you understand, as did **Albert Einstein** in 1935, that his sense of reason made him deny the Steady State theory of the Universe. He realized that the singular birth of the Big Bang sequence of the Universe, the life that our Planet and we know we live now, **makes its own Crest time and space.** This was **more reasonably evident** that the alleged appearance of **unexplainable or outdated phenomena from unknown or mystical sources** sustained the Universe.

Einstein recognized that the expanding time/space continuum of the Big Bang Universe's life had to have a central Unified Field, an attraction network that **kept all its parts simultaneously connected and in communication with the wholeness of the Universe and each other, moment-by-moment.** He knew that to be part of a system, a thing has to be in communication with the system otherwise it can't coordinate with it, rather it trespasses it and becomes an "outlaw." Universally, he scientifically validated Gay Luce's observation, "It's only in our minds that we are separate from the rest of the world." In reality, **it is only nature-disconnecting stories that we attach to that separate our natural selves from Nature.** Natureness Grokking experiences in natural areas reverse or correct this distortion.

"Look deep into nature, and then you will understand everything better."

Albert Einstein



Validate your Natureness: Grok a Natural Area

() *Validate. Natureness #54 sense of creation reduces Earth Misery*

Grokking is to have some of your 54 senses attract/love an attraction in a natural area to blend with you, and vice versa, to become felt-sense oneness, personally and globally.

You can look deeper in nature by recognizing that every time you sense an attraction in a natural area some of your 54 senses register and attach to it because they recognize it as being kin and their origins in Nature.

When you feel that the attraction embraces you as part of it, and vice versa, you have Grokked it. **In that moment you are Natureness, the greatest trustable truth in your whole, verbal and non-verbal, Nature life that you can trust.**

Natureness does not exist if it does not include how you think, feel and grow relationships since it only exists for you as part of your total awareness. **Gain expertise about how and why to Grok a natural area attraction in Appendix B page 93**



What, when and where is the Higgs Boson?

() Validate. Natureness #42 *sense of logic* peacefully reduces EM

The Big Bang theory, along with Einstein’s Unified Field, became a completed scientific fact in 2012 with the discovery of the Higgs Boson attraction field in quantum and particle physics and it has been further supported since then with gluons and gravity fields. After an 80 year search, in the heat of a proton accelerator’s five trillion degree Big Bang temperature, scientists discovered Einstein’s long theorized Unified Field attraction. It was a boson particle that became the attraction net. It appeared when the temperature was raised to Big Bang heat, 250,000 degrees hotter than the sun. It was the building block of the Universe that we accept. It became an attraction net between all things when, in the next instant, the cooling began.

(see C, page 89. and www.ecopsych.com/journalmist.html)

The Higgs Boson et al includes the fact that any given moment the life of the Universe is a singular, sequential, continuing, universe wide and deep, attraction unifying, Big Bang heat and energy that has mostly cooled now. It is the Crest that is attracted to build its, moment-by-moment, attractive time and space sequence for itself to be. **This is what your 54 senses actually Natureness in a natural area because, unadulterated, they and you are that unifying Crest energy as them.**

UNDISPUTED FACT: A **Grok** in a natural area enables Nature to increase personal, social and environmental well-being. We create and suffer our problems because we excessively disconnect our personal Natureness from the Crest.

Learn more about **Grokking** in *Appendix B, page 93*



Everything Belongs: Origins of the Natureness Process

() Validate. Natureness #34 *sense of memory* reduces Earth Misery

The 54-sense, evidence-based process in Natureness empowers you to create wise Crest fiduciary moments in natural areas that **let the life**

of Nature teach your personal life what you need to know to increase well-being and help others do the same.

Climate Therapy gives each of us the means to connect with the way that the balanced and beautiful Crest life of Nature/Earth diversely creates and sustains itself, moment-by-moment, without producing any garbage or pollution or leaving out a person, place or thing. As previously mentioned, we genetically inherit and can verbalize this wisdom to the benefit of all. Instead, our stories are socialized to conquer it.

GreenWave-54 Organic Psychology is contemporary humanity's management blueprint of how Nature's whole life, unconditional love works. Natureness empowers any individual or group to safely find a lasting happiness by implementing the blueprint in any local or distant natural area. Why omit this from any relationship when you can beautifully Grok and decorate it and add attractive senses to it?

As demonstrated by your ability to ride in an airplane or read this material online by computer and internet, we live in a scientific way of knowing that our lives depend on, yet it is seldom organic. One smartphone alone can operate one hundred twenty million Apollo Moon Landing guidance systems at the same time. However, one smartphone has yet to remove any of the "garbage" this ability has left on the Moon.

The art of Organic Psychology responsibly 54-sense applies the same Apollo scientific way of knowing or evidence to the life of [original Natureness and its wisdom](#). This connection helps us better resolve problems and create well-being in our technology attached lives **and** reduce their destructive, non-organic, "side effects." **Natureness knows how to clean up the mess it makes. It composts, transforms and recycles it into Nature's love to begin life.**



Our Civilization's Core Truths

() Validate. *Natureness #54 sense of unity reduces Earth Misery*

The art and science of Organic Psychology is a social technology. It is a 54-sense tool for genuinely connecting with ourselves as the life of the natural world. It helps us engage in the origins of our civilization's natural truths before its fables excessively adulterated them.

These truths were first discovered in the roots of our society by **Thales of Miletus (circa 600 B.C.)** who successfully **omitted the mystical and supernatural** from accounts of nature.

Pythagoras (circa 500 B.C.) who determined correctly that the Universe **contained a logical, inherent mathematical order.**

Copernicus (circa 1500) combined **math and science** to validate that the Sun, not the Earth was the center of the solar system and that Earth turned on its axis. (NOTE: 100 years later Galileo was placed under house arrest for life for teaching this game-changing, scientific fact).

Albert Einstein (1930) who used science and mathematics to recognize that **the Universe consists of a unified field** that makes and holds together its own space and time moment-by-moment, including this moment. (The unified field is GreenWave-54. Remember, right now you are experiencing these words in "real universe time" on the Crest of GreenWave-54 but, **if indoors, you are not in sensory contact with the whole of authentic Nature and its balanced integrity found in a natural area).**

Natureness helps us first-hand, experience how the critical objectivity of our "runaway automobile's" math-science technology is excellent in helping us benefit from the authentic heartfelt value of 54 sensory connections we can make with a natural area and enjoy its outcomes.

Our challenge is that objectivity causes problems by labeling as "subjective," and therefore omitting, our vital **54-sense facts of life. They are neither mystical nor supernatural.** Rather, they are undeniable, organic, **self-evident, biological, sensation truths,** the **trustful Natureness attraction information** in every Crest moment that we experience and enjoy in a natural area while it naturally fulfills us.

When we do this, we feel peaceful, whole with an open heart. This enables us to **let the self-correcting ways of Nature** help us overcome our abuse and strengthen our sanity as we help the natural world overcome the Earth Misery we promote.

To our loss, on average, our story driven lives **live in tune with the life of Nature/Earth for less than one percent of our lifetime.** This includes our nature-estranged daytime mind wandering time that accounts for almost 50 percent of our waking hours. It includes,

also, our nature-disconnected dream time and meditations. It also includes playing computer games, watching TV and/or tranquilizing our nature estrangement discontents with substances that often addict us to them.

These facts about our disconnection time suggest that the beneficial effects of engaging in Organic Psychology natural area activities can increase our well-being by 75 percent, and Earth's well-being, too, if and when enough people engage in them.

Be aware that adding "**Victory Garden Wisdom**" to our food shortage catastrophe in 1942 stopped the shortage in 720 days. After that, half the vegetable food supply of the United States came from our backyard gardens for the remainder of World War II. Via social networking there is no reason that "**Revolutionary Wisdom**" cannot do the same with respect to stopping EM.

Make no mistake about it, you reasonably solve any problem 85% more effectively when you are in 54-sense natural area contact with Natureness. How could this not be so? Isn't that really what our great spiritual leaders did without knowing it because Albert Einstein didn't use math and science to explain it until 1930.

Think about this statement and its date:

"The goal of life is living in agreement with Nature."

- **Zeno of Citium**, 300 B.C.



Making Sense of Making Sense.

() *Validate. Natureness #42 sense of reason reduces Earth Misery*

To help make sense of contemporary life and effectively deal with the corruption, violence and environmental problems we face, a double blind, peer reviewed, refereed article I wrote was accepted for publication in a multidisciplinary journal, and I include parts of it in this book (Cohen 2017A). It and this book only contain reasonable, scientifically verified, self-evident information obtained directly from Natureness experiences in natural areas, as noted in the Overview. Its process has been available since 1974, and it has yet to be scientifically disputed. You can experience and trust its accuracy. You are welcome to have others scientifically review it if you don't trust yourself.

If you have been, as suggested, making conscious sensory contact with attractions in natural areas as you read these pages, you may be able to validate Natureness from your self-evident experience. It will become clearer as you continue this practice.

This book's overview of Climate Therapy helps you "come to your fifty-four senses" by empowering you to correct the distortion from our society's omission of over 45 of our natural senses. The process it describes may confront some of your most cherished beliefs if they are falsehoods that continue to produce the abusive, Earth Misery, personal, social and environmental problems that we suffer.

As you read this book in a natural area, genuine Nature contact enables you to consistently validate that in nature you are in conscious sensory contact with the "now" dance of the Universe and its unified field on Earth. This enables it to beneficially be itself and guide you by being itself as you. That's what it does best for the life we share with our planet.

SUGGESTION: Continue to read this book in a natural area, and after each paragraph confirm the whole life accuracy of that paragraph by finding a "consenting" attraction example of it in the natural area you are in. That authentic invitation replaces the illustrations that this book would otherwise contain. Optionally write out what happened and its value. Then, using the last part of Appendix A *page 78*, identify which of the 54 natural attraction senses that called to you were involved in this connection. Thank that attraction for sharing its natural wisdom, love, and joy with you through your senses before you proceed to the next paragraph. Improve your relationships. Find and bind with this same natural love attraction/consent in people there, too, and share what happens with them.

Most of contemporary society must face that our misleading but ingrained, nature-disconnected way of knowing and relating is as unreasonable as a rabbit doing the bookkeeping for Walmart.

"Due to the pressure of his new job, my partner, Larry has made strong demands of me that I can't meet and this has made me feel not good enough for him. As I sat near the garden, I gazed up at the lovely tree there. Behind its sparkling yellow leaves shone the clear blue sky, and I couldn't help but smile. I asked the tree, silently, for permission to visit, and suddenly noticed a new attraction ... to its bark. I then felt the desire to share what I was

feeling and seeing with Larry, and he came over to sit with me in order to experience the same view. I told him how we ask permission to visit with nature, and how silly I had felt the first time I asked permission of this same tree, how amazed I had been that first time, because it had made a big difference in how connected. Larry was intrigued and gazed with me for some time.

I felt a new kind of bond developing between Larry, the tree and me. I reflected on how important it was for me to show the same level of respect for the tree being as I would with any human being. I also felt a deeper level of respect for myself based on my awareness of the tree's value and worthiness for respect. It reminded me of the wonderful feeling I get when we are together with my grandchildren... that sense of joy that I feel about our shared adoration for these beautiful beings. Larry reminisced about the times he had climbed up pine trees and felt the swaying of the tree in the wind. He was beaming. I was beaming. We felt more respect for each other. I realized that focusing on what attracts me in nature is a skill that is very useful with people too. This has helped me work with nature deprivation and low self-esteem development in children.”

- Revolutionary Wisdom Participant

NOTE: *GreenWave-54 is also an ongoing nature-connected community that you can live in online and/or locally by joining others who are “doing” this Natureness book together. Email nature@interisland.net 360-378-6313*



Summary: Reduce Earth Misery

() Validate. *Natureness #53 sense of conscience reduces Earth Misery*

The sensory learning tools in the expedition book, Revolutionary Wisdom, let us experience how Industrial Society makes us suffer ‘Earth Misery’ a runaway, natural resource, species and mental illness catastrophe that deteriorates personal, social and environmental well-being by ignoring its remedy in the Unified Field of GreenWave-54. Its Natureness moments help the life of Earth restore and activate our 54 natural senses and reverse the nature-disconnected relationships that produce the EM of our illness, disorders, corruption and crippling budgets.

Without producing garbage and without using stories, Nature organically creates optimums of unified life, diversity, cooperation, balance, attraction, peace, and well-being while our society detaches over 98 percent of our life from this wisdom.

Five decades of Organic Psychology research in natural areas exploring “attraction being conscious of what it is attracted to” shows Albert Einstein’s unified field, warrantied, accredited, nature-connected learning process validates our sensations and feelings as facts of life. (See References, page 67).

This Natureness validation empowers scientific methodology to restore our missing whole life integrity. Funded and internet available, backyard or back country this fiduciary tool can be added as a nature-connected therapy to any art or passion. It helps people happily create phenomenal moments that let Earth teach and heal.

Validate Natureness, Help Reduce Earth Misery

The unreasonable application of science defines stupid.

Be concerned. The profound contribution made by objective science must disregard the homeostatic relationship building values inherent in subjective information. This omits the 54-sense subjective ethics, morality, and sustainability of the Crest whole life relationships and their wisdom because senses and feelings are subjective.

This limits of objectivity reduce science’s value in objectively solving the runaway problems that face us. For this reason, our unbalanced **Earth Misery disorders** have increased almost 50 percent since Earth Day, 1970 and this rate continues to rise (Cohen, 2001).

Until the long established powers of objective science become 54 sense organic and help us stop this abomination, each day our irresponsible happiness fulfillments increase it. Look around. Sense and feel what is happening. It is self-evident. Read the statistics. Obviously, our limited science thinking wielding the sword of technology produces disaster.

The heart of the scientific method is to be reasonable. Earth Misery is neither reasonable nor sane when nature’s remedy and preventative for it is available and not used.

This year, 2018, we need another Planet Earth almost half the

size of ours to connect with the life of our home planet so it may begin to return to its and our natural balance and wellness.

Nobody knows where this extra planet can be found or how we would connect it with Earth.

Colonizing Mars is not a responsible solution. It's more like fleeing our crime while carrying its cause in our backpack and complaining that the world has gone mad and that we are fed up with being fed up. **It is not reasonable to recognize that due to our excessiveness, the life of our planet is deteriorating and that since our lives eat, drink and bathe in its life, our lives are deteriorating, too.**

THE PRINCIPLES OF ORGANIC PSYCHOLOGY

() *Validate. Natureness #52 sense of survival reduces Earth Misery*

If we can't identify the source of a problem how can we discover and apply its solution?

Objective science has yet to identify the point source of our earth misery catastrophe no less the means to correct it.

Because I and others have experienced and addressed the source, I validate here that by applying the whole-life, Crest science of Organic Psychology we can achieve our correction goals on personal and social levels. I warranty this because the beneficial effects of the process are self-evident and cost free (Cohen, 2017).

Sadly, today's normal application of science denies the special contribution of Organic Psychology to personal and global wellness. This is because we are bonded to our established, dominant, nature-disconnected, science, thinking, economics, ethics, and morality. That has to be the source of earth misery as there is no evidence of it in the life of pre human wilderness and its pristine relationships (Cohen, 1983).

Our denial of our excessive and limiting emotional bonds to nature-disconnected things and stories makes the scientific community ignore the power to deal with them.

This limitation has let our science foolishly drill a hole in the floor of our lifeboat and as this leak sinks us, our limited science mentality drills another hole in the floor to let the water out.

empowers us to prevent and remedy this earth misery short circuit. (Cohen, 2011).

Adding Natureness organics to any aspect of society helps us increase the quality of our health, economics, and environment while reducing their costs and shortcomings (Cohen, 2015)

As Pythagoras determined, circa 600 B.C., objective science works because its logical, inherent 0-9 integral sequence of numerals in mathematics produces facts that are congruent with the evidence determined space/time, Crest sequence of the GreenWave-54 Universe. For example, if you feel 5 is an unlucky number and only value it as 4.3, the truth of mathematical truth is warped until corrected. Similarly, if you dismiss the truth of 49 of your sensory ways of knowing, it warps you, as well as those you expect to help, because they also omit the 49 other senses. For this reason, when we apply objective facts, they empower us to manage Nature's balanced functions, but, sadly, in **excessively biased ways that are not personal, social and environmentally responsible, we produce and suffer EM.** (Cohen 2007).

Since 1965, during my year-round expedition explorations in natural areas I have observed and experienced how Nature produces its pure and balanced wilderness perfections without using humanity's objective math science stories, labels, and rationale.

Organic Psychology relates to Nature as a combined objective and subjective process whose Crest core is that, like a numerical sequence, everything, including us and our 54-senses and stories, is attached, moment-by-moment, to all that has gone before it and remains attached to all that follows.

Albert Einstein and the Higgs Boson evidence have affirmed that the space/time attraction force of a sequential Unified Field of the Big Bang Universe makes the natural world possible (Cohen, 2017).



Attraction is Conscious of What it is Attracted to

() Validate. *Natureness #53 sense of sublime love reduces Earth Misery*

This goal of this book is to demonstrate that **the self-organizing, attraction essence of Nature is consciously attracted to produce nature's self-correcting reality around and in us.** If attraction is not conscious of what it is attracted to, how does it know what is attractive to move towards? what to pull together? what to attach to? what is attractively balanced?

The Crest attraction is, for us, like a common denominator for Mathematical fractions. By consciously registering 54 self-evident, sensory contacts with this purifying and balancing essence of any natural area, we empower ourselves to think, feel and act to reduce the wounds Earth's and our life suffers.

Since the beginning of time or before, **because natural attraction is intrinsically or has been given the free will to be conscious of what it is attracted to, moment-by-moment, in the now**, attractions blend into and support each other so that, for example, two atomic particles, or two elements, in peaceful balance, can become a new particle or compound, or a crystal **can attract itself** to grow larger as does the Tree of Life. This is the sequence of Nature's love in action. Objective science recognizes this universal fact. It is the biological core of humanity since we are an attractive part of the life of Nature, alive or "dead."

The science of Organic Psychology incorporates and teaches our 54 sensibilities how to use this core of Nature to reverse the earth misery dilemmas that we produce (Cohen, 2012).

"Since we were children my older sister, and I have always argued, but after I connected with attractions in the clouds I felt a special sense of self-recognition and appreciation. I recognized that feeling was what I was missing from my sister and that I did not need to get it from her, I could get it from the clouds and other nature attractions, and I continued to do so (Senses #43 consciousness, #42 reason, #39 language/stories). Things are better now. I no longer argue with her, and we respect and love each other more (#54 whole life attraction)."

- Natureness Participant

PRINCIPLES



A Reminder: Why Science Works

() Validate. *Natureness #42 sense of logic reduces Earth Misery*

Self-Evident, sensory knowledge about the Crest life of Earth and how it operates is critical information that we need if we want to scientifically stop our earth misery deterioration of our planet's balanced ways and wisdom, in and around us.

This concurs with the basic tenet of science from Greece, circa 600 years BC, that scientific methodology is effective because it collects and evaluates proven, repeatable evidence and its consistent effects.

For the above reason, science omits the mystical and supernatural because the latter are products of beliefs that are not verified or confirmed and that can be inaccurate, non-existent and misleading. They cannot be trusted to do what they say, and this often produces problems when we depend on them (Cohen, 2011).

To be scientifically valid and useful for contemporary society, it is reasonable for this book to self-evident affirm here that it is being created by me on Earth and that this book and I are part of our science-based, “standard” universe that is producing its own Crest time and space in this S E, now moment, including you and me.

The SELF-EVIDENT accurate facts about the whole of life I present here convey reasonable observations and conclusions from my eighty one years of experiential learning and exploration. This time period includes five decades of 54-sense, organic contact, co-ed, nature lovers, expedition community, all season outdoor experiences in 84 different natural areas while writing eleven books about how they work and how to live in balance with them by learning Natureness from them (Cohen, 1993).



The Self-Evident Remedy

() Validate. Natureness #42 **sense of reason** *reduces Earth Misery*

Review. Self-evidence comes from experiencing a relationship with ourselves or others through one or more of our 54 natural attraction senses. This self-evident certainty is a Crest fact of life for humanity. Its conscious, felt-sense, attraction and intention produces and influences responsible actions and relationships in the now (Cohen, 1995).

Self-evidence is a recognized fundamental of evidence-based thinking and relating. A good scientist must honor it because it is valid evidence.

Self-evidence is empirical because it defines itself and integrates directly into our physiology and nervous system as a body, mind and spirit sensation(s). It is the strongest irrefutable, unmistakable and accessible form of Natureness knowledge available in any Crest

moment.

Scientific thinking can easily include our 54 self-evident senses so that all the facts available are included for accuracy in an investigation or relationship.

It is our omission of valid evidence that produces our scientific short circuits and falsehoods along with their adverse effects. This omission is as foolish and harmful as driving while intoxicated; there are fines and jail time for that.

The fact is that 54-sense Organic Psychology is a remedy for our omissions and that, in fact, **it is destructively omitted** in objective science and relationships.

Facts not based on self-evidence are often incomplete. They can warp, limit or replace gathering accurate self-evident information from things, one of these things being the Crest life of our planet and our relationship to it while we are it (Cohen, 1995).



Where do we live?

() *Validate. Natureness #30 **sense of place** peacefully reduces Earth Misery*

With respect to our solar system, where do we live? Most folks respond “On Planet Earth.”

However, when they apply critical thinking in or to a natural area, they discover that they don’t live on the Earth. It is self-evident that they live in it, as part of its Crest life as it flows through them. Their senses of place and community tell them that they are enveloped in Earth’s biosphere, below its atmosphere and under its birds, clouds and other airborne life. With the exception of their ability to live and relate through stories, people consist of the whole-life way that Nature works (Cohen, 2010).



Multiple Sense Scientific Sensibility

() *Validate. Natureness #43 **sense of consciousness** reduces Earth Misery* One self-evident fact in this moment as

previously demonstrated, is that our senses reasonably register that we both know and trust that you are experiencing these words right now as you read them.

This is a legitimate fact that we can validate by repeating the the experience, as you are now doing in this new time/space moment.

We may also discover that we are ignoring the individual letters in these words that you are reading right now until I bring this to your attention, yet it was single letters that were of prime importance when we as children began to r-e-a-d.

You will probably discover that this single letter phenomenon will stop shortly when your habitual form of reading takes over.

Is that happening right now? If so it is self-evident.

Additional often overlooked truths this moment is that the words “the” and “of” were doubled in the previous paragraphs and that you are probably now paying attention to the black color of this ink, not the whiteness of this page.

Also, you place value on the words here themselves, not on the spaces between them.

Other obvious facts not being registered include the presence of space and air between you and this page and that the end of your nose is also part of the picture.

We can discover these self-evident facts as we help our senses of reason, trust, consciousness, contrast, time, literacy, color, distance, motion and sight come into Crest play here.

As we register and validate these additional sensations, we seldom deny the helpful value of what they contribute.

We know that we would not want to be without them.

We learn from this experience alone it is self-evident that there are at least the, above, ten natural senses that provide us with information. They don't come from nowhere. Scientifically, they are essential parts of Nature registering themselves in and as us.

Each of the senses, above, along with many more, are the **54 scientifically identified senses** that we inherit and hold in common with other members of Earth's web-of-life community (Cohen,1997). **See Appendix A page 78**

Each sense and its meaning becomes self-evident in our awareness, as above, whenever it is energized into and registers in our sense of consciousness (sense #43). Consciousness serves as a “screen of awareness” for all the other senses when they are energized to appear on it. For example, it is self-evident that our sense of thirst (sense #21) energizes and signals into our consciousness that we need water and that our other senses,

including our senses of self (sense #35) and reason (sense #42), become aware of this fact and react accordingly.

It makes sense, too, that when ancient life went from the water onto the land, some form of thirst had to develop to activate an attraction to intake water that land animals and plants needed for survival (Cohen, 2009).

Our Inherent 54-Sense Way of Knowing

Each of our 54 senses is a self-evident manifestation of what can be called our prime attraction, desire, intention or drive to survive, to “be” in this world as us.

When our sense of reason considers and applies mathematics to what our senses experience, the math empirically affirms that we enjoy more than the standard five senses that Aristotle and most other leaders say we have.

This self-evident discovery helps make us more sensible as it motivates us to seek additional senses and their sensibilities.

This simple mathematics alone makes a significant contribution with respect to addressiaddicted nonsense of our runaway deterioration of the life that we and our planet share and is our personal life support system. (Cohen, 2011a)

www.ecopsych.com/journalinstitution.html



Wilderness is Non-literate

() Validate. *Natureness #34 sense of emotional community reduces Earth Misery*

Our sense of reason recognizes that although Nature communicates it does not accomplish this through the spoken or written word verbalization, narration or literacy of our stories. **Wilderness, the more than human life of Earth, is story less.**

We have no self-evident personally, and no other forms of scientific evidence have yet discovered members of the plant, animal, mineral or energy kingdoms, narrating, vocalizing or writing words, sentences, paragraphs or books or making videos.

Our sense of reason must recognize that we alone bring “stories” to our personal and the Planet’s sense of consciousness. This “mapping of life” ability is our special Crest attribute that supports our survival outside the tropics (Cohen, 2007).

The history of Earth changed with the geologically recent appearance of humanity. Gifted with our ability to communicate and build relationships using stories, we abstract and put into stories the way our natural senses self-evident experience how Earth's non-story world works.

For example, the story about how, when and why we can quench our thirst (#21) by drinking water is different than our SELF-EVIDENT experience of actually drinking water (#23). The thirst story alone does not fulfill our body's need for physical water or our continuing sensation of thirst. However, the act of drinking water harmoniously blends and balances our need for water and its story with each other and with the global life system. This organic fulfillment produces rewarding self-evident feelings of happiness. It occurs because the life of thirst is homeostatic. Its form of intelligence senses when to turn on or off with respect to our life's attraction for part of the global water cycle to pass through us, help hydrate and metabolize us as well as wash out the impurities our metabolism produces, impurities that perfectly feed the life of Earth.

This balanced, purifying and satisfying water cycle process applies to and is self-evident true for each of our other 54 senses as well. For example, wordlessly, the sense of excretion (#13) tells us we need to get rid of dirty water in us and feed it to the rest of the web-of-life where, by Nature's self-organized attraction fulfillment process, it is a unadulterated organic food (Cohen, 2011). Similarly, without using stories, our hunger for oxygen (sense #21) produces CO₂ plant life food.



Consciousness, Reason, and Literacy (CRL)

*() Validate. Natureness #43 sense of literacy reduces Earth Misery
Misery*

The Central Sense Triad:

The accuracy of our story regarding the life we share with Earth is crucial for well-being because it determines the efficacy of our ways and means to reverse the shared EM we now produce and impose upon the life of Earth and ourselves.

Using an inaccurate story is similar to the miserable results of having a lobster operate the control tower of an international airport.

Beyond reasonable doubt, the information presented to this point brings its scientific story to our self-evident senses of reason #43, Consciousness #44 and Literacy #39 (Cohen, 2008).

As part of the Big Bang universe, the life of Earth, moment-by-moment, is non-verbally producing its own Crest time and space wilderness relationships through at least 53 natural sensitivities that humanity shares.

Uniquely, we alone can 1) register these relationships as nature-disconnected, abstract story narratives or 2) think and feel with them in either literate story form and/or in fundamental, non-story, 54-sense relationships with nature.

Both can take place while we are in the Crest sensory contact with a natural area, backyard or backcountry.

This is true as well when our senses register the life of nature in each other.

This phenomenon condenses into the truth that at any given moment, in congress, while Crest registering our 51 other senses, our self-evident senses of consciousness(**C**) and reasoning(**R**) can think and act in conjunction with literate stories(**L**). [**CRL**]

Our Natureness with the life of the Crest validates we are allies in resisting stories and things that distress us. When our remedies or therapies include the Crest in increasing well-being, we mutually support each other. If our story tells us to omit Crest contact, both parties lose. Our healing goes slower and we don't support Earth.

The inclusion story (L) enhances healing because our lives are identical. **Objective research validates this.** Get real. Increasingly center your well-being around the Crest connection. What does your **C-R-L** tell you?

Reasonable, evidence-based, 54-sense stories genuinely connect us with Earth/Nature wisdom in an attractive pure and balanced way. They help us produce supportive and responsible personal, social and environmental relationships by urging us to create Crest moments in natural areas the let the life of Earth teach.

Nature-disconnecting, belief-based, limited sense or incorrect stories produce scientifically non-whole relationships. Not being scientifically accurate, **they remove us from or adulterate the scientific truth of our inherent, Nature/Earth whole life wisdom that produces each Crest moment's pristine time, space and wellness of the Universe.** This disconnection from

Nature's wisdom hurts, and along with its artificial tranquilization it makes us produce EM. It is us driving the runaway car without knowing how to use its organic 54-sense brake that is the Crest, in and around us.

CRL is the acronym/tool that we can use to trigger our SELF-EVIDENT sense of consciousness (**C** #44), reason (**R** #43), literate story (**L** #39) process.

This CRL tool activates the ways and means of Organic Psychology that includes associated self-evident input from our 51 other sense groups. In this way, CRL is actually CRL-51.

In our challenge to reverse earth misery and increase well-being, our choice to scientifically apply CRL empowers us to register and be guided by **evidence-based, nature connecting, whole life stories**. Our sense of reason recognizes the ability, in a natural area, of these CRL stories, (in concert with all 51 other senses) **to consciously plug us into Earth's eons of self-correcting, multi-sensory wisdom, in and around us**. Moment-by-moment, this Crest act in a natural area restores balance, purity, joy, and beauty, personally and globally.

It strengthens our sustainability, ethics, morality, and wellness. It shapes our posture and attitude into consciously or unconsciously designing our next moment.

It helps us control our runaway car.

CRL enables our self-evident sense of reason (#42) to register that our outdated, unscientific and often addictive nature disconnecting stories increase rather than decrease earth misery.

Our thinking learns that CRL is the working essence of the art and science of Organic Psychology and it is an essence of educating, counseling and healing with nature.

By applying CRL, **we organically increase the intelligence of our 5 sense sensibilities, sensitivities, and relationships by 85 percent** and we reduce expenditures and conflicts accordingly (Cohen, 2013a).

Without CRL, our sensory IQ is 15, that of an idiot, and it shows globally, locally and personally.

Our IQ of 15 is superior sci-tech gifted. We are proud "savant" idiots who are emotionally bonded to the ways of ancient leaders who did not even know how to screw in a lightbulb. Help!



In a natural area, do this activity:

() Validate. *Natureness #42 sense of place reduces Earth Misery* [An example of engaging in the evidence-based art of 150 Nature activities that strengthen your Natureness]

After gaining permission to visit, Grok a natural area or thing and then ask it “Where do you as Nature stop and I as a human being start” Include what you discover in your Grok description. (Hint: Was it in nature-disconnected stories?). Then ask it “Is Nature alive?”



The CRL of Attraction

() Validate. *Natureness #53 sense of ecstasy reduces Earth Misery*

I have yet to meet anybody, including myself, that can identify something that is not held together by the unifying power of attraction.

It is self-evident that unification and attraction are synonyms that describe a singular attraction essence, a fundamental natural love, if you will, in our Crest Universe. In 2012 it was identified in Big Bang research as the Higgs field, along with other attraction fields like gravity and electromagnetism (Cohen, 2012). It is the love of the life of the Big Bang to live.

In the science of Organic Psychology, it is self-evident, until proven otherwise, that what we call “things” are, in reality, Crest information and natural attraction relationships physically or materially manifesting themselves as these thing “events” **only when we bring them to mind**. Until we do, they are like a mist of attraction or intentions for this to occur. This truth applies to sub atomic relationships, our biological and social humanity including our 54 senses, to the solar system and beyond (Cohen, 2013). It’s similar to us pinching ourselves to know if we are alive. We know it when we do it. See Appendix C, page 107 and www.ecopsych.com/journalmist.html)

This truth also applies to any spirituality or religion whose essence or God is unconditional attraction/love/energy that is found everywhere.

“I believe in God but I spell it Nature”

Frank Lloyd Wright

Even a repulsion is a form of attraction. For example, our senses of pain, distress, and fear (#25, #26, #27) heighten our survival attraction to find additional attractions that support our life. Repulsion is actually a helpful reduction in our “love to survive” intention (#54).

We run for our life because it is so attractive. We seldom want to lose this signal that enhances our well-being.

For every new natural attraction there is an equal and balancing **natural attraction to the core of Crest wholeness.** That’s how Nature produces its natural homeostasis.

Each of our self-evident 54 senses, in congress, attracts our life to continue into the next moment in each sense’s special way. This is because to survive, our life must include our 54 senses and their life. Otherwise, our life is like a camera with all but 15% of its senses ability to registering film being non-functional. Its ability to register reality is reduced by 85%. This makes us “eco zombies.”

Organic Psychology Natureness recognizes our survival attraction to be the core power, instinct or love “to be” that all things hold in common (Sense #54).

In our natural life process, there is no question, “To be or not to be?” because a person is already being if they can ask the question. If all this seems questionable, slowly pull something apart so you may experience for yourself that the thing is attracted to stay together. Grab a fistful of water to keep, and you only end up with a wet hand, with water’s attraction to you.

CRL activities produce attraction-based, **scientific stories and relationships** that unify the world to the benefit of all. They are helpful because they add self-evident 54-sense, whole life intelligence to our nature estranged lives in Industrial Society. To stop earth misery, they need our physical and financial support.

Our excessive separation from the natural produces our earth misery problems as is shown by their decline when people add Organic Psychology and its 54 senses to their conscious lives (Cohen, 2017).

"I have had a stressful anger moment with Julie. It has taken

a bit of thinking for I seem to defuse most of my anger, which is probably not a good thing for I really carry it around surrounded by the stories of “should not” be that way when I really am. So, finding that special time when I allowed myself to blow and all the guilt trip of doing it is forefront and I can feel how I felt. Tightness in the stomach, a back tension, the clinch of the jaw, the tense muscle threw out the body. Julie always gets hurt, if only verbally, so this time I go outside with her to cool down. We silently walk down a long fence line until I start noticing the trees and grass, birds, breeze, and wildlife. I ask for help and permission to be with nature and away from the memory of anger. With the attractions of nature, I begin to calm and no words just being with and I calm and allow myself to be. I chill and notice all of the natural feeling around me, stop at a tree and breathing becomes calmer as I touch the trunk and peace. Calming begins to come back to my body while numbness is the best to describe but yet a peace that goes on even with this dilemma. I just exist for a while with nature and thank the landscape for its calmness, help and safety. Sunlight is warm and regenerating. Air is sweet and cool. Acceptance is plentiful. I sense it is time to relearn. While walking back with Julie, I take this safety, acceptance, peaceful surrounding me and begin thinking of the situation and a resolution which is also part of what “should be” We walk back hand in hand.

- - Natureness Participant



CRL and the GreenWave Model

() *Validate. Natureness #53 sense of wholeness reduces Earth Misery*

Natureness is when self-evident experience, space and time of the Universe and its “love to be” are present along with our 54 natural senses to feelingly register that love (Cohen, 1997).

GreenWave-54 enables our thinking and feeling to operate while using the wave Crest illustration. It shows our most trustable, truths to be available only in the present moment, the Unified Field now, of its Crest, followed by next moment new Crest attractions that strengthen the field through diversity (Canon, 1932). It works because, since the beginning of time, now attraction has been conscious of the truth of now.

As noted earlier, the now is a homeostatic balance that, moment-by-moment , is produced by “the attraction of things to the central attraction Crest and simultaneously to what other things they are attracted to in their now environment.” That is how attraction

“knows” what to attach to **in balance**. It is pure responsible Crest love. **That process and natural areas** are what now need support and funding, **not today’s nature-disconnected stories and relationships that increase our Earth Misery,**

The GreenWave-54 diagram helps us visualize that only in the immediate Crest moment can we self-evident experience, learn and act anew on the wave while in contact with its wholeness.

Doing this enables us to scientifically Consciousness-Reasoning-Literacy address Natureness callings or stories of the past and future into the Crest now. Only then, to our advantage, can we blend them with the attraction wisdom of the wave, so we know and function in balanced ways. This Crest self-organizing attraction combination is homeostasis in action. It is 13.8 billion years old because it took its life that long to find that out.

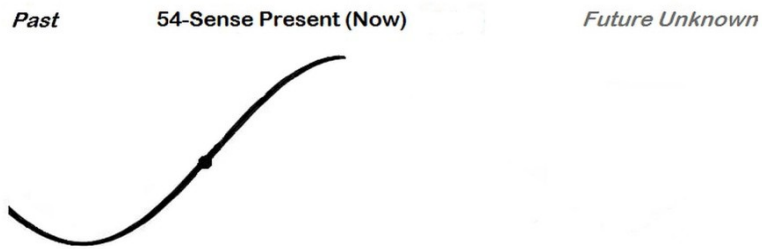
The Crest is whole life significant because everything in the Universe is Unified Field attached and present now. This includes our thoughts, senses, feelings, memories, loves, and ability to act and reasonably update our stories and experiences from the past and predicted future.

This scientifically holds true for those who believe in or experience God. We only know and relate to God and God stories in the Crest present of the Universe we live in.

On the unifying crest, our sense of reason can reject unreasonable and fictitious stories or change or transform them along with the past or future into the whole life, organic truth of the next moment. This scientifically integrates into our lives, past or future wisdom that can help us because it becomes self-evident attractive as well as updated in the crest moment that we call reality. **It is the Unified Field in action as a therapy that can be added to our arts, love and passions.**

The Present Moment

Since we can't 54 felt-sense experience the future until it becomes the Crest present, the diagram of the GreenWave, below, omits the future even though it is present as an unsubstantiated story that can be manipulated. It can be an influential and intended



means to enjoy Natureness love.

GreenWave-54 represents our common culture science of the Universe. It demonstrates that the total Universe, along with each of its energies and things, loves to create its own Crest time and space moment-by-moment, by eliminating unscientific stories that deny the Natureness fact that humanity and the Universe/Nature/Earth are identical except we can speak.

This phenomenon is CRL supported by the self-evident fact that we are able to consciously register, think, sense, feel and be in the now, moment-by-moment.

If the now did not exist, how would we or any story exist or could any story exist that denies this truth (Cohen, 2017).

“The beginning of Wisdom is to call things by their right name.”

Confucius (circa 520 B.C.)

In Climate Therapy the right name **is the nameless Crest.**

Everybody has the same last name, “Crest,” when Grokking a natural area.

We suffer our Earth Misery because our socialization injuriously severs our constant 54 sense loves the Crest life of Nature and reattaches them to questionable artifacts and nature-alienating stories. They become *story loves*: “Suburu, share the love” “Love Coca Cola” McDonald’s: “I’m lovin’ it,” “Everybody knows somebody who loves a Honda.” New Balance shoes: “Love running more.” Blackberry: “Love the big picture.” “I love my Droid more than my

kids and husband.” The rest of our 54 senses are captured by institutions, their personnel, dogma and paraphernalia. (Cohen, 2011a). www.ecopsych.com/journalinstitution.html

Removing our love from the Crest addictively produces an unreasonable, unbalanced prejudice against nature, an attitude that is unusually resistant to rational influence (Cohen, 1983). “Let the love of Earth and its people be heard,” could be the subtitle to this book. The Crest helps us do it because it is it.



CRL Self-evidence on the GreenWave-54 Crest

() Validate. Natureness #54 *sense of creation* reduces Earth Misery

Crest surfing the now, GreenWave-54 crest by Grokking brings us into a new, vibrant, whole-life scientific platform for knowing the Universe. It sometimes feels like, at will, hypnotizing ourselves into a different, euphoric world that is an unadulterated reality.

It includes crystal clear truths from our 54 senses in contact with Nature, as being self-correcting Crest facts of life that are no longer omitted or polluted by our attachments to nature-disconnected information or distortions.

On the Crest, our self-evident 54 senses register and validate in the moment that **everything in and of Nature is attached to all that has gone before it and remains attached to all that follows it**. This is exemplified mathematically by the Fibonacci Ratio Sequence.

Improve your relationships. Find and bond with Natureness natural love attraction, and/or others, in other people. In a natural area Grok natural things together with them and in and as them. These moments are the height of connectedness. They scientifically re-bond us with our in common, GreenWave-54 Crest life of Earth, Spirit, Soul, and Humanity.



Actualization and Negativity

() Validate. Natureness #42 *sense of spiritual distress* reduces Earth Misery

There is no repulsion or negativity in the dance of Nature’s unified field, only strong-weak, strong-weak attractions that are the dance’s homeostatic rhythm, sway and design.

Labels or stories that objectively describe the dance are always dualistic because Nature is neither a story, static nor objective.

Words that accurately energize our senses and sensations onto our sense/screen of consciousness in a natural area enable us to Natureness register whole life, fluctuating facts about the dance since they are it.

The labels we attach to our 54 sense sensations and sensitivities are self-evident truths because, although subjective, they are facts that accurately bring authentic Natureness Crest into our story world.

This identifies Nature as a singular, self-balancing dance whose rhythms, beats and gyrations are beautiful.

They are attractive facts of its/our life rather than conflicting dualities (Cohen, 1997).

What we sense as negatives are our senses of pain, fear, and distress. However, they are really Natureness's attraction to seek additional natural attractions to support and strengthen well-being.

GreenWave-54 transforms negatives into positives because there are no negatives in the all attraction Crest. "Wrong," "But," "Don't" "Bad" become **Groks to find additional** attractive information from the GreenWave, in and around us and others.

"When I was doing this activity in the natural area on campus, I started to shuffle my feet through the dried leaves. I suddenly realized that my pain had stopped and I concentrated on the very pleasant sound of the dried leaves under my feet. I stopped walking through the leaves, and slowly the pain returned, so I started walking again, and sure enough, the pain resolved again. I thought, "This natural love is Nature's pain reliever. My rights to be free of pain, torture and degrading treatment are being infringed upon by the absence of GreenWave-54 in this school."

- Revolutionary Wisdom Participant

For those whose arts and passion scientifically want to go beyond lip service in creating more morally, ethically and environmentally responsible relationships, our Consciousness-Reasoning-Literacy surfing the Crest provides the Natureness truths that they need to further substantiate the self-evident GreenWave-54 process.

Worth repeating here is that by engaging in Consciousness-

Reasoning-Literacy, we unify and resolve conflicts as our Natureness discovers additional self-evident unadulterated Crest facts from the life of authentic Nature. Consciousness-Reasoning-Literacy empowers us to co create with it in attractively balance ways that reverse earth misery (Cohen, 2015).

"Upon arrival, the play of fresh wind, waves, and colors on the rocky shoreline filled our senses. A loving feeling of awe and belonging soon unified us when only minutes before we were angrily competing for status and to be winners."

Revolutionary Wisdom Participant



Liberation

() *Validate. Natureness #35 sense of power reduces Earth Misery*

Right now, you may feel trapped and helpless in that metaphoric speedy, high-tech automobile about to destroy that natural area picnic.

Free yourself. Jump out of this story now and GreenWave surf a real natural area, backyard or backcountry.

Act! Continue reading this book while you are in conscious Crest contact with authentic Nature.

The closest pristine wilderness and its wisdom to you is the Natureness that our stories have injuriously jailed within you.

Help Nature's Crest aliveness in a natural area free that wilderness and nurture it and you back to health. Enjoyably abide by its wisdom.

As you will soon learn, when you are looking at an attractive natural area you are looking at your subconscious mind and enabling it to manifest itself physically. It is who you are without a story that hurtfully disconnects you from it.

The Crest's self-evidence from our inherent natural wisdom is irrefutable because it begins directly in our body, mind, and spirit, fifty four natural attraction sense loves. Our love of our sense of consciousness can accurately register and communicate them through our senses of reason and language **(CRL)**.

In a natural area, the moment-by-moment attraction Crest energy of the Unified Field holds the non- verbal, living attraction

core of all things together in intelligent, homeostatic equilibrium, from sub atomics to the life of Earth's Web-of-Life attraction, to circling the sun without producing garbage.

“These courses gave me a previously missing respect for my actions and a feeling of dignity, that I had the right to love and be loved: I aligned myself with my natural surroundings, letting their energy fill me while remaining flexible enough to allow it to pass through me without conflict. Unifying and drawing in the attraction energy from various elements of the natural environment with my friends increases balance and harmony. When I have feelings of anxiety, I reasonably connect to the web-of-life, and it is attracted to embrace me with comfort, guidance, and wisdom that I have been missing. I get the feeling of being “one” with its homeostatic power and beauty, and GreenWave-54 gave this to most folks in the courses I took. -

Revolutionary Wisdom Participant

Reasonably engaging in purifying Crest moments and their past and future attachments deactivate the catastrophic effects of excessive disconnectedness. This lets the wisdom of GreenWave-54 experiences help us produce a safe, 54-sense, life platform that safely guides us into renewed, whole-life moments of rational and pure relationship evolution.

Added to our love of art or passion for peace, the stabilizing sanity and satisfaction happiness from the platform motivates us to thrive by living and teaching GreenWave-54. This helps us use our individual experiences, relationships, and livelihood to increase personal, social and environmental justice.



NATURENESS CONCLUSIONS

() *Validate. Natureness #42 sense of logic reduces Earth Misery*

Some readers may first have to Consciousness-Reasoning-Literacy grok GreenWave-54 Crest to confirm or deny my assertion that sensory contact with GreenWave Unified Field produces the life of nature's self-correcting reality, around and in us, and therapeutically empowers us to think, feel and act in unified ways that reduce earth misery.

Because natural attraction is free will conscious of what it is attracted to, Consciousness-Reasoning-Literacy surfing the Crest lets our 54 self-evident sensibilities discover, warranty as true and build relationships that incorporate the often ignored facts about the whole of life.

The support from these self-evident facts helps us increase global well-being by reversing our excessive disconnection from Nature.

You can start now by reading and checking out these facts while you are in an attractive natural area. Then do the same for the whole book.



The Aliveness of the Crest

() Validate. Natureness #35 **sense of self** *reduces Earth Misery*

The GreenWave Unified Field is the original coalescing net that continues to manifest itself as matter, energy and mass in this and every previous moment and perhaps before time as we know it.

Its attraction essence is alive enough to be conscious of what it is attracted to so it knows what to attach to.

This ability is the fundamental point source of unconditional love, life and being, from subatomic particles to molecules to galaxies and beyond including how we sense, think, feel, speak and relate.

It is consistent because it equally defines the life of people and Nature by their oneness, their presence and attraction relationships, not Nature being “dead” mechanics and mathematical equations and people being alive, subjective loves and sensitivities.

Whatever our lives do, the life of Nature also does, with the exception that we act out nature-disconnecting stories that we unscientifically create.

We are Nature’s aliveness and integrity whenever we speak, feel and actualize our evidence-based, 54-sense, nature-connecting stories.

Any moment that we know we are alive, it is self-evident that the Nature must also be alive since its and our essence are identical in that moment of the Unified Field. (*Appendix C page 109 and www.ecopsych.com/journalmist.html*)

The self-evident life in common that we share with everything, moment-by-moment, is the Big Bang birth and life of the Universe making its space, time perpetuation and survival.

Our personal life is the life of the Universe manifesting itself as us. We are each our own, attractive, special, 54-sense personification of Nature. From its birth on, the Universe and everything in it was and remains alive.



Label Conflicts

() Validate. Natureness #39 *sense of articulation* reduces Earth Misery

“Attraction,” “life,” “natural love,” “god,” “GreenWave,” “consciousness,” “unified field,” “homeostasis” “instinct,” “54 senses,” “mathematics,” “wisdom,” “Nature,” “truth,” “spirit,” “to be” and other fundamentals all refer to the same, nameless, Crest attraction essence of the life of the Universe and Earth in a natural area.

They are each **different labels for it** that our senses often emotionally attach or addict to. **Sadly, these label attachments often lead us to argue or fight over label, belief or relationship differences.**

Our healthy “dependence” on choosing to Grok the Crest in a natural area is a remedy for these addictions.

“I want to share with the group that I feel different from when I started this course. I have always struggled with chemical addictions, and these last few weeks, I find I hardly have cravings at all anymore. At times I do, but then I can go into nature, right outside my back door, and feel a connection that is real. I have been through therapy as well as currently working a twelve step program, and I feel these nature activities have really helped me, more than I have words for. This is definitely an attraction, I cannot label it, I do not have words for it yet I know in my heart something has changed.”

- Natureness Participant



Our Other Body

() Validate. Natureness #35 *sense of self* reduces Earth Misery

Planet Earth is our living, non-verbal, non-storytelling “other body.” Our senses feel the self-evident loss, anguish and despair when we are asked, “Who would you be if something took your supportive but wordless Earth body and its attraction to be you away from you?”

Because Nature’s sequence happens all at once, moment-by-moment, humanity’s stories invented “time” so that we consciously have space to sense, think, feel, put in stories and act attractively via stories.

This behavior only takes place in the now so as we produce our stories they influence the present.

Unscientific stories can mislead us to produce additional problems including Earth Misery. It’s like we put a camera in a flowing river and it changes the river flow. The camera photographs the river’s behavior at that moment, and we document that is how nature works, not how it works without our camera or any other story intruding its integrity. This is the source of adulterated information, fake facts.

Because we can’t substantiate warps in our stories that result from the camera’s artificial presence, we create new mystical stories to explain them. More fake facts.

When we Consciousness-Reasoning-Literacy surf the Crest, we come into Natureness reality. We avoid or correct our destructive camera blunder because we are consciously in the now and can update false stories with Crest wisdom.

Time spent in an attractive natural area that uplifts our body, mind or spirit is the Crest in action, around and in us and in others who are present. Most folks have experienced this during quiet periods in contact with a natural area. The essence of our Universe and homeostasis is attraction consciously manifesting and strengthening the life of its attractiveness through diversity from new attraction fulfillments.

The distortion that all Crest things are not attached to their past and future is the root of the distortions that we suffer. The Crest is every one of these things now. We must legally require ourselves to learn and validate the scientific CRL truth that when we find an attraction in a natural area, it, **as part of us**, is what is doing the attracting so it is connected to its origins and making us conscious of it, to its and our happy mutual benefit.

Because all things consist of the attraction essence of the Universe, the Big Bang, being the orgasmic birth of the life of the Universe, is like the human orgasm celebrating the beginning of human life. This is reasonable; it is attractive for things to desire to beautifully be and grow. We are each our unique personification of the life of Earth without ability to speak added.

We avoid re-living the pain of someone or something that has abused us from the relief and satisfaction gained by abusing others as we were abused. This can be stopped by obtaining relief and satisfaction from Crest /Natureness in a natural area.



Crest Personification

() *Validate. Natureness #10 sense of hearing vibrations reduces Earth Misery*

We are each our unique personification of the Universe with the added ability to speak.

Flat outstretched upon a mound
Of earth I lie; I press my ear
Against its surface and I hear
Far off and deep, the measured sound
Of heart that beats within the ground.
And with it pounds in harmony
The swift, familiar heart in me.
They pulse as one, together swell,
Together fall; I cannot tell
My sound from earth's, for I am part
Of rhythmic, universal heart.

~ **Elizabeth Odell**



Adverse Addiction Effects

() *Validate. Natureness #35 sense of companionship reduces Earth Misery*

We suffer from the adverse “side effects” of our addictions to our logos, stories, relationships, and technologies. This includes being in denial of these addictions and their 54-sense remedy.

A scientific method to be valid must validate the reasonableness of its process and effects.

Because GreenWave-54 is Nature's antidote and preventative for Earth Misery, it is imperative that we fund, support and add it to our arts and loves if we want to increase personal, social and environmental well-being. Isn't it ethically, morally and scientifically irresponsible to not do this because the earth misery produced by the omission of GreenWave-54 increasingly injures children, people, places, and things?

Earth misery is easily remedied by using Revolutionary Wisdom to let GreenWave-54 Crest help our senses of Consciousness and Reason create arts and relationships using scientific, 54-sense factual, self-evident stories.

The core contribution of Natureness is to help us remedy our personal and global Earth Misery by letting the Crest transform our Nature destructive stories into stories that help our senses of Consciousness and Reason build relationships using 54-sense scientific, self-evident methods and materials.

"I was attracted to do this exercise with my dog Roscoe, a 16 year old golden retriever that I have had since he took his first breath. Soon he will decide to leave this dimension, I am so grateful for his presence in my life and how he has allowed me to grow and understand myself better. I love Roscoe, because of his sweet personality, his capability to understand the unspoken and be totally accepting, he always has a good attitude even when struggling to stay on his feet. He shows me an inner strength and acceptance that I can only hope to capture a glimpse of. No matter how he is treated, he is always open to receive a hug and loves unconditionally.

Roscoe has been my rock when things have been tough and reminds me that I am never alone. I look into his eyes, and I see the wisdom of a great teacher and depths of understanding that goes beyond words. He is soft and cuddly, yet when needed he can stand his own ground and knows what serves him best. He is aging with grace and dignity, and though his body does not always cooperate fully, I know that he gets up shrugs it off and continues on his way. He is truly a wonderful friend and companion, never judging, always accepting. He still remembers how to play, even it is only for a few minutes, when he is out in nature he perks up and puts his head in the wind, catching the air and scents all around him. He is completely trusting and allows help

when needed. He is my best friend.

Roscoe and I share the life of nature, so we are the same. I wrote of myself what I learned from Roscoe, "I love myself because of my sweet personality, my capability to understand the unspoken and be totally accepting, I always have a good attitude even when struggling to stay on my feet. I show an inner strength and acceptance that I can only hope to capture a glimpse of. No matter how I am treated, I am always open to receive a hug and love unconditionally. I have been my rock when things have been tough and I remind myself that I am never alone.

I look into myself and I see the wisdom of a great teacher and depths of understanding that goes beyond words. I am soft and cuddly, yet when needed I can stand my ground and I know what serves me best. I am aging with grace and dignity and though my body does not always cooperate fully get up shrug it off and continues on my way.

I am truly a wonderful friend and companion to myself, never judging, always accepting. I still remember how to play, even it is only for a few minutes, when I am out in nature, and I perk up and put my head in the wind when I can, catching the air and scents all around her. I am completely trusting, and I allow help when needed I am my best friend."

Once again, the universe is putting the best possible exercises in place when I need them. Though I have done this exercise in the past, I found it much more revealing and healing as I have been hitting the wall with old patterns that had me questioning my value in life.

This exercise allowed me to connect with one of the most important teachers in my life and remind me that I am also worthy and have wisdom, caring, love and playfulness to share, even when I feel like the universe is beating me up. I can choose to get up and shrug (shake) it off and continue forward. I also am grateful to two friends in my life who have allowed me to explore these depths of my own being with them, without judging and with complete acceptance. This has made us much closer. I am truly blessed to have the wonderful people in my life including this very special group."

-Natureness Participant

What to Do

Natureness is also an ongoing nature-connected community that you join online and/or locally with others who are co-mentoring each other and "doing" this Natureness book together. Join its online

Extended Information

A self-study, online inventory that presents more information about the topics in this book that you can also Grok is available at <http://www.ecopsych.com/einsteinintro.html>



A Summary of the Facts Presented in this Course

() Validate. Natureness #42 **sense of reason** reduces *Earth Misery*

At any advanced science and technology point in time, there is no such thing. Instead, time is the sequence of all things in the life of the Universe in this moment. Its Unified Field is attracted/loves to produce the space for all things to live more attractive life relationships in the next moment.

Individually and internationally, we are a society in emotional distress because the wanting fulfillments from our fabricated stories amputate our 54-sense Natureness from the balance and wisdom of Nature's love, in and around us. This make us feel that we don't have enough. We learn to deny that natural attraction is organically satisfying and free will conscious of what it is attracted to. Instead we are indoctrinated to love the limited technological imitations of Nature that our nature-separated stories create. We lose Nature's core unifying powers as we pay and prejudice ourselves to excessively exclude, demean and conquer them. Happily, the organic art and science of nature-reconnection therapeutically provides us with methods and materials to remedy this catastrophe. We transform it into wellness by Grokking Crest love and sanity in natural areas.

AN UPDATE OF NATURE-CONNECTED NATURENESS

What is the "Greatest Trustable Truth in your life" (Natureness)?

Academic limited story response: "Natureness is what I experience in this moment as I read these words *in conjunction with a natural. area.*"

Practical full response: "I see, register and understand these words and their letters. I know I can read them and feel excited because I love recognizing that this is my Natureness wholeness right

now ***because it is in conjunction with a natural area.***

I am human, the only part of the life of Earth that can hear and tell stories.

“I am my story body that can verbalize and my Earth body that can’t” - **Natureness Participant**

Summary: Natureness is the reasonable, now-moment experience of consciously sensing, feeling, **reasonably speaking** and relating to people, places, things and energies ***in conjunction with a natural area.***”

NATURENESS GREENWAVE-54 LIST OF PRIMARY FACTS

Stories or experiences that abuse life, equally wound the life of Nature and people. Climate Therapy Natureness transforms that wound into love.

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

Check the facts where you feel you need more information or have conflicts

1. The essence of all things is the singular now attraction energy of Einstein’s unified field.
2. The fittest things are the most attractive cooperators with other things.
3. Natureness self-evident truth is alive, undeniable and scientifically valid, yet it is not God, Nature, Love or Honesty.
4. Natureness is us evidence-based experiencing our life in the now.
5. As per www.ecopsych.com/journalmist.html, the now is the life of the “immediate moment, space-time, film-frame, mist of our expanding, love-balloon universe”
6. The life of Nature and Earth is attracted to continue to live, *to survive* by growing into the next moment
7. A now attraction that we find in a natural area is that same attraction in us loving the Natureness joy of reuniting with itself and its unified family origins in the area at that moment.
8. Since its life was born, the Universe/Nature/Earth has remained alive.

9. All things only exist or happen to us in the Now. It is the instant when the Universe grows its own time and space, moment-by-moment.
10. We live in, *not on*, the life of Planet Earth, as fiduciaries of it and each other.
11. Since the beginning, Natural attraction has been free will conscious of what it is attracted to and everything is held together by that attraction.
12. Anything and everything is attached to all that has gone before it and all that follows it. All are always present in the Now.
13. There are no repulsions, negatives or prejudices in Nature, it singularly consists of its stronger or weaker attraction-love dance.
14. For every new-moment natural attraction in the Now, there is an equal, central, natural attraction to support the life of that Film Frame. This is 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 (#42).
16. In the life-web of Planet Earth, with the exception of humanity, nothing uses or understands our verbalized, literate-story way of knowing (#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 Groks makes a critically unique contribution that increases well-being.
19. The art of creating scientifically accurate, 54-sense stories that are supported by other people's Natureness stories, is needed to catalyze organic change or healing.
20. GreenWave-54 Grokking via our Consciousness, Reason and Literacy senses creates organically sound human relationships.
21. Things must be valued or measured by their effects.
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 addictively tranquilizing it.
23. Commencing in 1974, and similar to omitting the full value of an equation numeral, omitting any of the above facts, transforms Natureness into Earth Misery until the omission is Natureness corrected.

24. In a natural area we can co-mentor and transform Earth Misery into the therapeutic well-being of Natureness.

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APPENDIX A

The Intelligence and Wisdom of our 54 Natural Senses (listed on page 89)

“Everything that the human race has done and thought is concerned with the satisfaction of deeply felt needs and the assuagement of pain.”

- Albert Einstein

Our senses and sensations are undeniable facts of life. Too often we learn to omit their universal wisdom.

As exemplified by the sensation of thirst, homeostasis in scientific circles is explained, on cellular and molecular levels, by sensors (senses and their sensations) in an organism, massive (Earth) or small (nanobe), being genetically created receptors that naturally detect stimuli.

When the information that our senses register is out of balance, they become the primary homeostatic driving force for change that promotes life in balance. Their detection process is a fundamental source that functions on mechanical, thermal, chemical and energy levels as it supports the survival of life. When our senses are not blocked or adulterated by nature disconnecting stories, they can be depended on as undeniable, self-evident, recovery and balancing tools.

We suffer our problems and pain because our education denies this scientific truth: as part of the life dance of Nature and Earth, moment-by-moment, we have fifty four natural senses that are attached to all that has preceded us and all that follows us. Our senses that have been wounded by abusive relationships remain wounded. We feel and act out that pain until we learn how to create space for these senses to happily reattach to the healing wisdom of their origins in the life of Nature’s self-correcting balance and beauty, backyard or backcountry.

In any given moment, through your 54 natural senses, in a natural area, your life is as sensed, loved and balanced as part of the life of Earth, as is the life of your fingers, heart, and toes devoted to supporting your personal life. All things consist of that love.

Consider this quote from *Educating, Counseling and Healing with Nature*¹:

¹ <http://ecopsych.com/ksanity.html>

“My lifelong communion with trees allows me to know them without sight or language. The beautiful elucidation of fifty-four senses, below, has given me a gorgeous language with which to tell this love story, one I have struggled to share my whole life. I don’t want ever to sound mysterious, or otherworldly. For me, this communication has just been a fact of life. But how to explain it to others? I still feel there is an element of my understanding that is nameless, and so loving it needs no words. But to have a natural sense, new brain language, to describe this experience in a way other’s can understand, is lovely, just lovely.”

Our senses are the parts of us that register life in and around us. We build our thoughts, feelings, and relationships on what they convey. When they are limited, warped or injured so are our lives and happiness.

When you discover a sense or sensation in this natural area/thing you are fully connected with as you read, find its name and number on the list of senses and identify the senses involved. Identifying the senses is the most reliable way to accurately connect your story way of knowing with the non-story, 54-sense, way that Nature works in and around you.

Source of the 54 senses

Between the years of 1961-1978, researcher Guy Murchie made an exhaustive inquiry. He painstakingly scrutinized scientific studies about natural senses, studies that appeared in many hundreds of books and periodicals during those 17 years. The visionary architect Buckminster Fuller was quoted as saying Murchie’s book, *The Seven Mysteries of Life* contains: “All the most important information about everything humanity needs to know!”

Murchie maintained that many of the boundaries in normal science are arbitrary; between planet and moon, between plant and animal and between life and no-life. He often makes it very clear when his examples are grounded in empirically verified science. Consider your sense of respiration and your hunger for air that you can bring into your awareness by holding your breath.

“With each breath, you take into your body 10 sextillion atoms, and owing to the wind’s ceaseless circulation over a year’s time you have intimate relations with oxygen

molecules exhaled by every person alive, as well as by everyone who ever lived.”

- Guy Murchie

In 1986, after my National Audubon Society International Symposium *Is the Earth a Living Organism?* Murchie told me that scientific methodology and research had identified over eighty different biological senses/sensitivities² which pervade the natural world and us. He said he additionally verified this with scientists at the Harvard Biological Laboratories. All these senses, he said, he lumped together as 31 senses for literary convenience in his book *The Seven Mysteries of Life* published by Houghton Mifflin in 1978. You can use the index of this book to find advanced answers to significant questions.

Murchie's dedicated efforts deserve our applause, thanks, and trust. He learned to learn most of what he knew from travel and connections with places all over the world.

From Murchie's original collection, I identified 53 (now 54) natural senses, “webstrings”³ (strands of the web-of-life) that my students and I had experienced during my 26 years living and teaching on education expeditions outdoors, year-round. These 54-senses are undeniable truths because we can consciously experience them; they are self-evident. They are our genetic properties that initially came together as part of creation and the stars. For this reason, I warranty the reality of their existence⁴, and I have listed them below. Each sense is trustable in any given moment, and in concert with all of the others. The 54 include the senses of reason, consciousness, and literacy. Also, we have many additional senses that we react to without being aware of them.

Every natural sense is an alive and distinct sensation, an inherent natural attraction love that is conscious of what it is attracted to. Each is a strand in the web-of-life, a genetically rooted relationship that enables everything in the world to breathe together in balance, including humanity, through universal natural attraction communications, guidance, and motivations. The life of our 54-senses is as much an actual part of any time/space moment of the life of our Planet and Universe as is anything else.

Each sense is a consciousness of our love for our planet mother, Earth, and it is a love that is shared by all. Conscious or sub-conscious,

² http://jhupressblog.com/2012/02/01/how_many_senses_do_we_have/

³ <http://ecopsych.com/webstring.html>

⁴ <http://ecopsych.com/journalwarranty.html>

each sense is a unique felt sense actualization of the love essence that Eric Fromm called "biophilia," the love/affinity/attraction to all that is alive⁵ including the Universe and its Unified Field that Albert Einstein postulated and that was recently confirmed.

The experience of making conscious sensory contact with the Unified Field essence in a natural area blends our senses with the area's peace and power. We heal by becoming aware of self-correcting attractions there that recycle, transform and peacefully unite our disruptive differences.

“My life was ecstasy. In youth, before I lost any of my senses, I can remember that I was all alive, and inhabited my body with inexpressible satisfaction; both its weariness and its refreshment were sweet to me. The Earth was the most glorious musical instrument, and I was audience to its strains. I can remember how I was astonished.”

- Henry David Thoreau 1851

Consciousness is but one of 54 natural attraction senses that we share with Nature and that register it. Because the natural world geologically preceded our recent appearance, what we sense in a natural area, is what in us is doing the sensing⁶. This is a scientific actualization of Panpsychism via self-evidence experience.

The story world of our Ego, and in general, forgets that the Ego is wearing nature "glasses" that scientifically consist of 54 self-evident attraction sensitivities. Without them, it could not sense anything about the balanced and self-correcting dance of the natural world, in and around us.

Sensory deficient glasses that omit from our relationships and Ego the existence of homeostatic natural intelligence and consciousness of any of these 54 sensitivity groups produces our unbalanced ways and disorders. We correctly call such stories senseless or non-sense.

If they could label things or speak, the members of the Unified Field's web-of-life might identify their more than 54 natural attractions, since or before the Big Bang, as their instinct, attraction or

⁵ <http://ecopsych.com/journalaliveness.html>

⁶ <http://ecopsych.com/54rwbook.html>

intention to diversify in the attractive, loving ways of the universe, moment-by-moment, in support of life.

Our 54 natural senses, not our stories alone, are our way of registering the Unified Field⁷ as well as being in organic communication with ourselves and others including the members of the Web-of-Life. story intelligence that flourishes now as it did before the arrival of humanity. (For further information see the balanced sensory wisdom and community relationships in action with the Slime Mold and its food⁸ Learn how and why Nature works cooperatively, even mathematically, in and around us, a process that our prejudicial stories⁹ describe as competition and survival by conquest.)

Objective science produces our amazing technologies and contemporary life by only using eight natural senses while society tells us that we have just 5 senses. Both omit our 45 other natural attraction senses because they are "subjective" meaning that they can't be measured. This omission makes Objective Science only 15 percent whole life accurate.

A 54th sense, "natural attraction"¹⁰ has recently been added, the love of love. All 54 of the senses are the diversification of the original life attraction/intention, the homeostatic, Grand Unified Field of Higgs and Einstein, along with other Big Bang unifiers, "love" to interconnect the life of the Universe." It validates our 54 senses' expressions of the Higgs Boson or Unified Field that Einstein predicted.

As a quiet visit to a natural area demonstrates, whenever our natural attractions in nature genuinely connect our psyche with the web-of-life, it energizes and restores our natural senses and their self-correcting ways. They, in turn, transform our disorders into unified, healthy relationships. The latter contains the balance, cooperation and unconditional attraction/love that the life of nature's spirit shares with us to sustain life in peace. This is universal intelligence because, I repeat, whatever any of our 54 senses find attractive in a natural area is that thing in us doing the finding so that it can be whole. That is the way the wisdom of the life of Nature and Earth works everywhere to sustain its beauty, purity, and balance.

Our leaders seldom teach us that, scientifically, **Natural Attraction** is the essence of the **Unified Field** of our **Big Bang Universe** as well as the essence **of life, love, and unity**. The six

⁷ <http://ecopsych.com/earthstories101.html>

⁸ <http://ecopsych.com/journalslimemold.html>

⁹ <http://ecopsych.com/prejudicebigotry.html>

¹⁰ <http://ecopsych.com/journalproof.html>

are fundamentally identical and interchangeable synonyms. This suggests that “God” is the label that some of us give to the love of all things for each other, everywhere.

There are, of course, many more than 54 additional natural sensitivities found in the life of nature that humans do not naturally need to register for survival. Ultraviolet light and high-frequency sounds are prime examples.

Most misunderstood are the naturally attractive contributions of the discomforting senses like pain, distress, and fear. We often forget that we might severely burn our hand on a hot stove if the pain did not lovingly signal and motivate us to immediately find some other more attractive place to place our hand. Each of these senses (#25-#27) serves as an attractive and welcome intelligence¹¹, a motivating signal from nature to find additional natural attractions to support our lives (See Chapter 13 in the book *Reconnecting With Nature*, by Michael J. Cohen).

Although Ames, Gesell, Pearce, Rivlin, Gravelle, Samuels, Sheppard, Sheldrake, Spelke, LePoncin, Wynn and many scores of other researchers have, since Murchie, further validated our multisensory nature, the full significance of it has yet to be recognized by contemporary society. Our prejudicial addiction to our nature-separated lives and thinking keeps natural attraction senses and their value hidden from our immediate awareness because they are inconvenient truths. For this reason, they and we are frustrated by great dissatisfactions and very challenging problems that our non-sense is missing enough active sense(s) to solve.

Our economy fuels itself by making and keeping the life of our 54 senses to be nature separated discontents. It further irritates them through advertising and then sells us products that satisfy our irritation. However, when unadulterated, or temporarily revived in a natural area, our natural attractions are an essence of nature in action. Each of them attracts our consciousness to the whole life of the natural world and its self-correcting ways, and this includes the natural systems in ourselves and other people. We feel euphoric.

Each natural attraction sense is an intelligence that helps us sense, feel and love the life of Planet Earth as our other, speechless body/ mother.

¹¹ http://www.nature.com/news/how_brainless_slime_molds_redefine_intelligence
1.11811

As our good experiences in natural areas demonstrate, our natural senses when connected to nature's homeostatic intelligence, produce fulfillments. They are sensory satisfactions and happiness that reduce stress and its related disorders. Also, the natural connection's "side effects" increase social and environmental well-being rather than deteriorating it.

Any individual who invented a pill that produced the, above, life- unifying results would be a billionaire. However, the pill can't be created. There is no identified substitute for the life of Nature's Dance of the eons, in, around and as us.

Whenever our society encourages our new brain story to conquer the life of nature and the natural, we learn to conquer and subdue our 54 natural senses and their expression of our genetic makeup. When excessive, this loss automatically produces disorders.

Our abstracting, nature disconnected, objective sense of reason¹², exalts the few senses that our materialistic stories use to conquer and omit our 47 other natural senses and the life of Nature.

We exploit and demean the remaining 47 natural senses as "subjective," not scientific. However, their 4-leg, sensing/feeling ways tell us about how the life of the natural world works its perfection and enables us to participate in the process. Our absurd disconnection from them makes us only 15 percent whole life intelligent. It explains why we can identify but seldom solve problems in a balanced way.

Overwhelmed and numbed, our 54 senses are a "vast" missing part of a responsible story about the life of Earth, ourselves and community, about how and when to act where. Without the aliveness of all our senses registering in consciousness, we are "half-vast."

As Carl Jung and others have noted, our abstract thinking is no more reasonable or discriminating, logical and consistent than our feelings.

Our challenge is to recognize that the excessively nature separated parts of ourselves and our culture are unreasonable.

We desperately need to think with nature's wise ability to maintain and restore life, without producing our problems. Applying that 54-sense homeostatic wisdom prevents and stops our society's destructive actions against ourselves others and the environment.

"So, I asked the expert 'What is Gravity?' He explained it as a physical force that Isaac Newton discovered. He disbelieved when I told him gravity was a sense, so I asked him to pay no attention to his sense of Gravity (sense #12), and he soon ended up lying flat on the ground. You try it with yourself or others. We are in trouble because we also learn to ignore the

¹² <http://ecopsych.com/nineleg.html>

truths and sensibility of our 45 other senses, too. This new frontier of mine¹³ is so hidden that, although obvious, it is seldom even recognized as a frontier."

The absence of more than 45 sensory ways of knowing from the life of our conscious thinking is the mother of our collective madness, of our runaway wars, pollution, dysfunction, disease, mental illness, apathy, abusiveness, and violence. They are seldom found in nature. Without experiencing these unifying attraction senses, our consciousness abandons our natural sensory "inner child," and the inner child in other people and species. It hurts and disintegrates the creative sensory passions that bring about community, balance and positive change peacefully.

Our 54 natural senses, in their congress of homeostasis, are our Rosetta Stone of the Universe. They enable us to register the same information in different languages, sensations, and senses, a key to modern understanding, unification and conflict resolution. It allows our eyes, which can see the world but can't see themselves, to see themselves via 54 "invisible" senses.

I offer the list of 54 natural senses in with this important reminder: Each sense is a distinct, alive, sensory attraction that in nature has no name for itself because nature cannot use stories, names or labels. Humanity is the only known species that have this gift.

Each sense can energize the life of many natural parts of us when we use it to connect with the natural world in the environment and people. That touchy feely, hands on, 54-sense connecting experience, not the list of senses, catalyzes personal wisdom, growth, and balance.

The 54 senses list only provides information in story language. It places senses on our screen of consciousness and guides our senses of reason and language, through our, story way of knowing. However, without 54-sense passion (apathy), our senses of consciousness, reason, and language are ineffective when it comes to disengaging our common, destructive bonds so we may enjoy responsible behavior, growth, and change.

For example, even though cigarette labels and research studies show cigarettes to be harmful, many people start and continue to smoke them. This is because our senses of reason and language are only 4% of our total innate means to know and love nature's life and each other. Our remaining 52 sense groups complete the process. Without them awake in our

¹³ <http://ecopsych.com/think3genius.html>

consciousness, we feel apathy and hurt, omit grokking and our smoking problems continue.

Organic Psychology, nature centered thinking uses the list of senses, below, in conjunction with visiting natural areas and creating safe moments and space for our indoor conditioning to learn and relate through 54 natural senses in us that we may awaken in nature. To do this is reasonable, for after we experience a natural sensory attraction, knowing and speaking its right name places that senses and sensations in our new brain consciousness. There we can think with it and be motivated by its wisdom. This process non-verbally connects, rejuvenates and educates us. It extends us to safely reach into the natural world to more fully sense and make sense of our lives and all of life. It works because once we experience the balanced life of nature's restorative process and wisdom, we own it. And we never fully return to our former way of knowing.

At birth, some or all our 54 natural attraction senses begin registering self-evident information about the world¹⁴. When they register flawed information¹⁵ about Nature accompanied by rewarding love/survival, they can, for their lifetime, attach or addict to that short circuit and its harmful consequences.

Educating, counseling and healing with Nature (ECHN) enables us to beneficially reconnect our misled sense(s), including our sense of reason, with the natural world at any point in our lives and reasonably transform our Earth Misery short circuit into the ways and means to deal with it.

The 54 sense list, below, explains how, sense by sense, nature connects with itself in us, through us and to people and places around us. It shows that we can consciously engage in this process. It validates Dr. David Viscott's proposal that feelings are the truth, that we don't live in the real world when we ignore what we are feeling. Our nature separated lives disengage and de-energize these senses. Applying the organic psychology of the Natural Systems Thinking Process allows nature, the mother of these senses and feelings, to nurture and strengthen them, to rejuvenate them to normal. The process gives them enough energy to appear on our nature desensitized screen of consciousness and green our thinking.

"Feelings are a bodily thing, and respecting them is called, and is kindness." - A. S. Byatt

¹⁴ <http://phys.org/news192693376.html>

¹⁵ http://www.webmd.com/parenting/baby/news/20110526/babies_think_therefore?page=2

By not incorporating our 54 natural attraction senses in his deliberations, Albert Einstein was limited and unable to "prove" or demonstrate his Grand Unified Field Theory with Physics and mathematical equations. He seemed unaware that his heroic attraction, self-defense and attempts to do this was the "Grand Unified Field" expressing itself in and through him, moment-by-moment.

Our challenge, as was Einstein's, is to let our senses help us act based on their self-evident, unifying properties. This enables us to contradict, limited or false stories along with their detrimental results."

Individuals trained in Organic Psychology enable the world to build peaceful, green, relationships and economies because our natural senses have unifying powers. If you want to register best what these powers are, recognize this: if you are attracted to reading right to the end of this sentence, this attraction, that you now experience, is many of these senses in action.

Journaled Project NatureConnect Student Results:

"The experience I'm recalling is a trip I took with a friend to Mt. Lemmon in Tucson. After a half mile hike back into the forest at the 9,000 feet in elevation level, we found a mammoth rock. It was the size of a house and half buried in the earth. We both laid on our brother rock for about 20 minutes. It was a cool sunny (one cloud) day, and we were surrounded by a forest of massively beautiful pine trees.

The rock was oh so warm and comforting to embrace as the sun shone on my body. The contrast of the warm rock and the cool breeze was so wonderful. Wind from my entire body. A physical therapist would have charged me \$150 to do what nature did for zipping.

My senses registered colors, sounds, feelings, aromas, sensations, moods, contracts, textures, sizes, distance. I stopped controlling the world and let mother earth breath for me. I felt the texture of the rock and the sensation of holding up the world on my back. It was weightless and comforting to support. The sounds of the nearby creek and the many bustling creatures were a symphony of natures' voices all welcoming me to stay as long as wanted. The smell of pine was in the air. All senses were on the maximum open channel, and I melted into the moment with ease.

It was only my natural sensory attraction connections to the natural area that provided these rewards. I have never, in all my years of public or higher education been taught

anything about what I just experienced.”

- Revolutionary Wisdom Participant

“Walking along the edge of the coast, I saw three White Egrets and One Great Blue Heron. The water seems to be a clear dark blue at the edge. (#30 sense of physical place) I feel the wind in my hair, (#14 feel touch on the skin) with air with a slight chill to my skin that made my body feel chilly” (#7 sense of temperature)

The sky was filled with pink multi dimensional clouds that seemed to radiate out above and all around me (#4 sense of light and moods attached to colors, #16 space/proximity sense, #41 sense of form and design). Absolutely incredible!

Wow! I said to myself. It seems to be radiating right toward me.”(sense #39 language and articulation sense, #43 sense of consciousness, and #35 sense of self including friendship, companionship, and power)

I found myself running through the crisp morning air (sense of temperature) to get a clear view.” (#42 sense of reason, #18 sense of motion and space and #5 awareness of one’s own visibility)

I sang out my thanks (#35 sense of emotional support, belonging, support, trust, thankfulness). As I twirled, arms outstretched, the sky turned from pink to gold (#18 sense of motion, #29 play, pleasure, laughter, place, #17 coriolus sense or awareness of effects of the rotation of the Earth). The rising light danced off the expanding shapes.” (#4 sense of sight, color, #41 distance, and design)

I called my truth aloud, “Thank you dear clouds for helping us to feel our connection to all things and to all living beings!!!!” (#40 sense of appreciation, humility, and ethics)

I felt as if I was being watched over and supported. (#44, #43 sense of intuition, deduction, sense of mind and consciousness)

All of my personal senses and sensations took place in, were part of and contributed to the now, the present time space moments that started with the Big Bang 13.8 billion years ago. This means that what I love to sense, think and act now will be part of and influence the next moment of the life of Earth (#54, the love of love). This feels good. It helps me realize that there is a level, supportive playing field in Nature and that my life contributes and has value and can help shape it in a good way.”

- Revolutionary Wisdom Participant

Reminder. Once you learn to apply Natureness it strengthens each thing on page 4. That increases the well-being of all things except one.

OUR FIFTY-FOUR NATURAL SENSES AND SENSITIVITIES

Living and learning as if the life of Nature matters

This list explains how, sense by sense in 54-sense resonance, the GreenWave Natural Attraction Unified Field (GreenWave-54) connects with and unifies itself in us, through us and with people and places around us. By putting these senses into scientific stories and labels the list enables our sense of language (sense #39) to consciously (sense #42) and reasonably (sense #43) translate into and engage in reasonable stories that connect us to the life and love of Nature/Earth's moment-by-moment, self-correcting survival process (sense #54). GreenWave-54 is the outcome of the author's 51 years of living this organic experience in natural area space and time with his scientifically trained, evidence-based knowledge and awareness.

IMPORTANT NOTE: Our isolated story way of knowing too often trespasses a natural area's integrity. However, a natural attraction there lasting for 7 seconds or more signals that attraction's consent for us to visit it. *Visit: www.ecopsych.com/amental.html*

THE LIST OF 54 SENSES

The Radiation Senses

1. Sense of height 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 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 the 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 -27 are attractions that “say” (attract us to) seek additional natural attractions to support well-being.)

25. **Pain, external and internal.**
26. **Mental or spiritual distress.**
27. **Sense of fear, dread of injury, death or attack**
28. Procreative urges: sex awareness, courting, love, mating, 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, 42, 43 are the CRL core of Organic Psychology)**
39. **Language and articulation sense** used to express feelings and convey information in every medium from the bees' dance to human 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, brainwave 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 whole life unity, of natural attraction as the singular, *love of love* essence of all our other senses (and everything else that

singularity was and remains attracted to create, unify and support, moment-by-moment, as Einstein's Big Bang Unified Field (Higgs Boson) that was verified in 2012 A.D.).

APPENDIX B

Grokking

Grok the Art and Science of Natureness.

What is the greatest truth in your life that you can trust?

Clue: the answer **is not** God, love, honesty or nature.

Most people can't answer this question correctly or get it right again once they do know it. If we don't know our own truth, what can we expect for ourselves and how can we help others with the lies that surround and injure us?

The greatest truth in your life that you can trust (Natureness) is what exists that you experience in the immediate moment. This is because that is when your senses on the Crest/Natureness register in your awareness. Gently pinch yourself and validate that your attraction to do this and what you sensed and felt then was your Natureness, and your Natureness now is this period "." Your Natureness can win you the smarter than God award and save your ass as you save the world. Simply Natureness **GROK** the life of Planet Earth in a natural area.

A Grok is to have some of your 54 senses connect with an attraction in a natural area so that it loves you as part of it, and vice versa. You merge into each other's identity as a personal and global oneness.

Do you too often feel bewildered, at a loss, ill at ease or angry about the world falling apart around and within you? Don't blame yourself or others. As Earth Misery demonstrates, Contemporary Society educates and guides us to be "winners" through excessively

conquering or exploiting the life of Nature and Earth that includes our life. That makes life fall apart.

How can we expect to know the unadulterated truth of life and our life? We learn to spend 95% of our time indoors, and seldom know, no less engage in, our Natureness in natural areas. We spend less than .005% of our life in tune with the balanced and beautiful life of Nature, in and around us.

We are educated and counseled as if the life of Nature is inferior and/or does not exist or matter.

Revolutionary Wisdom Grokking is the simple antidote and preventative for this EM catastrophe.

Grokking an attraction in a natural area helps you sense, think, feel and benefit in the moment from the Natureness totality of the GreenWave Crest while in contact with a natural attraction there. All your senses consciously unite with their origins in that attraction at that moment. That mutual embrace provides you with their revolutionary wisdom and happiness in the Natureness moment. You can learn how to create and live in additional Grok moments that way, and help others do the same to the benefit of all.

Grokking Natureness: Why and How

In order to be accurately literate about the world, contemporary society identifies its stories and information about it to be either

- non-existent or **truly existent.**
- fiction or **trustable non-fiction true**
- faith/belief-based or **trustable evidence-based true**
- $2 + 2 = 3$ or **trustable $2 + 2 = 4$ mathematically true**
- the Earth is flat or **trustable the Earth is round true**
- limited truth or **trustable whole-life truth.**
- fictional: things fall up or **factual: we trust that things fall down is true**
- you or I are not alive or **our trustable sensations and feelings of aliveness are true**
- you don't exist so **truthfully, you can't know, be or do anything.**

Moment by moment, the greatest trustable truth (Natureness) of your life is your story of what exists and who you are in action. Your 54-senses register your doing, thinking, sensing, feeling, moving etc. Note that *it is* and *you are* are both verbs; note that *being* is an action. For

example, your Natureness is “I am seeing and reading this sentence to this period .”

Existence precedes and becomes essence and this includes the life of you and Nature, moment by moment. The opposite of your Natureness is that you don’t exist. This would mean that you *can’t be alive now* and that none of the benefits of Grokking are available to *the lack of you here*. Your false Natureness says that *you are not present right now* to read this sentence.

Hello?

Your Critical Contribution

On a whole-life scale, your Natureness includes that you are, and can further be, a participant in the global Climate Therapy of Project NatureConnect. Personally, locally and globally its unique 54-sense community helps people co-mentor time/space moments of fiduciary contact with spacetime’s Unified Field in, around and as us.

Our Challenge

From its birth on, the life of our evidence-based universe is an attractive survival phenomenon that makes its own time and space, moment by moment. It is a seamless, “numerical” sequence of attracted-to-live truth moments including this one, right now.

A falsehood in the sequence always destroys the accuracy of a true whole-life story. This misleads our reasoning and relationships. It is like the number 5 being sensed as “bad-luck” and therefore 5 is only worth 4.3. This makes the total 0 1 2 3 4 5 6 7 8 9 sequence and mathematics invalid because all the numbers are attached to and based on the singular accuracy of each other and their sequence.

We produce and suffer our Earth Misery catastrophe because our fictional thinking deteriorates some numbers in our math-science ways of knowing the truth about life and how Nature works. Grokking enables us to use arts and science in natural areas to transform Earth Misery into personal, social and environmental well-being.

The Time-Space Camera-54

Condensed from [Climate Therapy](#)

To help understand the life of our Big Bang Universe I produced a make-believe robot, Camera-54. In imagination, I placed it into the beginning of time, in the area where the birth of our Universe would occur 13.8 billion years ago. My Camera-54 consists of today's artificial sensors and intelligences that imitate or surpass those of a human being. I dreamed it up to be there for us from the beginning of time and space until we recently appear in the total life of the Universe. This means that Camera-54 became attached to the Crest and it recorded me building its mechanisms as well as your reading these words now. That fantasy is part of the Universe today. It exists. In that sense my imagined Camera is also real.

Camera-54 uses a 54 felt-sense film. It takes one film frame per year to register and store the scientific events and history of the life of our Universe starting with its birth as the Big Bang eons ago and continuing to this instant.

Each year, the space/time moment of our planet's life is one film frame image. As does any camera, each new yearly film frame contains the information photographed on it continuing from the previous film frame as well as attached to that earlier frame by the film's physical celluloid.

The Camera's film-54 sequence is the same as the sequence of our immediate life and what we know. For example, each now moment includes the information at the beginning of this paragraph along with the beginning of this sentence to this period.

Today, if we watched the entire film-54 in a movie theater as it is projected at 24 frames/per second, (24 years/second) as are most films, we would watch it, all day and all night, popcorn after popcorn, frame after frame, moment after moment, at 1.3 billion frames per year for 10.5 years, to its end in the present moment.

Our ego is our story about who and what we are. It prides itself on being accurate to protect us from harmful distortions of the truth. It usually is astounded when it learns that the appearance of humanity, accompanied by our story-telling symbolization/articulation/literacy does not appear in the film **until the last 2 hours of the last day** of a decade of day and night film projection. However, every bit of the film is in us at any moment because, like the sequence of numbers, and the space/time Universe, all things are attached to what preceded them and to what follows them.

Until humanity appears in it, the film would project:

On Film Frame 1.

Nothing is seen at the Big Bang beginning, it just photographs part of itself because my Revolutionary Wisdom story put the camera there to help explain Revolution Wisdom. That it records itself is the best evidence that shows it was there in my story.

On Film Frame 2.

In it beginning, all that is film-54 recorded is the free will life of attraction being conscious of what it is attracted to better its survival.

The film shows that the life of attraction becomes consciously attracted to give birth to the extremely hot Big Bang, the life-energy “seed” of our Universe and its attraction to survive.

Immediately, attraction is then attracted to have part of itself become a Unified “Higgs” Field whose energy attracts or attaches all matter as well as different energy attractions produced over time (Gravity, Electromagnetic, Strong Force etc).

Our Universe loves to live by self-organizing (organically) growing its own, singular, time and space attractions moment by moment, frame by frame.

In year Eight of the film, the life of Planet Earth first appears. The camera then focuses on Earth’s web-of-life as it is attracted to becoming more diverse and stronger as time progresses.

The final day film frame, today 10.5 years later, shows that humanity and its 54 senses first appear two hours before the film ends. Our stories, along with the artifacts our convoluted brain invents, show up and for our survival, begin to disconnect and closet parts of humanity from Nature. These Nature-isolated parts, in turn, are attracted to build, live in and love the stronger places, arts and technologies their human stories invent within the confines of the closet.

In the film, the continually strengthening artificial closets built by humanity, unnaturally but more safely, support people in otherwise “hostile” non-tropical areas. This unlimited growth phenomenon

excessively separates our closeted lives from their prior film-decade in the attraction-based, wisdom, life and purity of natural areas. Increasingly, in the last three minutes of the film, closeted human life is what becomes attractive. Nature becomes a resource to be runaway exploited for profit to produce more advanced closeting and tools. The adverse side-effects of this unstoppable surge begins to create today's Earth Misery.

Accurate math/science laws as well as fictional bible scripture are written 2.5 minutes before the film ends.

In the last 20 seconds of the film Columbus affirms that the world is round and Copernicus, using math/science, determines the Sun, not the Earth, is the center of the solar system.

The industrial revolution starts in the last 9 seconds of the 10.5 year film. Under the flags of progress and economic growth its nature-conquering arrogance teaches us to deny and excessively exploit the balanced integrity of Nature's eons.

In its last 2 seconds, (45 years), film-54 shows, as do most individuals experience, increasing person-planet Earth Misery commencing 1974 until now. This is validated by the science of Earth Overshoot Day. The latter painstakingly establishes the day of each year that the life of our Planet runs out of the resources that it/we needs to survive in balance for that year.

Earth Overshoot Day shows that in 1974 Earth's life ran out of the resources it needed on December 30. A few years later it ran out earlier, on December 25, and this trend continued yearly. This year, 2019 our planet ran out of the ability to sustain its life on July 29, 2019. Although we sense something is very wrong, seldom hear the great truth that Earth and our life is increasingly bankrupt and that this produces ever-increasing Earth Misery.

Film-54's final hours show that a major portion of humanity did not closet themselves in destructively excessive ways. Until closeted, Indigenous Cultures embraced nature-connected stories and techniques that let natural areas help them keep themselves in balance with each other and the everchanging natural world for thousands of years. This well-being was the "wilderness" of North America when

Columbus, followed by others, arrived and imposed the unregulated stories, technologies and diseases of Western Civilization.

We know that our evidence-based closet stories in the film's last three-minutes produce today's excessively nature-disconnected, "5-sense" scientific relationships, technologies and materials along with their Earth Misery side-effects. This will not stop until we moment by moment add this LNE book's 54-sense, Natureness homeostatic Revolutionary Wisdom organics to our thinking, feeling and relationships.

Our 54-sense Natureness is 108% more intelligent than just 5-senses. Our omission of it has our stories at this late hour still arguing about whether Earth Misery is real, whether our planet or nature has a life, whether climate crises and species extinction are harmful and if information we receive is trustable. Meanwhile mental illness and most other disorders increase and we increasingly suffer the effects. Without Natureness we have indoctrinated ourselves into denying that we suffer our stories' undue prejudice against the life of Nature/Earth that is also our life.

All other final minute stories in the film are mystical or supernatural faiths, beliefs or misinformation whose unreasonable abusiveness and nature-separating qualities make us want excessively. Our need to reduce our wanting produces emotional dependencies on nature-disconnected arts and stories along with their abusive side effects. In our extremely indoor closet these stories short term replace and fulfill our missing natural world satisfactions and balances. For profit, they condition us to ignore the preceding ten-year film-54 of Universe/Nature/Earth. However, it is Natureness available at will in natural areas, backyard or back country.

Today, we produce and suffer ever-growing Earth Misery because, on average, we are programmed to spend over 99% of our time closeted out of tune with the revolutionary wisdom that thrives in the life of natural areas. We are in tune with Nature, on average, less than 12 hours of our 640,000 hour lifetime.

Contemporary Society has yet to fully recognize our dangerous Earth Misery challenge no less give us the Revolutionary Wisdom 54-sense tools that we need to remedy it. They help us sensibly strengthen and adopt to improve any relationship. These tools are the Natureness

stories and activities in this LNE white paper and its Revolutionary Wisdom book/course.

As. moment-by-moment, our Universe makes its own space and time, in any moment the essence of all things in it, including our thoughts and feelings, are one single unified attraction to grow more attractively into the next moment. This makes the information recorded on my film-54 a reality, a true story in today's life of the Universe. Its Natureness knowledge is embedded in our head and heart when it supports our 54-sense advanced science way of knowing.

Our personal life is also a film-54 reality so our life includes awareness of the film's eons of attraction relationships manifesting themselves as our greatest trustable truth space/time moments of the Universe. (Natureness/Crest). In this way my imaginary Camera is also real-life true.

If you have spent quiet time in Nature that instilled peace and reduced your Earth Misery you have blissfully experienced film-54 attraction moments and their wordless balanced and beautiful powers. They come into play when your closeted-story life lets you attractively reunite your 54 attraction senses with their present-moment organic selves in a natural area.

Revolutionary Wisdom stops your overly closeted life and its discontents from habitually omitting the attraction energy of the Unified Field through the eco-arts and science of Grokking. Grokking is to have some of your 54 senses connect with an attraction in a natural area so that it loves you as part of it, and vice versa. You merge into each other's identity as a Natureness personal and global oneness.

To help remedy Earth Misery and increase happiness, the eco-art of this nature-connected white paper and course scientifically adds to our lives an additional 45 Natureness hours of in-depth, 54-sense experience through the process of Grokking. Each Grok, moment by moment, lovingly creates time and space for our closeted sensibilities to reconnect to the balance and purity of their kin, alive and well, in natural areas, backyard or backcountry. Without this revolutionary wisdom, all of contemporary society's boasted knowledge to this moment uncontrollably increases Earth Misery in the next moment.

There is hope. The 54-sense Natureness antidote for our craziness enables us in natural areas to add, in reality, the powers of the Lorax,

Avatar, E.T. Jesus, Buddha and other fantasy figures to our every thought, feeling and relationship by Grokking them. This would significantly increase personal, social and environmental well-being. Our nature-disconnected stories presently have buried alive their human attraction energies in natural areas and us. This accounts for the popularity of their appearance in fantasy.

With rare exception, a discussion or argument does not resolve itself if its participants have not Grokked their Natureness in a natural area and they are not helping others do the same. What sometimes appear as solutions may also increase Earth Misery when they could instead transform it into unifying relationships that reduce it.

Prejudice Against Nature

In the twelfth year of his year-long expeditions (1981) Cohen could see that our normal insensitivity and discomfoting thoughts and feelings about nature were no different than those that prejudiced people held against people of different races creeds or beliefs. He became convinced that industrial life socialized people to be prejudiced against nature because the term "prejudice" conveyed that we held an unreasonable attitude that was unusually resistant to rational influence. He went a step further by identifying that the "unusual resistance" was caused by our industrial socialization by our age of six years old, to profit from emotionally bonding our natural webstring attractions to closeted artificial things and stories whose side effects were detrimental and eroded well-being.

Prejudice Against Nature, a guidebook for the liberation of self and planet (PAN), Cohen's 1982 Cobblesmith book, was reviewed and accepted for publication by the education department of the National Audubon Society and by editors at MacMillan. In it he described how, from the day we were born, our socialization prejudiced us against the momentous contributions to the well-being of human life, and all life, that was made by nature's web-of-life.

He noted that although they could not tell or understand stories, through natural attraction all members of the web, to their mutual benefit, contributed equally to organically produce nature's optimums of life, diversity, cooperation, purity and balance without producing war or garbage. Everything belonged. This attraction familiarity bonded individuals and reduced their prejudices as foreigners in the web-of-life.

Cohen said that it was reasonable to recognize that every aspect of life was given an equal, natural attraction, right to life in order for life to best support itself in balance by maintaining the health, growth and diversity of the total web. No prejudice there.

In addition, the experiences of his expedition education groups also showed how our socialization prejudiced us against respecting or embracing the natural world as sensory webstring attractions whose flow, when we didn't block them, ordinarily strengthened and balanced the life of our psyche, thoughts and feelings.

Any abuse or prejudice that we exhibit with people we much more strongly inflict on Nature because, being non-storied, its integrity is defenseless in our human, story-driven world..

Most reactions to the PAN have been that since Nature is not alive and it has no voice and no inherent rights, and that we give it none, how can we be prejudiced against this non-entity? To our loss, this omits or denies the Natureness that it is our PAN that has us view the life of Nature this way and then act it out. Most of our curse words and evils are functions of Nature. What Natureness reality are we without Nature in and as our lives?

LNE Grokking remedies our PAN by increasing our love for the life of the natural world in its natural areas, each other and ourselves.

This LNE course is intensified and can help the ECO 800 Mentor training course that folks do as part of their written exams and Revolutionary Wisdom course. You can download it for now or afterwards www.ecopsych.com/ECO800mentor.docx

Folks can do that course in conjunction with this one, or at least do the following Groks 1-12 here so you can use them there later.

Learn to blend 12 simple Grokking tools with Natureness moments in a natural space. Then and there our 54-senses interlace with attractions in themselves, you, others and the area. This is a key pure and balanced period that unifies and heals our harmful separation from Nature and reverses Earth Misery. It scientifically composts, transforms and recycles our destructive unreasonableness into authentic natural-attraction loves and happiness that help us

habitually increase personal, social and environmental well-being and are available at will.

Each Grok includes these items until you Natureness that some of them have habitually blended into being your Natureness so they are there now as permanent part of “naked you”.

There, Grokking looks like this:

Natureness 1. Gain Consent.... same as here and www.ecopsych.com/amental.html

Natureness 2. Being a Verb.

At any given moment, you and Natureness are *the act of being* what you are in that moment. In language you can become aware of this by truthfully describing yourselves, or be described as, verbs. A tree is *treeing*, a rock is *rocking*, a sense is *sensing*, a cloud is *clouding*. You are your name “David” *Daviding*, or *selfing* or *being human* or *experiencing*. Nothing is an object, all things are Natureness in the moment *being*. When you are attracted to a rock or tree you are *being together* or *togethering*. In a natural area try knowing things and yourself as “*ings*” a few times after reading the paragraphs below. **Note what unity or values you experience.**

Natureness 3. Essence

At any given moment, you and Natureness are *the whole essence, integrity or spirit of* what you are in that moment. In language you can become aware of this by truthfully describing yourselves, or be described as essence or wholeness “*ess*.” A tree is *treeness*, a rock is *rockness*, a cloud is *cloudness*. You are your name “David” *Davidness*, or *selfness*. Nothing is just an object, all natural things are *their Natureness whole integrity, essence or spirit*. When you are attracted to a rock or tree or person you are *togetherness*. In a natural area try knowing things and yourself as “*ness*” a few times after reading the paragraphs below. Note what unification you experience, if any.

Now call the attraction its Ness name and as well as call yourself your Ness name, for example Cloudness and Jodyness

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

Tell Cloudness what you is attractive to you about it.

Ask Cloudness what about you is attractive to it and put it in words.

Note where you and a specific natureness are identical or where words separate you.

Tell Cloudness what you would think, feel or do if somebody tried to take your connection with it away from you. Ask Cloudness the same about someone taking you from it.

See if Cloudness will help you discover what words or labels determine where you, Jodyness, begin and Cloudness ends or vice versa

When you become proficient at this you can ask Natureness questions and obtain Natureness answers that reduce pirating.

NAME INTEGRATION:

Become softer, balanced and more intimate. Blend your natural attraction into your name. For example, if David Smith's attraction was to a waving grass his Grok name could be Davidness Waving Smithgrassingness.

VALIDATE:

You **validate** your Natureness self by saying "I know my Crest truth is true because I am experiencing it." Write, *in first person everyday language*, what happened and its value when you V/E. *Improve your relationships. V/E people there, too, and share what happens with them.*

BOX:

Protect and preserve what you Grok. Build your personal Revolutionary Wisdom safe deposit box. In your mind produce a secure, empty, sterile storage box or closet whose door only you can open. Each time you discover or Grok a

fact of life of Nature/Earth from this book that you know is true for you, in first person narrative, lock it in that box so it is not adulterated by falsehoods or other things that may surround you but are not right for you. You can access it again there whenever it will help you.

Grok and Validate your Natureness Experience (V/E)

As you read this book in a natural area, where indicated enjoyably Grok (1-12 below) Natureness consenting natural attraction(s) there.

- 1. Why are you doing this Grok.**
2. Gain consent and thank the attraction for its permission to visit it.
3. Note that the attraction is nameless, be sure you label it correctly. Note that without names, you and it are identical.
- 4. Identify the sense(s) # name__that you register.**
5. Identify you and the attraction as verbs be (ing).
6. Identify you and the attraction as Natureness essence (ness).
7. Integrate your attraction into your name.
- 8. Validate your Grokking Experience.**
- 9. Identify which of the 24 Natureness facts was operating as part of this Grok.**
10. Mentally Box what's true for you. (♥ add an optional Eco-Arts response).
11. Grok yourself describing your Grok to avoid eroding its original integrity.

- 12. Your expedition Post should include 1, 4, 8 and 9, plus outcomes of the Grok and its value.**

Use the following Grok encapsulation if helpful:

In a natural area: GROK Natureness = thank consenting attractive nameless senses # ____ _be(ing) their/your essence(ness) and name. V/E, Natureness, Box (♥ optional Eco-Arts response) + applicable 24 facts.

Condensed: 1)Why? 2)consent-attract-thank 3)nameless 4)sense(s) #__ 5)be(ing), 6)essence(ness), 7)name, 8)V/E

Natureness box “24” ♥

Note that Grokking is a Natureness therapy and catharsis. It both relieves discomfort as well as provides you with the confidence and skill to later repeat the process and further therapeutically transform the wounds from Earth Misery into more attractive love relationships (Senses 24-27).

By including 1-12, or its eventually unified equivalences, for each Grok you post, you can also reasonably use it as a Grok for participation in the Natureness expedition as part of a scheduled group submission **or** a non-scheduled individual submission so that it can be co-mentored. It can also optionally be validated and used as part of the required Revolutionary Wisdom course to bypass unnecessarily repeating it there.

The LNE Mission

Our goal is to provide a Revolutionary Wisdom expedition remedy for Earth Misery by Grokking natural areas. This validates, on a whole-life scale, that your Natureness includes that you personally are a supportive attraction in the global Revolutionary Wisdom Expedition of Project NatureConnect. This unique community helps people co-mentor time/space moments of fiduciary contact with the Unified Field in, around and as us.

LNE Organics of Applied Ecopsychology Coursework

Revolutionary Wisdom teaches you how to learn, and teach others, to participate in the organic integrity that you share with the life of our planet and society. You help the essence of Earth's web-of-life increase your personal, social and environmental well-being. In a natural area, it enables your veiled or injured ways of knowing and relating to moment-by-moment, bond with the integrity of Nature's essence. That organic reality Grok replaces the pictures that we omitted on these pages, images that would ordinarily illustrate this book.

In Organic Psychology, Grok means to validate how you are emotionally embodied in what you are attracted to in a natural area. In the life of Earth's geological, time/space sequence, that thing and its integrity evolved before this Natureness moment. In sequence, its

wisdom of the eons attracts things to each other in every moment since then, including our fifty-four natural senses and us.

Grokking things that are natural has a capital G because it is whole life organic and mutual. Otherwise, you can grok anything including a machine gun.

In a natural area Grok the Unified Field sensory wisdom of authentic nature-connected relationships. This is the art of scientifically tapping into the timeless, self-correcting energies of our 54 natural senses to produce personal and global unity.

In any natural area, this book empowers the genius of our 54-senses to Grok the life of Earth and happily improve our relationship with self, society, and nature. Learning how to do this so you can help others do it is the core purpose of this book.

Grok is also the Truth of Now. It means, in a specific time/space moment, to be fully unified with something, to understand and empathize with it. We do this to the extent that thing becomes part of our sense of self-knowing that we exist in its embodiment while, simultaneously, we can sense ourselves as it being part of us. In a natural area, this is like intellectually and emotionally being at one with nature in felt sense, heart-centered ways in any given moment, so that next moment includes us being part of it and vice versa, in a good way.

We each can Grok because that is how the Natureness operates in the now. It simultaneously invokes itself into all things as it evokes them to become the next space-time moment.

NOTE: "In the reality of the Unified Field, you are all that has happened since the beginning of time to Natureness being you in this moment. You are "connected" to Nature because in the now, you are it as your body, mind and spirit, as your unique experiences and stories, good or bad. This is true for everything else as well. The only exceptions for this truth about the life of our Universe are stories that, sooner or later, disconnect things from Natureness."

To summarize: You are Natureness. Since this is true of all of us, 'we' are also Natureness especially in a Grok when we can 54-sense that all things happen simultaneously. 'Then we are Natureness Grokking itself as well as us Grokking each other.'

- Natureness participant

The life of Nature is not a typical authoritarian, violent, aggressive and competitive football game that is played to produce winners. That game tears up the field and risks the revenge of the wounded resisters, hackers and losers that it creates. Rather the life of Earth is “new game” Natureness attraction relationships, a dance that is the joy of life loving to purely support life in diversity, balance and beauty as well as provide time for the playing field to restore itself by being part of the game.

Since Grokking can be a story-less attraction in action, when it occurs in a natural area it is our genetic makeup recognizing and embracing its origins in the Unified Field and celebrating this reconnection by producing feelings of happiness. This kind of Grok can equally occur with any of the 54 senses of another person, or yourself as long as it is organic and not a nature-disconnected story or attachment. **The latter do not qualify for a capital G.**

Grokking is how things in our “other body,” Earth’s speechless web-of-life, know each other through immediate attraction relationships rather than by our abstract storytelling that is foreign to them. A Grok is the moment(s) when our attraction to wholeness (sense #54) blends with a specific attraction in a natural area. To identify that attraction from the list that names our 54 senses, is essential for us to Grok the area because for us to be CRL whole and reasonable (sense #42), we must consciously (sense #41) include our unique story-telling and labeling ability (sense #39).

An Applied Ecopsychology Coursework Hint: You Grok!

Grokking helps you remember that you are the one who is beneficially learning to Grok in a natural area and help others do the same to the benefit of all.

In a study or degree program that includes the results of your and others Groks, if you believe that you can Grok then, scientifically speaking, your coursework and degree hypothesis must include you. It would be something like “By beneficially learning Organic Psychology through Grokking natural area attractions I can strengthen (your major interests) and teach others to Grok and do the same with their interests to increase personal, social and environmental well-being.”

Too often, the habitual omission of our 54 natural senses desensitizes us to the fact that we are the individuals who are motivated to do the Grokking. This means that in Applied Ecopsychology, you must keep in mind that you are the one who is doing the applying. This

empowers you to do your thesis or dissertation as an autobiography that is scientifically accurate because it is based on Grokked self-evidence and its outcomes.

Be aware that a thing in the natural area that is attractive to you usually has appeared, geologically, in the life of Earth before your arrival. When that thing is attractive to you, it is actually it in you consciously catching up or restoring itself by happily Grokking itself as part of you in the area and celebrating its whole-life connection as you to its origins in Natureness. That is how and why your 54 natural senses keep you included in and in Natureness contact with natural systems. For example, how your thirst includes your life in the life of Earth's long established water cycle. **More on this and updated at www.ecopsych.com/journalmist.html**

It also often helps to Grok a natural area by finding a natural attraction there and then state why you love it. "I love this flower because I love how I feel its aliveness" Then make the same statement, aloud, about why you love yourself and validate that part of yourself once you find it. "I love myself because I love how I feel my aliveness." You can produce wonderful discoveries through this Grokking activity.¹⁶

<http://www.ecopsych.com/giftearthday1.html>

**Grok Earth Misery in a natural area.
Transform it into the reasonable ways of Climate Therapy.**

Although the established Albert Einstein Universe is still, today, not recognized by some people, by 1930 A.D., many parts of Physics concluded that the life of the Universe was not static. Instead, like a self-inflating balloon, it was, and is, attracted to (loves to) diversify and further grow its own attractive time and space, moment-by-moment. It still now consists of the original energy of the Big Bang and its Unified Field that was born 13.8 billion years ago and grew into this moment. This life process is no different than the love of our genetic conception to grow into the space and time of us right now, or, similarly, a seed to grow into a tree. In a natural area that attraction to grow is what we Grok.

Since its beginning, all things in the Universe make and only exist in the immediate space/time moment together in balanced and fair unity. They are all a singular sequence, a moment-by-moment, attraction

¹⁶ <http://www.ecopsych.com/giftearthday1.html>

energy, essence (love) that includes (loves) each of us including the special art of how humans **verbally** sense, think, feel and relate.

This raises puzzling questions. How, in any moment, can we know things are changing and different while in that same moment all things, including you and I, are the same, identical time and space essence?

At a given moment, how is it possible for us to see, sense, feel and relate to different colors, times, places, temperatures, opinions, shapes, objects, motions, sounds and stories while that moment is everything being and happening as the same “one”?

In the unity of the now, how can red and green be the same as up and down or five plus two equals seven, or things be good, bad, right or wrong?

Be amazed. To get the most from this book discover the practical answer to the questions, above, at www.ecopsych.com/journalmist.html

APPENDIX C

THE DOT MIST: a Humanized Sequence of the Big Bang Unified Field and its Origins

www.ecopsych.com/journalmist.html

Ordinarily our Natureness is used to determine how things around us work so we may best understand what they offer and rewardingly put it to work for us.

Climate Therapy goes a giant step further.

Natureness is the art of using natural areas to discover the inborn, balanced and beautiful universal sensory truths **of our natural selves**. They are also the life of the Universe, Nature and Earth; it is us and vice-versa. Our personal Natureness then becomes the art and science of **making the things around us reasonably support the Natureness of our arts, loves and passions**.

Doing this consists of becoming 54-sense literate of the history of how Nature works to become and support us as part of it. This is possible because Nature and us are a single unity. In any given moment, what we scientifically discover about how we work must also be true for Nature and vice-versa.

Over a period of 59 years of 54-sense exploring the Natureness of Nature, Project NatureConnect has produced possible as well as self-evident information that follows:

The Possible Pre-Universe Genesis

A pulsing, free-will, attraction energy/love, or the scientifically unsubstantiated start of it, loves to be attractive.

It is conscious of what it is attracted to so it inherently knows where it might attach and become more attractive (draw a dot).

The attraction energy/love pulse is aware that it is attracted to be more attractive so it pulses stronger in different attraction directions forming at times **Y** and **+** and other shaped pulses. (add dots)

The extremities of stronger pulses are attracted to each other, they attach and form new, separate, diverse, blended energy attraction pulses. (add dots)

The strongest pulses are attracted to express or manifest themselves as more attractive matter and energy. (add dots)

13.8 billion years ago, the strongest pulses attractively united into a huge, organic, five-billion-degree energy orgasm. It is the unique, singular, wordless, attractive birth of the life of the Big Bang Universe.

The Evidence-Based Life Science of the Big Bang Universe

Immediately, wordlessly, the original Big Bang life energy heat begins to cool and the wordless Higgs Boson, gluons, gravities form. (add a dot)

Immediately, the wordless, original life energy heat cools further and the attractions instantly becomes a growing attraction unifying field that, in many forms (including, over time, gravity, magnetism et al), attracts and holds all things of the Universe together while giving them mass. **Simultaneously**, the Universe is also attracted to cool, grow, expand and diversify to become more attractively stable and matter more. (add dots)

Moment-by-moment each Unified Field attraction **dot** is in unconditional balance. Each **loves to be itself** as well as centrally hold together with all other dot things while its **new attractions**

continue to attach, expand and diversify it. For each new dot attraction there is an equal and opposite central unifying attraction. This places all the dots in balance.

All the dots attractively together now form an unconditional, organic, self-balanced, growing, homeostatic MIST.

Moment-by-moment, the wordless, attractive life of Unified Field Mist is conscious that **it is attracted to its homeostatic universal equilibrium**. The Field preserves and perpetuates itself along with the life of the Universe. The latter loves to create its own, additional, time and space Mist dots in homeostatic balance. (add dots)

Moment-by-moment, the life of the Mist is attracted to, in sequence, coalesce into attraction relationship “things,” from subatomic particles to galaxies, stars and planets. (add dots)

Moment-by-moment, part of this 8.3 billion years of attraction/love sequence grows into becoming the living, Mist of Planet Earth’s balanced web-of-life mineral, plant, animal and energy relationships. (add dots). The sequence becomes the life in common of the Universe, Nature and Earth (Nature).

Moment-by-moment, six million years ago, **wordless Humanity** appeared as part of Earth’s growth. (add dot)

Moment-by-moment, Humanity, by eighty thousand years ago, **began to speak and draw doodles**. (add dot)

At that time, some parts of Humanity left the African tropics and settled in temperate areas where they had to cope with different climates. There they created artificial-environment **stories in the Mist that disconnected** their 54 senses from the web-of-life, in and around them. These artifact stories **emotionally attached people to methods and materials** that converted temperate areas of the Mist into imitations of the tropics. Now, in temperate areas, people could survive artificially by implementing their stories.

Because this connection to the dictates of their artificially constructed world **separated them from the organic homeostatic balance of the Unified Field Mist** in natural areas, **destructive side effects appeared** in the Mist. (add dots)

Cultures whose stories did not disconnect them from Nature did not produce or suffer these hurtful side effects.

Moment-by-moment, five thousand years ago, humanity’s *imitation story world* began to increase the emotional separation of

its 54-sense intelligence from Nature, Unified Field Mist **Primary Facts of Life**, that are listed on *page 74*. (add dots)

Moment-by-moment, 200 years ago our artificial Industrial Revolution stories began to excessively disconnect us from the reality of the unadulterated MIST and its balance. (add dots)

What our stories call reality is the life of the Mist whenever we are conscious of it through some of our 54 senses. **It is our attraction to be conscious of it that materializes it.** Our conscious stories are part of the Mist, but neither the essence or whole of it because the Mist is story-less. This helps explain some of the mysterious phenomena of quantum physics.

Moment-by-moment, from 1974 to 2018, we have 45% increasingly disconnected from the MIST and its balance. This has produced devastating Earth Misery side effects accordingly. (add dots) In addition we have rewardingly bonded ourselves to omit using Natureness, the Climate Therapy Unified Field antidote for Earth Misery that this book presents. For further information visit www.ecopsych.com/journalmist.html

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NOTE: Natureness is also an ongoing nature-connected community that you join online and/or locally with others who are “doing” this Natureness book together. Email nature@interisland.net 360-378-6313. Add its training courses, certification and degrees to your interests.

APPENDIX D

Congratulations, the life of Nature and Planet Earth is attracted to you being here. Whenever our story world employees Nature as a resource without its consent, it hurtfully abuses Natureness around and as us, we suffer and we must reasonably recover from our emotional injuries. This phenomenon occurs on global, local and personal levels and this white paper helps you provide and be be a unique organic resolution for this dilemma that peacefully creates pure, beautiful and balanced relationships. Revisit C on page 21.

Here are things you can do to with this book:

Help others download it, free, (donation appreciated) at <http://www.ecopsych.com/NATURENESSBETAFINAL.pdf>

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Subsidized training available online

Nature: Do you () enjoy () like () love Nature?

Arts & Skills: List one or more A&S that you love _____

Fine Art Drawing Yoga Friending Science Horses Writing Healing
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Human Services Parenting Acting Ecotherapy Other

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Project NatureConnect

P. O. Box 1605, Friday Harbor, WA, 98250

360-378-6313 nature@interisland.net

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