

Transforming Pain into Love Through Sensory Connections with Nature

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Project NatureConnect and Akamai University

Contents

Attestation	i
Permission for Use of Content	ii
Acknowledgements	iii
ABSTRACT	4
GreenWave-54	5
Introduction	7
Supportive Writing for the GreenWave Moment	8
Empirical Self-Evidence	9
Author Participation	10
In the Beginning, My Birth	14
Age Five to Nine	16
Physical Abuse and Sexual Assault	18
Forced Drug Use as a form of Child Abuse	22
Pre-Adolescence and Racism	23
Witnessing Abuse and Violent Crimes	27
Witnessing Abuse of Nature	33
Personal Violence and Abuse in My Life	40
Healing my Inner Child	45
Family and Community	48
Reflections of Relationships	55
Awareness	58
Healing Generated Through Interaction with Nature	58
The Voice of Nature	61
Shifting Paradigms	62
GreenWave-54: The Story World and Awakening Consciousness	65
GreenWave-54: Being Love	67
GreenWave-54: Human Mind	70
Unified Field Energy	72
GreenWave as an Orgasm	74
Final Thoughts	77
Bibliography	83
Appendix A: Revolutionary Wisdom	87
Appendix B: I Love My Other Body	92
Appendix C: The Fifty-Four Natural Webstring Self-Evident Senses and Sensitivities	95

Appendix D: The Scientific Core of All Known Relationships: Attractions is Conscious of what it is Attracted to..... 99

Appendix E: Disregarding Human-Nature Connection..... 126

Appendix F: Teenage Years and into Early Adulthood..... 139

Appendix G: Documented History of Abuse in Mainstream..... 147

Appendix H: Documented Volunteer Hours..... 159

Appendix I: EcoArt Participant Survey Responses 165

Appendix J: Bruises Disappear..... 218

Attestation

I understand the nature of plagiarism and I am aware of Akamai University's policies.

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Appendices:

- Appendix A
- Appendix B
- Appendix C
- Appendix D

Electronic Signature: *Stacey S. Mallory*

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Permission for Use of Content

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Acknowledgements

I would like to express my gratitude to everyone who has helped me to finish the process of this dissertation, extending my comprehension of nature connections and the encouragement that originated from knowing ourselves through our fifty-four innate senses. Everyone I have met in my day-by-day travel and during the time in Project NatureConnect and Eco-Art has influenced my life on a profound level. I would like to write my appreciation to many people however I know my words would transform into a book of its own. Know if I do not specifically name you I remember the greater part of our intertwined Webstrings, you are presently part of my heart. Thank you for being part of my life and adventure consistently.

In no particular order, I would like to put forth a brief statement to the accompanying people:

I am eternally grateful to my life partner who has tuned into me and strengthened my meandering through the terrain. I have spent numerous hours with nature, attempting to find words that express completely what my mind and heart wishes to compose. On one starry night, I saw a falling star; A “whoosh” came over me and the words “infinity plus one” came into my consciousness. I know you will recognize its centrality, felt its quality to mend and observed the adoration this holds as we continuously develop.

To the rhythm of Project NatureConnect, Dr. Michael J. Cohen. Mike your stories and jokes are an incredible joyfulness that brings giggling into my heart. Without your presence, support and love for our other body my “expedition” would have been exceptionally difficult, if not inconceivable. I am incredibly grateful for everything you have done for me. I am appreciative for the capacity to weave Webstrings together to consistently reconnect and explore

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My spirit sister, Norma Charette. Norma, there are countless things one could state about you. In the practical plane of life, thank you for helping me to sort out thoughts, helping with Eco-Art Therapy and on many occasions my daily life. You unquestionably have a precious and endearing intuitive flow. We have our own language and it has been much fun learning to navigate the 5-leg story world to match it with our non-verbal aliveness. We share a love for each other's uniqueness and comparable qualities. Together we consistently flow as one in real life and even in musings. I see we are each extremely mindful, having compassion and recognize the value of letting go to make the best of each moment. Additionally, we are in synchronization when interacting, permitting the flow to carry us forward and can extend this to others. It genuinely has been an incredible adventure as we attuned, enhancing our personal lives. As a result, we became dear companions. You are loved and forever in my heart. Continue reaching and exploring for the explosive light.

Dr. Oana Ioana Catanoiu. Oana, you have helped me to remember me of the value of our truest selves. The fundamental foundation we find ourselves being compared to living being's roots, including our own, spreading out over the Mother Earth (ME). I thank you for your help with research, writing, and discussions with me. I enormously value the time you have devoted to assisting me. I appreciate your invitation to visit you in Romania some time, and you once remarked if we were closer that we could be sisters. You are truly inspirational in that your young spirit is just beginning to bloom. It is astounding to see how devoted and loving you are. Your compassion is remarkable and your dedication astonishing. I genuinely believe that when the puzzle pieces come together, you will lead others in countless ways down their intrinsic pathway. Although a story there is a book entitled *Celtic Tradition* by John O' Donohue. In his book, he states:

“Your anam cara was a person to whom you could reveal the hidden intimacies of your life. The friendship was an act of recognition and belonging. When you had an anam cara, your relationship cut across all convention and category; you were joined in an ancient and an endless way with the friend of your soul.”

I feel this depicts what has happened through the years as we have grown to know each other. Thank you for honoring and sharing your cultural and tribal roots as this has helped me to remember my own and sense how we are one family in the Web of Life.

Love to my daughter and her new family. I have immensely enjoyed watching you grown from a small infant in my arms into a woman creating your home in life. I love you and wish you and your family, including the furry ones, a lot of glowing wishes for a delightful

future filled with laughter and love. Do not forget to have fun and appreciate life every second you can.

In memory of Virginia Fitchner born in 1929 and leaving us in July 2017. You are not forgotten. Your sisters have reached out and talked about your leaving us. I thank you for the opportunity we got to spend together. Your story reminds me of the importance of taking care of our elders and sorrowfully how the societal system abandoned you. I am delighted to know you stayed true to yourself allowing your spiritual nature not to be consumed by industrial society. I know you have returned home to nature with your family. You are a free soul reminding us to love and care for each other.

ABSTRACT

The GreenWave is nature's scientifically confirmed unified field that manifests itself as fifty-four senses and sensations that originate from, and are held together, by natural attraction (unconditional love). The GreenWave operates in the space-time moment when an individual consciously unites with our fifty-four senses in concert in a natural area. Here I share significant feelings so a reader can understand for themselves their attraction in the GreenWave. You will find that each experience offers a reference to the GreenWave and the painful extermination of bonds that now fragment us from our true natural selves. The importance of amalgamating with the GreenWave is critical to the healing of self while it also confronts the fundamental disassociation problem of civilization and how we can relate to it with our inherent natural wisdom. This usually unnoticed, and habitually omitted, concept of our central culture immersed in its physical, psychological and technological evolution causes our civilization to exceed its boundaries excessively since our ethical and moral guidelines are not attainable. To convey this, I invoke my transformative process as empirical evidence that GreenWave-54 participation can help anyone generate beneficial transformation for themselves and others. I regard myself as the subject of a scientifically and socially responsible whole-life experiment to substantiate I have been habitually raped of my natural body since society repudiates our fifty-four senses. As a result, I, and we, emotionally confront our extinction and this causes distress due to our unreasonable disconnection by nature-disconnected stories in civilization. In this personally challenging and painstakingly honest exposition of my GreenWave history I give humanity irrefutable nature-connected methods and materials to remedy the hidden flaws that undermine us.

Keywords: greenwave, fifty-four senses, unified field, greenwave-54, natural systems thinking process, consciousness reason and language, web of life

GreenWave-54

“Albert Einstein, looked at nature in awe and wonder and dared to think the unthinkable. He always believed that a common pattern was there to be seen if one could look with the fresh clear eyes of a child.” - Author Unknown

GreenWave-54 is a wave that identifies where we are at any given moment by fifty-four scientifically known, self-evident senses and sensations. Throughout my writing I interchangeably use GreenWave-54 and GreenWave. The terminology GreenWave-54 consolidates the fifty-four senses and their awareness with the Greenwave. The GreenWave is an energy that distinguishes where we are now through fifty-four sensory feelings (Appendix C: The Fifty-Four Natural Webstring Self-Evident Senses and Sensitivities). The GreenWave provides a continual Unified Field of affinity [love] where time-space stop. Scientifically time-space cease to exist since both are an abstract story invented by humans. As a result, from stopping we immediately connect with life, with universal aliveness around and in us. We function as part of the whole Web of Life. Our experience of what we observe in any given instant qualifies us to witness the integrity of the Unified Field. The understanding of our conscious existence is living in the authentic [natural] time-space dance. Our sentience recalls, at that second, we are in a distinct reality that enables us to reach the deepest part of ourselves. It is the time-space now of the natural world where and when everything is connected by attraction attachment to what preceded it and to what follows it, including what we sense and feel. GreenWave-54 demonstrates it can restore our inner selves and simultaneously assist us in

solving issues we often battle with because of human-nature disconnection. The reason why we suffer is we separate from the GreenWave at childbirth. Society prefers its complex story environment which is deficient in providing an obtainable fulfilling existence. The GreenWave has remained inside of us since before birth and it is wordlessly attempting to inform us of invasions that disrupt us.

We operate as part of the whole Web of Life. Our experience of how we sense enables us to observe the Unified Field. The registering and understanding of our sensory experience, consciousness, comes alive in this natural dance as we sense unconditional love. Our consciousness recognizes that at that moment we are in a distinct experience that empowers us to reach the deepest part of ourselves.

Transforming Pain into Love Through Sensory Connections with Nature

Introduction

“It is common knowledge that the central story of the Culture that socializes our relationships stems from the unscientific thinking in the Greek roots of our civilization.” – Michael J. Cohen

“The whole of science is nothing more than a refinement of everyday thinking.” - Albert Einstein

Within the central framework of contemporary scientific socialization. We do not enter existence with expectations of what a future should resemble. Instead, we are created in a moment of attraction from sperm to an egg, as do many living beings on this planet, or as a seed awakened by water that diminishes its center to allow for its continual expansion, even as molecules gather to form rocks, minerals, or crystals. No matter what births, it will begin a process to expand and transform. The result of their outcomes will never entirely be known, as they are forever changing and evolving. Life exists in whatever now moment of time ripples through the life of each attraction. This process is natural, this is nature and this is where the awareness of life through attraction begins. It is the time-space [now] of the natural world where everything is attached to what preceded it and to what follows it, including what we sense and our stories. Regardless of the fact that nature works through attractions (Cohen, Chapter 13: Natural Attraction Roots), industrialized modern societies do not. They live by and through bias depictions of what life should resemble grounded in stories or convictions from whatever communal family, group or community they belong. (Cohen, The Art and Science of 54-Sense Contact with the Life of Earth’s Unified Field.) This displacement of belonging follows the values of others and not self. As a result, this accelerates harm upon living beings that do not

follow a predetermined and expected structure, a stigma that can generate a lack of a sense of security or prompt obliteration to our inner being and spirit.

Supportive Writing for the GreenWave Moment

I confirm that guidance from the American Psychological Association (APA) does not provide specific strategies for the writing of an autobiography. Therefore, I consent to follow the customary organization of APA, yet am not restricted by the tenets put forward by APA since they do not have any substantial connection to the structure and composition of my scientifically experiential and self-evident experiences.

I am writing my autobiography in the *now* moment versus the third person. By communicating in the first person, I am continually composing from my point of view which produces support for my personal experiences. Writing in the first person gives me the opportunity to convey perspectives from my emotions, sentiments, feelings and all other related internal knowledge of my fifty-four natural senses.

Writing in the third person generates detachment with the *now* moment by formulating language and establishing the ideology that what I am writing would be done so in an infinite, uninvolved way, making me a narrator telling an unsubstantiated story.

Numerous written narratives articulate using the method of writing in the third person allows an individual to state facts. However, through researching and reviewing this literature style, writing in the third the person serves to “sound” more factual without consideration of the gap this produces between the author, the audience and content.

Empirical Self-Evidence

To promote transparency and the opportunity for readers of this document to read and assess the truth, the whole truth and nothing but the truth is critical for accurate scientific examination. I am submitting a biography as my dissertation. A biography plays an enormous function when someone endeavors to remember specific stories, senses and memories from the past. Ignoring their accuracy modifies the results of research and is a central problem in our culture that generates the disorders we strive to eliminate. I explore how narratives facilitate memories by examining how cognitive processes undergo disturbances, examining disconnection with Nature. My presence includes events and other actions that exceeded my control. Once the GreenWave was recognized, an inner truth made it reasonable for the recovery of more conventional meanings, establishing an accurate version of my existence.

An individual's phenomenology and a child's perspective—are two relevant aspects of conscious awareness that occur as empirical self-evidence. I recognize including my point of view as a child is indispensable. My autobiography supports the GreenWave and individuals by identifying how the function and structure of the mind experiences change during the cumulative years and into adulthood. As an adult, a new sense of self-occurs exceeding various diverse social realities and moments. The narrative I share has made it probable to form ongoing emerging levels of growth. Systems, especially Natural Systems, continually expand. The awareness I had as a child, along with the sense of self, is a common shared experience with individuals in the nature-human world. This GreenWave connection, if sustained, nourishes and supports us.

Children often formulate stories to articulate what has happened or what they might expect to do. These stories are without the complete logical limitations of the world around us. As a child, I was constantly formulating innovative ways to satisfy a sense of my place and trying to learn how the world functions. As I grew, different perception of cognition, mnemonic and language development were often contrary to my senses in the GreenWave and what was characteristic of the world and me.

Author Participation

Over the last ten years, since 2007, I have mentored and facilitated Applied Ecopsychology and three years of Eco-Art Therapy courses. During this time, I researched and learned as a student in both disciplines. I updated my experience and education, as needed, to increase personal understanding. The more than thirty thousand documented hours I learned from, were devoted to volunteering for essential diverse roles and responsibilities in the operation of Project NatureConnect's degree program and its paramount contribution to personal, social and environmental well-being [Appendix H: Documented Volunteer Hours] [Appendix I: EcoArt Participant Survey Responses].

I consider myself a perpetual student thanks to each day [or moment] I spend in nature. Continuously discovering alongside other individuals is a self-evident existence which validates empirical scientific facts experienced with nature. Every part of what I have encountered or observed is a continuum of unlimited learning opportunities. What I and others validate as an exceptional amount of time I have allocated to researching, learning and volunteering have become more than a field of study to perfect; rather it became integrated into how I advanced my self-actualization.

In this dissertation, we follow my transformational life as I share the process of learning and evolving in the GreenWave. My life story is not uncommon, as documented with researched evidence throughout this dissertation. My life story is and provides optimism for others displaced by the depths of societal control, beliefs, and stories that hold them hostage and deprived of present moment wellness and feeling enjoyment. Throughout my years of mentoring and facilitating Applied Ecopsychology and Eco-Art Therapy courses, I could not help but gravitate toward the success accomplished through the GreenWave. Here I document how reconnecting with our fifty-four senses because of nature can generate a unique inner transformation, a profoundly observed healing of the soul and relationship development.

Comparable experiences with others in the Applied Ecopsychology field traverses more than fifty years in literature validating how others have also begun to weave transformation in their lives. On an individual level, this validation is confirmation of another person's internal experience as having worth and freedom to become his or her truth. Emotional validation provides an understanding of self-worth and awareness of belonging. The whole truth is that I have encountered what a person senses or feels is accurate, whereas emotional nullification of your inward self as having reduced value, hence whatever emotions one might have sensed then becomes scorned, rejected, ignored or judged and holds little value or importance. That source fragments wholeness. While compiling and writing my background, it gradually became evident nature is a way of knowing a sense of belonging and having a purpose in the natural world, especially emotionally. As a result, self-validation began to surface and shifted into acceptance through the encounters I experienced.

The biggest discovery for me, amid this progression, was to know someone heard and understood how I felt. This process generated a sense of belonging and the repeated feelings of dread and anxiety that seemed to control and overpower my life diminished continually. Thus, conceived was a renewed identity.

While creating and composing the accompanying fifteen points, I have deviated from the academic requirements of the American Psychological Association (APA). I acknowledge this is the only place in my writing where I have done this. The guidelines for customary formatting do not support the option to articulate in written form that allows for the dialogue I am creating to flow in the moment of GreenWave-54. The Committee Chair is aware I have done this so I may incorporate a GreenWave-54 supportive dialogue. I recognize and understand I take responsibility for deciding not to follow the APA policy.

My inner self and feelings demonstrated my connection, disconnection and need to balance myself, to work on being in the now moment, whole-life art and science of GreenWave-54 interactions with society and myself.

Today, I have the expertise to invoke GreenWave-54. Its following fifteen-point scientific facts qualify me, in any moment, to register and participate in the authenticity that

- 1) self-evidence from our inherent natural wisdom is irrefutable because it begins directly in our
- body, mind and spirit. There are
- 2) fifty-four natural attraction senses that
- 3) our sense of
- consciousness can accurately register and communicate through our senses of reason and
- language.
- 4) In a natural area, the moment by moment
- 5) attraction energy of the Unified Field

holds the ⁶⁾non-verbal, living attraction core of all things together in ⁷⁾intelligent and homeostatic equilibrium, ⁸⁾from sub-atoms to the life of Earth's Web-of-Life attraction to circling the life of the sun without producing garbage. ⁹⁾Reasonably engaging in purifying GreenWave-54 moments and their past and future attachments ¹⁰⁾deactivates the catastrophic effects of my extreme childhood abuse and lets ¹¹⁾the revolutionary wisdom in GreenWave-54 experiences help me produce a safe, 54-sense, life platform that guides me into renewed, whole-life moments of ¹²⁾rational and un-warped relationship evolution. ¹³⁾This stabilizing sanity and satisfaction happiness motivates me to thrive by living and teaching GreenWave-54 using my form of ¹⁴⁾Eco-Art Therapy that I learned from its pioneer, Theresa Sweeney, Ph.D., in addition to Applied Ecopsychology and Natural Attraction Ecology from Dr. Michael J. Cohen, Ed.D., Ph.D. ¹⁵⁾The validation and defense of GreenWave-54 is available in the books "*With Justice for All*" and "*Revolutionary Wisdom*" by Michael J. Cohen, Ed.D., Ph.D. [And online at <http://www.ecopsych.com/journalaliveness.html>]

It is indisputable, by the composed record of my history, that transformation can be unpleasant, which will motivate further challenges in life. However, being able to grow helps to create a progression of working toward goals and reinforcing a positive feeling of self. A positive self-image is something that no one can take away because it is a personal empowerment and affirmation of being alive.

In the Beginning, My Birth

“I gave up self-respect when young because I thought I knew how to get love.”

-Whoopi Goldberg

It is helpful for individuals to be aware of their past as they remain living it. I came into this world in 1973 as nature created me, a premature infant growing with the assistance of artificial support while radiating unconditional love, happiness, and innocence. I had no thoughts, beliefs, or stories to abide by. I was just being and experiencing each moment of time that life was offering: to sense, explore, and grow. In recollection of my youth, memories often re-emerge of an internal calling to drawing pictures of living beings found in nature that brought good feelings and the joy of sharing this with others. The artwork most often incorporated flowers, rainbows, feathered creatures, bees and different nature beings. Every one of them brought a sense of aliveness as a dazzling representational process that reflected association with Mother Earth (ME) and they continue to do so today. There was much delight for me as a child connecting and resonating with nature, void of any story world. Somehow, through all the purity of that happy childhood, there was an intuitive knowing and sense of a genuine relationship to the natural world, which brought a deep feeling of being seen and understood, which was reflecting all those special moments between this innocent child within and nature. This shared existence always brought a sense of delight between myself and many natural beings. It is common knowledge countless individuals have had comparable experiences. I have survived many of my challenges by embracing their reality.

Despite the fragments presented in the timeline history, there is a reminder that for all the pain that may have occurred, I have always created a continually sustained relationship with nature. This relationship continued to grow beyond childhood as well as throughout life, even when not directly connected to nature-human awareness. As a result, this brings to our awareness that the inner innate nature is always alive and trying to help guide us when being open and willing to experience nature's guidance in each moment of time. Some aspects of these nature connecting moments during childhood still bring a sense of pleasure in my adult life, even though I am no longer as flexible as I was as a child, the desire remains to attempt climbing and finding a perfect place high in a tree and nod off snuggling in its branches. Through reflection, these moments of pleasure spent in nature during childhood always restore and bring good feelings to this day. These feelings continue to be noted at dusk when I escape from the restraints of modern society and into the comforts of a natural environment to experience and sense new sounds and sights. These nature's connecting experiences, to this day, continue to mesmerize and hypnotize through pure random glows of fireflies that offer the hints of winged beings, which are continually eager to illuminate their presence in nature as they captivate one's attention for an unlimited amount of time. I also consistently do this in short spurts when questions arise.

The words "Astonishment often crosses the faces of those discovering that the closest wilderness to them lies within them" (Cohen, Leave it to Beavers, 1990). I always had experienced my inborn close affinity for natural beings; even the ones personally cared for such as pets and wildlife. I did not go to school to acquire this attraction. This relationship follows me wherever and whenever spending time in parks, sitting by the water, communing with fields of flowers and growing gardens as a child and present day. GreenWave moments are endless

attractions to nature and all its amazing beings of life. This innocent child still lives within me and continues trusting each of these sensory connection encounters, while I was never taught them, like the ability to fully sense which came innately to birth. I have learned to scientifically identify and embrace this as my fifty-four sense GreenWave self.

We are each born enjoying GreenWave life with Mother Earth (ME). Each sensory relationship helped support and provide guidance through the chaos called contemporary culture, while the natural feeling kept evolving in phases through the expansion of my human life. I remember a few images created during this time in life that caused immeasurable feelings when fully connected with nature and all the natural beings. This recollection, along with the pictures that bubble up from my subconscious awaken these memories invoking a smile as if connecting once more with those beautiful feelings. This awareness reflects how I was at an age to absorb and learn from all that was around, and being in nature, these were connections that provided genuine pleasant feelings. My desire and objectives are to support other individuals in discovering and authenticate for themselves this hidden part [natural attractions] in their personal lives.

Age Five to Nine

The human-scape I was introduced to and explored during youth unfurled in various untruthful stories which incensed my GreenWave essence. I was coaxed to believe the influences of those near me and through the earliest human associations and interactions with others led to a predetermined way to act and meet certain criteria with a specific end goal, this being to get acknowledgment, love, and affection. As life experiences expanded, the

industrialized story world emerged. The story that registered within my consciousness was an illusion chiefly made up of restrictive love and pain void of joy.

As is typical of most abused individuals during this critical time of childhood, my parents created an environment that lacked love or desire to show affection toward each other or anyone else. The only moment's love or a loving environment presented itself is when my parents communicated the word love amid their numerous drunken conditions of being. Subsequently, I assumed their parental affection, or lack thereof for each other, was somehow genuine without any other family, relatives, familial associates, or peer relationships that demonstrated something different. Secretly, this parental conditioning and their belief system of what love implied expressed rejection and to this day it remains unknown to me if human love even existed with my parents or their associations. Steadily the story world actuated the process of disturbances to my profound presence, space, and story, and gave a sense of feeling torn from natural knowing and one's deepest self to some other reality of existence. The separation I felt and sensed led me to this story becoming a belief of how life would become and soon I began to create a void and an illusion of how life was supposed to be lived out. Typically, exposure to this dysfunction and separation from holistic life began to create a sense of how one finds love by having to remunerate a process of surrendering to parts of the standard story world at several stages during each interval of life that took place. The clash I felt was colossal and the excursion long and painful.

Throughout life, many peers considered me as a gifted child, and I was frequently labeled as insightful beyond my age in addition to being selfless, talented and loving. The family took an interest on occasion to outdoor outings, camping, and parks. These excursions provided the

opportunity to play openly outdoors, a significant joy for me. These outdoor adventures were part of childhood. Nature once again brought positive feelings, play, curiosity, and joy with interesting, unique, and attractive natural beings. I always had a deep curiosity about what relationship the trees had with their leaves or flowers, why some insects were fun to hold and others not, or how ripples were made in water, and even why some clouds looked like animals and others shapes. This pure joy of the imagination and curiosity was natural freedom, allowing creativity to play with shapes, forms, and other living beings. This experience always brings back a smile in my heart. However, away from public scrutiny, I endured the impact of parental dependence on drinking in addition to physical, verbal, and psychological mistreatment. As documented by other victims or survivors of abuse my abuse included shaking, being hit with fists or belts, being thrown into walls or stationary objects, knocked down to the ground, kicked, harsh and cruel comments about how I looked or thought, kicked, spit on, slapped, being locked in the closet, shoved and so forth. This torture activated my senses of belief in community. I tried to shield myself from the verbal debasement along with the wounds left on my body. I thought my experiences were a secret.

The frequent manhandling began a process of opposition; this was considered disobedience and verbal disagreements emerged, which consistently prompted the mistreatment to escalate. As a result, the abuse brought a sense of confusion through the internal struggle between the natural self and the actions of my parents.

Physical Abuse and Sexual Assault

Characteristically, in my circumstance home life remained to bring discomforts and illusions of proper behaviors. What I now describe can be viewed as extreme [Appendix J:

Bruises Disappear], I include it to show that recovery through the methods and materials of the GreenWave helps folks overcome the extremes that plague us, that we often deny and seldom remedy. One of the family friends, in his forties, always took delight in playing with me and this eventually prompted this mature man to begin sexually assaulting me at the innocent age of six or seven. This sexual exploitation progressed well into pre-high school. During these encounters, I sensed this as an invasion of my natural self. After some time, a part me began to concede, this uncomfortable sexual behavior was representative of an outflow of affection, and often this is how it was articulated to me. There was an inclination that something about me was precipitating this type of abuse because it began to transpire with others. This contact was repulsive and continually brought discomfort not just externally, also internally in a disconnecting and severe mental, emotional, and spiritual way. To me [now] these encounters were learning experiences that have GreenWave empowered me to help others prevent, stop or recover senses. I repeatedly wondered, what was the importance of this indefinable thing called human love.

In my exploratory examination of facts, I discovered various forms of abuse is not at all uncommon for youth. In fact, it is quite ubiquitous. (Appendix G: Documented History of Abuse in Mainstream) Sadly, I know not all abuse is reported or documented. My parents began to exploit me, further detaching any natural essence of being a youth by pressuring me to consume alcohol and smoking cannabis starting around the age of nine. If I opposed my parents, they retaliated by using shame until compliance occurs. This fear injured my GreenWave senses of emotional place, support and trust [sense #34] (Appendix C: The Fifty-Four Natural Webstring Self-Evident Senses and Sensitivities). I became inculcated into the disengagement of my

parent's compulsion. I gradually became shrouded in a silence that slowly started to cause detachment from others.

While researching the behavior of my parents, I came to recognize it was not an isolated incident. Numerous studies have been conducted, as shared here and continue to take place so that childhood abuse can be examined. I realize my research does not include every incident of violence since it is not always reported, investigated or sample studies are limited to a control group. Thus, abuse is more prevalent than may be documented. What I have experienced and pass on here are points of interest shown to demonstrate the commonality of a difficult childhood.

Managing children's behavior is one of the biggest challenges parents face. By the time their children have reached the age of four, most American parents have used some form of physical punishment, such as spanking, hitting, or another kind of physical force (Straus, 1999). Many parents think that physical punishment is an acceptable form of discipline. More than two-thirds of American adults agreed or strongly agreed that children sometimes need a "good hard spanking" (National Opinion Research Center, 2006).

One problem with physical punishment is that it can escalate gradually into more extreme actions that can cause serious harm to a child. Over time, it may take more and more force to have the same effect. For example, a stern "no" and a swat on the hand may be enough to get your two-year-old child to behave. When your child is three, it may take one spanking with a hand a month to have the same impact. By the time your child turns seven, it may take two or three

spankings with a belt every month to control his or her behavior. Physical punishment can keep escalating to the point of causing severe pain and injury, and it can lead to physical abuse (Gershoff, 2008).

Child physical abuse occurs when parents injure their children. This can happen when physical punishment goes too far and causes injuries like bruises, broken bones, cuts, red marks, and welts. Parents may not believe that what they are doing is abusive—they may think that what they are doing is no different than what other parents are doing. However, it is never okay to injure a child. In fact, it is against the law in the United States and may result in parents being reported to child protective services and the police (Washington, DC: US Department of Health and Human Services Administration for Children and Families).

In the Child Maltreatment, 2014 is the 25th edition of the annual Child Maltreatment report series. This report relies on data states provide through the National Child Abuse and Neglect Data System (NCANDS). NCANDS was established in 1988 as a voluntary national data collection and analysis program to make available state child abuse and neglect information. Data have been collected every year since 1991 and NCANDS now annually collects maltreatment data from child protective services agencies in the 50 states, the District of Columbia, and the Commonwealth of Puerto Rico. Key findings in this report include: The national estimates of children who received an investigation or alternative response increased 7.4 percent from 2010 (3,023,000) to 2014 (3,248,000).

The number and rate of victims of maltreatment have fluctuated during the past five years. Comparing the national estimate of victims from 2010 (698,000) to 2014 (702,000) show an increase of less than 1 percent.

Three-quarters (75.0%) of victims were neglected, 17.0 percent were physically abused, and 8.3 percent were sexually abused.

For 2014, nationally estimated 1,580 children died of abuse and neglect at a rate of 2.13 per 100,000 children in the national population (Children's Bureau, Administration on Children, Youth and Families, Administration for Children and Families, of the U.S. Department of Health and Human Services. Assistance was provided by WRMA, Inc., a TriMetrix Company (WRMA) (Contract Order HHS23320150).

Forced Drug Use as a form of Child Abuse

As mentioned my parents began to exploit me while further detaching any natural essence of being a youth by pressuring me into the consumption of alcohol and smoking cannabis starting around the age of nine. If I opposed my parents, they reacted by using shame until compliance occurs, further irritating my GreenWave sense of emotional place [sense #35]. I became inculcated into the disengagement of my parent's compulsion. Gradually I started to sense and feel like the struggle was hopeless and not negotiable [sense #51]. This lead to dreaming of a natural land to escape to [sense #52] where people existed who were similarly trying to escape the pain felt, [sense #25] that triggered my senses of companionship [sense #35] and awareness of landscapes [sense #30]. Tirelessly, this cycle of abuse remained, and no dream

or amount of sobbing [sense #26] could take it away; rather I became shrouded in a silence that slowly started to cause detachment from others, diminishing my GreenWave sense of self [sense #35] both energizing my sense of excessive stress and capitulation [sense #51] (Appendix C: The Fifty-Four Natural Webstring Self-Evident Senses and Sensitivities).

In doing research, I questioned how prevalent it was for other children to experience this type of mistreatment. I was astonished by what I discovered and was appalled by the effects of parental addiction on youth.

The U.S. Department of Health and Human Services, states:

“The lives of millions of children are touched by substance use disorders (SUDs). The 2007 National Survey on Drug Use and Health reports that 8.3 million children live with at least one parent who abused or was dependent on alcohol or an illicit drug during the past year. This includes 13.9 percent of children aged two years or younger, 13.6 percent of children aged 3 to 5 years, 12.0 percent of children aged 6 to 11 years, and 9.9 percent of youths aged 12 to 17 years. These children are at increased risk for abuse or neglect, as well as physical, academic, social, and emotional problems” (Services, 2007).

Pre-Adolescence and Racism

My abuse was not limited to the those living in the home and extended to other acquaintances that became entangled in this broken web of abuse and addictions. My father had associated with people considered to be of superior power, or as they called themselves the “Italian mafia.” My parents were profoundly established in the story world of authority and

control. For this reason, their inner selves correlated with words and activities of their narrow-mindedness, racism. My parents were also established in the philosophies and beliefs of the Ku Klux Klan (KKK). My internal reflections, however, dismissed the philosophy of hurting people based on non-congruity, the requirement for different levels of power and hierarchy, the need to ingrain fear in others, or making divisions among various classes and races of humans. Their beliefs strengthened my story world conquering my non-story GreenWave self.

Out of dread of being harmed physically in addition to mental, emotional, or verbal attacks, my opposition to my parent's convictions was not revealed by me. My parents frequently communicated their contemplations and encircled themselves with other similarly invested individuals. Since this was an extensive piece of my exposure to human nature, my story (world misled me to believe this was how the human-scape was created and functioned. I felt a sense of internalized perplexity, and this resulted in the rejection of these conflicting ideologies as part of my identity that hurtfully irritated my GreenWave sense of unity [sense #54] (Appendix C: The Fifty-Four Natural Webstring Self-Evident Senses and Sensitivities). This portion of my life generated a sense of irritation for me based on those who needed to injure others to justify value in themselves.

Unfortunately, racism is still rampant in our society. This prejudice is demonstrated by riots, war, disregard for other human life and the multitude of crimes committed against others across the USA and the world (Appendix E: Disregarding Human-Nature Connection).

Sadie F. Dingfelder states:

“I think what we have in this country is an unwillingness to admit that we would prefer a society where racial groups are separated from each other. Most of our effort is toward maintaining the status quo, not in really changing it.

Brown v. Board of Education was a very important decision because it [changed] the legal framework in this country. Prior to the 1954 decision, it was deemed constitutional to discriminate. In 1954, the legal framework was changed, but it has been insufficient to correct the social, socioeconomic, philosophical and habitual patterns that have developed and sustain segregation. Little of that has been addressed, and that gives rise to our current state of troubles.

For 300 years we said, "Black people are subhuman. They should not be educated. They should not be allowed to participate fully in the government, business and industry." Those elements continue to affect who gets hired, what schools you attend and where you live. And when you look at the psychological research into how people react to [racial] stimuli, you see how bias has persisted very clearly. How has the field of psychology progressed, in terms of cultural diversity and competency, in the last 10 years?

Psychology, like other fields, has moved along and made a lot of surface changes. We do well with our thin veneer of civility. We are nice to each other. We act polite. And yet, we don't act to change anything that's fundamental. I would like to see psychology take strong public policy stances on the way in which continuing racist policies vitiate and pollute the body politic, undermine attempts to improve public education, and interfere with community plans to combat

racism at local levels. Furthermore, psychology can provide evidence that racist practices undermine our ability to achieve peer level relationships throughout this society (Dingfelder, 2008).

Abdul Malik Mujahid reports on racism and facts:

“Despite the "progress" in culture, science and technology, racism, tribalism, nationalism, colonialism and the caste system have been mainly responsible for the death of over 62 million human beings in the last 100 years. These numbers, however, do not tell the full story since no numbers are available for the colonial period. And one really cannot imagine the misery of so many millions who suffered through it although they were not killed. Today there are about 22 million refugees in our world who were forced to abandon their homes essentially because of nationalistic wars.

Colonialism was such a powerful force that by 1900, for instance, 90.4 percent of Africa was under European colonial control. This was a political-economic phenomenon that began in the 1500s whereby various European nations "discovered", conquered, and exploited large areas of the world. The last century began with almost all countries of the world enslaved under European colonial control whose effects are still felt in the shape of neo colonialism and the exploitative power of the few nations of the world. Slavery became a science in the colonial era in which tens of millions of people were killed or enslaved because of their race and color” (Mujahid, 2017).

Witnessing Abuse and Violent Crimes

I was not the only one trapped in this cycle of mistreatment. The abuse extended to my younger sibling and people considered companions of my parents. Upon reflection of the multitude of abuse, I recall being a witness to my father beating a man until his whole face was bleeding. The blood flowed from his face, an intense sense of fear and need to help emerged. However, I was too little physically to assist which created an extraordinary sense of weakness in me. My father proceeded with this torment by scorching the man's face on a floor heater grate and tossed him out of the house. The family friend went to the entryway where witnessing of the assault would continue. This memory forever etched in my mind, the battered face seen through the diamond-shaped molded glass on the door. I remember his pleas for help a sound still heard when I recall this memory. I also remember how my father verbally prohibited anyone to offer any necessary support. What followed next was my father had us get into the vehicle along with this battered man constrained at gunpoint. We all headed to a distant waterway. I was stunned from the shock and doubt deeply intertwined into my awareness. My father told the man to get out of the car and informed him he was going to kill him. I shut my eyes firmly; tears spilled down over my face, sorrow and a sense of anguish emulated from within my heart. Then shortly after, I heard several gunshots, with only my father returning to the vehicle. I dared not to look out of dread of being next. We went back home never to talk of this occurrence. This incident resulted in profound feelings of terror, confusion, and anguish that began to pour into my heart, my GreenWave senses of pain, distress, and fear [senses #25-27] were activated and attracting me to seek more engaging experiences that, with fright, were not available (Appendix C: The Fifty-Four Natural Webstring Self-Evident Senses and Sensitivities). It began to seem as if a safe place in this world was increasingly unattainable. Its nonexistence affected the struggle

with feelings misplaced and ultimately began leading me into an excursion into deep uncertainty in the human-scape and more profound sensory deprivation of GreenWave community place and trust [sense #35] (Appendix C: The Fifty-Four Natural Webstring Self-Evident Senses and Sensitivities).

The impacts of other children or myself witnessing abuse have been widely studied over time. These research studies show that children exposed to violence are likely to grow up perpetuating similar abuse and patterns in their own lives. Other's may do the exact opposite, and become co-dependent living in the same pattern of relationships continually because it is all they know.

The Department of Justice reported in 2009:

- Children exposed to violence are more likely to abuse drugs and alcohol; suffer from depression, anxiety, and post-traumatic disorders; fail or have difficulty in school; and become delinquent and engage in criminal behavior.
- Sixty percent of American children were exposed to violence, crime, or abuse in their homes, schools, and communities.
- Almost 40 percent of American children were direct victims of two or more violent acts, and one in ten were victims of violence five or more times.
- Children are more likely to be exposed to violence and crime than adults.
- Almost one in ten American children saw one family member assault another family member, and more than 25 percent had been exposed to family violence during their life.

- A child's exposure to one type of violence increases the likelihood that the child will be exposed to other types of violence and exposed multiple times (Finkelhor, 2009).

Other types of violence children are exposed to include video games and television. The violence witnessed, absent of personal abuse has a large impact on children as well. It has been recognized and validated that this type of exposure to violence impacts children in similar ways as being a direct victim of abuse. Researchers, scientists, psychologists, activists and others have concerned with children playing violent games or watching violence on television for some time. Albert Bandura's work in the 1970's focused on social learning the tendency of children to imitate behaviors they witness. In one study, the impact of this violence was documented, over the course of time, along with the results.

As a result of 15 years of "consistently disturbing" findings about the violent content of children's programs, the Surgeon General's Scientific Advisory Committee on Television and Social Behavior was formed in 1969 to assess the impact of violence on the attitudes, values and behavior of viewers. The resulting report and a follow-up report in 1982 by the National Institute of Mental Health identified these major effects of seeing violence on television:

- Children may become less sensitive to the pain and suffering of others.
- Children may be more fearful of the world around them.
- Children may be more likely to behave in aggressive or harmful ways toward others.

Research by psychologists L. Rowell Huesmann, Leonard Eron and others starting in the 1980s found that children who watched many hours of violence on television when they were in elementary school tended to show higher levels of aggressive behavior when they became teenagers. By observing these participants into adulthood, Huesmann and Eron found that the ones who'd watched a lot of TV violence when they were 8 years old were more likely to be arrested and prosecuted for criminal acts as adults.

Interestingly, being aggressive as a child did not predict watching more violent TV as a teenager, suggesting that TV watching could be a cause rather than a consequence of aggressive behavior. However, later research by psychologists Douglas Gentile and Brad Bushman, among others, suggested that exposure to media violence is just one of several factors that can contribute to aggressive behavior.

Other research has found that exposure to media violence can desensitize people to violence in the real world and that, for some people, watching violence in the media becomes enjoyable and does not result in the anxious arousal that would be expected from seeing such imagery.

Ninety-seven percent of adolescents age 12-17 play video games — [through interactive media]. A Pew Research Center survey in 2008 found that half of all teens reported playing a video game “yesterday,” and those who played every day typically did so for an hour or more.

Many of the most popular video games, such as “Call of Duty” and “Grand Theft Auto,” are violent; however, as video game technology is relatively new, there are fewer empirical studies of video game violence than other forms of media violence. Still, several meta-analytic reviews have reported negative effects of exposure to violence in video games.

A 2010 review by psychologist Craig A. Anderson and others concluded that “the evidence strongly suggests that exposure to violent video games is a causal risk factor for increased aggressive behavior, aggressive cognition, and aggressive affect and for decreased empathy and prosocial behavior.” Anderson’s earlier research showed that playing violent video games can increase a person's aggressive thoughts, feelings and behavior both in laboratory settings and in daily life. “One major conclusion from this and other research on violent entertainment media is that content matters,” says Anderson.

Other researchers, including psychologist Christopher J. Ferguson, have challenged the position that video game violence harms children. While his own 2009 meta-analytic review reported results similar to Anderson’s, Ferguson contends that laboratory results have not translated into real world, meaningful effects. He also claims that much of the research into video game violence has failed to control for other variables such as mental health and family life, which may have impacted the results. His work has found that children who are already at risk may be more likely to choose to play violent video games. According to

Ferguson, these other risk factors, as opposed to the games, cause aggressive and violent behavior.

The American Psychological Association launched an analysis in 2013 of peer-reviewed research on the impact of media violence and is reviewing its policy statements in the area.

Further research released over the years demonstrates, as a society, we have not defined how to deal with the violence issue nor do we truly understand its full impact on us as a whole. In 2005 the American Psychology Association released a paper entitled *Resolution on Violence in Video Games and Interactive Media*. During this time, the APA was drafting ideology and a plan to tackle media violence. However, they still needed to come up with a task force to work with policy and procedures. Some key findings of this research indicate:

- A total of 73% of all perpetrators in violent scenes in interactive media go unpunished. Only 16% of all program portray negative psychological effects or financial loss. In fact, a number of the media games reward individuals with points or money to perpetrate crimes or violence (Mediascope: Studio, 1996).
- A decreased sense of helpful behavior and increase of aggressive behavior, thoughts and feelings.
- Increase of real life assaults.
- Passive learning is observed through television whereas direct interaction and rewards are given for perpetrating violent actions without any repercussions. This ultimately, shapes the minds of young children whose minds are still growing and disconnects them from all sensory knowing.

The American Psychology Association (APA) resolves to investigate further the effects of violence perpetrated through television and in interactive media as a conclusion to these findings (Association, 2005).

When I was a child, we did not have the violent interactive media we do now nor the types of television program found in the present day. However, I distinctly remember most of the cartoons I watched having traces of violence in every episode. In television movies, there was still a modesty in relationships. Now we have full sexual scenes which are nearing being X-rated and a gamut of reality programs that establish the worst in people without ever showing the healthy behavior. For favorable listener ratings, news stories are not objective and riddled with pain, arguing, crime, abuse and fighting between commentaries. Conflicting beliefs further distance and deteriorate the readily available unifying and supportive life contributions of the GreenWave's fifty-four senses.

Witnessing Abuse of Nature

“Anyone who has accustomed himself to regard the life of any living creature as worthless is in danger of arriving also at the idea of worthless human lives.” -Albert Schweitzer, Humanitarian

When going back to childhood memories, I recall my father had hurt other living beings. I remember myself being regular victim to the neighbor's Doberman Pinscher's. When they managed to jump their fence, they would often chase after me. This scared me and anyone else who passed that house. When my father finally discovered what had transpired, he deliberately poisoned some hamburger and fed it to the dogs resulting in their demise. In another example recollected, my father took a beloved cat across a bridge over a river and discarded her. I felt a

sense of being numb. The recollection of this memory is painfully dark with conflicting emotions. It hooks my burning unmet desires, GreenWave senses #25-27, for being further in GreenWave community [sense #37] (Appendix C: The Fifty-Four Natural Webstring Self-Evident Senses and Sensitivities). My father insisted it was because the cat had become pregnant and later he stated it was a result of my failure to care for the cat. I could not perceive how the cat's pregnancy could be averted. This incident created profuse confusion with the value toward all life and decimated the potential of regard for my father to have a human-nature connection.

My father's conduct led me to ponder what was wrong and why was I was so irresponsible. Both parent's dismissal for another living being remains present even to this day. Even when I was approaching adulthood, my parents neglect for all life, no matter how close to them, remained present, especially when their pets became terminally ill. They called me with the "issue," the pets emancipated, skin and bones, fur falling out with little to no breathing, a disregard for life that had went on for a period. There was no regard to comfort the animal or any attempt to humanely support the animals since the GreenWave-identified purpose of life is to strengthen life.

In remembrance, my father seemed to lack contrition for any of the harm done to these animals or others. These occurrences seldom [now] irritate me when recalled. The memories support my father's lack of kindness toward self, people, and animals. It is considered the harming of the dogs and removal of the cat to an alternate area to eliminate a perceived problem rather than deal with it in a rational, empathic or mindful way. This resolution was an approach to bypass any compassion and resolve problems through violence, control, or dominance littered

with false trusts to forcibly separate an animal from safety into uncertainty with the animal only aware of the now moment and its existence at that moment. These acts were committed through detachment from the GreenWave as opposed to embracing it to deal with emotional disconnection and personal responsibility as I do today.

Relevant quotes I came across during research of why people commit these types of offenses include:

Solastalgia is a combination of the Latin word solacium (comfort) and the Greek root – algia (pain), coined by Glenn Albrecht in 2004. The term is defined as *the pain experienced when there is recognition that the place where one resides and that one loves is under immediate assault, a form of homesickness one gets when one is still at 'home',* and how they interact with the development of self.

“As Women in Crime Ink writes, the link between animal cruelty and crime is well documented in scientific literature. Killing a noisy dog or an irksome cat is only a step or two removed from carrying out similar violence upon fellow humans. So there is ample reason for anyone who suspects their pet was poisoned to feel nervous” (Nuwer, 2013).

“We are similarly attached to nature as our toe is to our finger. Society tears us out of this relationship. It rewards us for excelling at subduing nature: from excessively using lawn chemicals to indoor education to the conquest of space. The heart of our dilemmas is that we have learned to runaway conquer and hurt life/nature and we are part of it. That some of our most profound thinkers are first

raising the question as to if a relationship exists between our psyche and ecology is a statement of how far we have strayed” (Cohen, *Ecopsych: My Special Anniversary Year*, 2016, 2015).

There exists ample research on why children harm animals and how to help the child so they can receive emotional support. However, there is minimal research that exists for adults who abuse animals. Some individuals think they are helping animals when they are hurting them. For example, hoarders who cannot take care of all their animals or someone who has a dog chained up in a fenced yard with a doghouse for every hour of every day of the year supplied with needed food or water with no other comforts or compassion such as touch. They tend to leave the dog to fend for itself during harsh weather conditions while exposed to the fluctuation of temperature extremes that penetrate the walls of the dog house and its protective a layer of fur. The explanation of numerous owners is that they are providing a home, food, and shelter, so that is enough. The GreenWave in me rejects this.

While considering why this happens, I come to a place of GreenWave realization that supports the continuum of abuse and neglect. Some people, such as my father, may have hurt animals and individuals because he was hurting, he gained power and control, or perhaps he injured living beings because they were perceived as weaker than himself and would not fight back. Since my father was also prone to destroying physical items in drunken states, I sense he, like me, at birth was separated from his fifty-four internal senses. My father never understood or bothered to understand this part of himself, and as a result, he most likely grew up in a dangerous and toxic environment. Then he carried this same GreenWave injured environment into his adult life and forced it onto my childhood.

One research study compiled by Melissa Trollinger states:

"Although the research is fairly new, several studies have documented a link among animal abuse, domestic violence, and child abuse. For example, in 1980, a study in England found that in twenty-three families known to have committed abuse against animals, 83 percent also had been identified by social services as having children at risk for abuse. [FN11] In a more recent study, the largest battered women's shelters in forty-eight states were questioned about their experience with domestic violence, child abuse, and animal abuse. When asked the following question, 85.4 percent of the forty-eight shelters answered "yes": "Do women who come into your shelter talk about incidents of pet abuse?" [FN12] Moreover, 63 percent out of forty-six of the shelters answered "yes" to the following question: "Do children who come into your shelter talk about incidents of pet abuse." [FN13]

The findings of this study are supported in other studies and investigations. In Pennsylvania, when records from a local humane animal society and the county's youth social services agency were compared, it was found that "the behavior patterns towards one's children were similar to those toward one's pets." [FN14] Similarly, a lieutenant with the Buffalo, New York, Police Department compared records from the local animal humane society with domestic violence complaints and discovered that approximately one-third of the names were on both lists. [FN15] In Colorado Springs, Colorado, the Center for Prevention of Domestic Violence conducted a six-month survey and found that 24 percent of the 122

women seeking protection at a battered women's shelter reported their abusers also had abused the family pet” [FN16] (Trollinger, 2001).

I gradually became confused and appealed to God consistently for help to discover an exit plan from my trauma and abuse GreenWave spiritual and love senses [sense #53]. (Appendix C: The Fifty-Four Natural Webstring Self-Evident Senses and Sensitivities). However, there never came protection from the recurring abuse in and around me that continued to transpire in daily life. Thus, I began to visit various houses of worship to seek help to heal and a place to escape. Eventually, I became baptized and spent time in summer bible school with a belief this could remedy my situation. I could memorize the required verses from the bible. The part I enjoyed most about those summers was being in nature. It seemed these houses of worship often repeated a story, which was that since conception everyone was a born sinner. Therefore, by one means or another, this helped to provide hope I could defeat the enormous obstacle home life continually created. The belief was, I had to get in God's good graces, and then God could help. On many occasions, the only emotion felt was a sense of frustration, yet I had confidence and continued to maintain faith, that this might spare further consequences. Unfortunately, it did not. It caused anguish to the point of isolation and provoked within me the sense to keep a distance from everyone else, only to further intensify the beliefs of defeat and capitulation that began to develop that invoking GreenWave-54 reasonably helps me control.

Sadly, home life caused me to remain detached. My parents exposing me to their drunken sexual misuse of other people was a commonplace. In pre-adolescence, a situation in the home comes to mind, where the sounds of people boisterously arguing would awaken anyone even from the deepest sleep. This incident naturally caused me to jump out of bed, to go and see

what was happening. Apparently, my mother was angry with my father and in their drunken state began to quarrel over another woman they had brought home from the bar. My mother, who was holding a knife, began attempting to cut everybody. A struggle ensued where I tried to take the knife away. This conflict resulted in a wound, a physical scar for life, from the brawl. This occurrence transformed into a period of instability and the pertinence of proceeding to be amid the franticness is unknown for me. It was progressively becoming harder to survive in the confusion, drama, and abuse. Despite that I was now bigger and stronger, the grown-ups still were overpowering. A feeling of not having the capacity to escape started to entwine profoundly in my deepest awareness, increasing the desire and sense of mindfulness to exit. This wish to leave deeply surfaced from my feelings of being trapped. It becomes evident that by one means or another and as painful as this was, there was an imperative need to gain the ability to find a way to escape and free myself from what living being remained within my pre-adolescent self. While available, the ways and means of the GreenWave-54 process were unknown to most others and me, as is the case for others today.

I eventually began to pull back in school and socially. This quiet internalization was due to embarrassment, frightfulness and dread others would realize what was transpiring. Life at this point seemed profoundly influenced. Every occurrence was by one means or another leading to the belief experiencing this life was typical, and this exists as part of life, so get over it. The outcome was I became withdrawn, internalizing feelings, emotions, suffrage or pain as a way of not producing relationships, let alone healthy ones. Throughout this time, natural senses emerged that could not be subdued, such as the natural, inherited sense of GreenWave attraction instinct to live, which came about as a will to survive and shield others from the impact of the mistreatment that was transpiring in my life. However, remaining in this phase of survival and

pulling back resulted in further disconnection. Without understanding, other children began to torment me through the greater part of schooling. Every day I was bullied, harassed, and criticized, which meant encountering more emotional, mental, psychological, and physical abuse.

It is self-evident the personal violations I have described here, suffered and have recovered from are examples of our shared culture's systematic violations of the fifteen contributions of the GreenWave-54 unified field process I invoke and list in the Introduction. In synopsis, the absolute fact self-evidence from our fifty-four natural senses reveal to our senses of reason and consciousness that because it is excessively nature-disconnected, our story world, moment by moment excessively conquers, eviscerates and exploits the vulnerable, non-storied life of our Earth Body (**Appendix D: The Scientific Core of All Known Relationships: Attractions is Conscious of what it is Attracted to**). The latter, in contrast, thrives by its self-organized natural attraction loves fulfilling themselves in pure and balanced, non-verbal ways that trigger harmonic happiness around and in us.

Personal Violence and Abuse in My Life

“Love is a Natural Emotion. When it is allowed to be expressed, and received, by a child, normally and naturally, without limitation or condition, inhibition or embarrassment, it does not require anything more. For the joy of love expressed and received in this way is sufficient unto itself. Love which has been conditioned, limited, warped by rules and regulations, rituals and restrictions, controlled, manipulated, and withheld, becomes unnatural.” (Walsch, 2011)

Since many individuals experience childhood in restrictive social mores, we tend to make this part of an accepted cultural encounter, although the abuse might vary in family life, it

consequently may never be exposed to outside authorities to investigate. My parents never faced arrest or charges for what they had done. What mattered through societal and cultural norms was that the family had a roof over their heads, food and clothes, so the belief was nothing was wrong. However, the events that occurred when I was young did crush the inner child and individuality denying growth in a natural and potentially healthy way. There is also a sense of abandonment that came with not being part of the “grown-up” discussions on any aspect of events or situations that occurred in or to the household; therefore, it is concluded the abuse must somehow be typical. My GreenWave reasoning and logic sees this as a nature-disconnecting story we attach to.

I experienced internal turmoil with the belief that parents should be despised along with other people who were part of the mistreatment that was occurring to me over time; however, there was a part within that proved unable to do so. In what remained of my GreenWave integrity existed an appreciation and trust for people, understanding the GreenWave knows love to be an expression of its attraction essence. However, there also lived my inability to talk about love despite the experience that something about this constraint I perceived internally as not right. There was a sense that felt like the adults knew better and experiences that occurred were normal. There seemed to create a belief that friends must live in similar situations. This belief resulted in purposely choosing not to talk about any part of personal life to anyone, because of a debilitating fear of further assault or maybe it was also that I did not genuinely comprehend the reality of the world, something I was habitually told. Verbal attacks continued to occur until I was demoralized and this resulted in a sense that my youthful, innocent life meant nothing. There existed an inclination that if I could vanish from the world, no one would ever take note. The greater part of young life appeared surreal, and it was only through

connections made while being in nature that there was hope to recreate and restore inner well-being. Nature had become my new “non-existent loving home,” which later down the road, I came to understand my younger self-was accurate; nature was a safe harbor to escape from the continued demoralizing abuse (Appendix F: Teenage Years and into Early Adulthood).

I dependably trusted being a genuinely selfless individual, and many have felt and stated similar, with a claim that this resulted because of what transpired throughout a lifetime. Luckily, there was some part of me throughout life chose to disassociate with the implications of the labeling and ideology, and how I could validate having felt this way for as long as able to recollect, including being a person who is very sensitive to violence and suffering. With all that has occurred, it is challenging to fathom how one can still be sensible and care for another living being, yet in truth, there does exist a sense of empathy and compassion within my being that has resistance with regards to watching someone else endure suffering. Recognizing and respecting this sensitive side is of high significance as well as knowing this as part of my living nature, I refuse to ever envision myself being anything different because I sense if this susceptibleness is lost, then I would cease to exist. If I permitted this detachment, then I too would become detached from many others in society.

We each have varying GreenWave integrity, what we will and will not allow ourselves to experience or feel. This association with ourselves grants us permission to see the beauty in ourselves and the world around us. Our inner senses provide us with warning signals to ensure our survival or knowledge to resonate with distance. For me, this balance has often been elusive because of my altruistic perspective humanity can transcend its present state. In the event we showed devotion and mindfulness for others, this could conceivably change individuals and the

Web of Life. The truth is this will not happen for now because each person has a story that can be profoundly embedded, which results in the inability to achieve being any other way. The earth is a beautiful teacher, in that, detachment and duality of humanity and the division of human-nature relationships is creating a spiral of development where the Web of Life is threatened. Each human is essential to the processes of peace and solidarity. Because I invoke GreenWave-54 I remain altruistic that we will rise above the story world, one person at a time, and strengthen the Web of Life.

I think of the turmoil and healing of EcoArt Participants. Their journey is not immediately apparent. They frequently articulate the inner healing journey and fragments of their disconnection through their Eco-Art expressions. One thing that is extraordinary was the profound knowledge that GreenWave integrity, nature, "teaches and inspires us to be at the moment accepting ourselves for who we are and just being 'that.' " They exemplify a recognition of the significance of living in the now moment experiencing natural attractions and utilizing the senses to restore the inner self. Throughout their therapeutic process, they respond to the calling of nature calling them home, trusting its loving embrace.

From this experience, I wonder 'what if our body never mended.' The wounds, scratches, bruises and so forth we experience throughout life would be a visible reminder of the path we explore while enduring healing and abuse. What if our heart never healed as our body does? This examination led to a distinct consciousness that our heart can be wounded or feel injuries like our body does. Nevertheless, the heart, unlike our body, is more complicated to repair. We endure a range of emotions and psychological damage. This process needs time to reverse itself, and those who choose to do the healing, sooner or later, feel the scars in their heart healing.

Eco-Art Participant #1. (2014):

“I touch lightly on some of the high stress events I’ve experienced during the dark nights of my soul (Moore, 2004). I can mention a small few here; living in the shadow of a parent’s severe mental health issues, repeat miscarriages, single parenthood following divorce, posttraumatic stress and chronic pain from collision injury, emotional and verbal abuse, that being just the tip of the iceberg, (oh, the lives we have led).

These life events, and others, tend to illustrate a definite need for that balance, relaxation, and nurturing, Nature so graciously provided for me at an early age. Unfortunately, as I grew, was educated in our public-school system, and aligned with religious practice through familial influence, I lost touch with those basic lessons. I became lost in a confusing mash of disconnected, social experience that did not provide but glimpses of the soul affirming connection that was my early life experience and I yearned, unconsciously mourned, for that very thing. Looking for something that was so elusive, undocumented or basically undefined, I drifted from life event to life event without direction until a traumatic experience set me on a different road entirely.

Imagine my surprise when I realized Nature was just waiting to help me manage the overwhelming stress-load that is life in our society. This natural, organic, earth-friendly process had been documented, and was being taught in a way that made sense. Literally. Fifty-three senses, if fact, fifty-four if you count the self-evident sense of knowing these senses. [Applied] Ecopsychology and the Natural

Systems Thinking Process (NSTP), by Project Nature Connect, allowed me to find the key that unlocked a wealth of information for me, information readily available from the natural world. I was thrilled to be mentored through my learning process by someone who was also engaged in exploring what Nature had to say, documenting that conversation, and taking what was learned into our human-made society with an eye toward healing. Suddenly, memories of childhood experiences flooded back and I was swept up in a great desire to generate more of these profound and touching moments. My touchstones were back; and being acknowledged, they began to work their lessons into my conscious mind. This is healing, [this is therapy]. Using what I learned from this applied eco-psychology program, as well as my previous studies, I adapted my creativity workshops (2014), with focus on the benefits of nature connection when combine with art.”

Healing my Inner Child

"Unconditional love doesn't mean blind acceptance of abuse." -Lynn Melville

In my thirties, I started the journey of restoring my internal identity to support my GreenWave integrity of self-love. Rather than go through the horrifying impacts of standard therapy already experienced, this new therapy created an environment where one could unreservedly play similarly as a young child would. Talk therapy had already demonstrated that it was ineffective and could always dependably revolve around recollection of previous personal torment through discussion of unique, disruptive situations and alternative resolutions. This incomprehensible approach did not have the capacity to capture what was happening in life, at

the time, and instead attempted to discover, options that were impossible because it dealt with earlier incidents, not the current moment happening. This approach made it impossible to obtain any reasonable and lasting effectiveness to heal. It was unobtainable to viably work with a memory and try to visualize varying scenarios to replace facts that were fragmented pieces of memory.

For a little over five years, this play technique seemed to capture the essence of the purity once lost over the greater GreenWave part of life. Though this seemed child-like, it was not childish. This approach began to create a sense of delight in unadulterated play, creativity and the ability to capture the essence of the most injured aspects of self, and as an adult, the focus would be on resolving the uncertainties and abuse that had entwined into the person they had become. The accomplishments achieved would be everlasting, and the outcomes became cherished because they created a sense of self-love, and it also created a sense of belonging by being part of nature and being able to accept the life I believed was lost. Like the life of earth being disproportionately developed I tried to evolve attractive relationships

I shared this healing journey with someone I trusted wanted to be supportive and help nurture this healing. However, this person informed they no longer desired to encourage this journey, perhaps because of an ulterior motive that later became exposed, infidelity. This outcome once again began to open the process of untruths, doubt and eventually division from each other. Despite the fact of being abandoned I had noticed in this process my GreenWave integrity capability to heal and recuperate. I also captured something that could not be taken away. It was this inner innocence and natural purity, which remains to this day.

It became evident that to support my internal identity in adult life I had to understand one can get hurt, however, can still have beneficial feelings. This became apparent by and through nature encounters being experienced, which additionally supplemented what was learned. It is possible for individuals to die internally in the process of disconnection from their natural selves.

As we invoke GreenWave-54, nature's wisdom it asks us to embrace diversity, but not accept abuse. Some aspects of nature are vulnerable but not defenseless. When nature is exploited by humans, nature can be harmed or annihilated. This exploitation makes an enduring impact on the interconnection between living beings and can result in physical death. Since we are part of nature, we are without defenses and allowing our resistance to being taken over can lead to emotional or potential physical death.

I am always developing much like my GreenWave integrity balancing. For me, this is very much like a waterway that ebbs and flows etching out parts of the land making and remaking a new visual landscape. I have discovered my altruistic view of a world where humankind acts from a place of love is, at this time, an illusion. Subsequently, the duality of how I feel and how humanity, in general, is divided is a real situation that is part of the living world. I have learned through numerous sensory associations the need for protection and limits of my GreenWave integrity. The need for self-preservation is included in our sensory awareness. For instance, our GreenWave integrity is signaled to seek other attractions, when we feel something is not right in the pit of our stomach or we feel our heartache from someone's words or actions [Sense #26].

Family and Community

“True to my nature nature-loving bias, I have followed the call of the wild, the age-old trail through a scheduled wilderness, where a primitive human community can be found.” – (Jung, 1975)

Discovering quietness in community or family was, by all accounts, an outlandish undertaking for me. In childhood and the earlier years of adulthood, it is apparent that many GreenWave-54 human connections suffered disconnection. This interruption is rooted in not being able to understand why the love for people and nature seem absent in most individuals' sense of mindfulness. To this day, my parents clutch onto their feelings and disengagement as if their breath relies on it, giving way to the notion that if they were hanging over a bluff on the off chance that if they let go, they would fall into a chasm of an unfamiliar awareness.

The rehashed dialogue I heard and felt growing up was that nothing is unequivocal if you hurt me or in the off chance you do not, you merit my wrath; by my clenched hand, belt or being fiercely knocked around. As if the GreenWave did not exist there was also the assumption that family outside of my parents and siblings was defective and no amount of effort would correct this. It is expected the siblings, and the parental relationship should be protected based on the perceived belief that every other relationship is unimportant. To deal with these expectations, my siblings in each created their unique methods of coping with the stress of all that transpired in their life. In adulthood, without invoking GreenWave-54, their disconnections resulted in an "all or nothing relationship." This caused the relational association with parents and siblings, to this day, to remain severed with no hopes of reconciliation.

For me, a good description of connection with family outside of the immediate family unit would be that everything is up for the taking. Nothing is sacred; not family, not friendships, not sentiments or outwardly convictions. My parents demonstrated over and over again that this is about their individualism and selfishness first, a dualistic view, allowing them to feel privileged to act without respect on how this affects or influences others. With regards to the extended family, it is stated by my parents if they were insulted, hurt or restricted in any way, then all correspondences and relational associations with family members or friends were to be severed. There was no probability of compromise or absolution.

In the activity *Healing A Relationship* from the book *Eco-Art Therapy: Creating Moments that Let Earth Teach*, by Dr. Theresa Sweeney. EcoArt Participant #2 (2017) shares a series of images as well as thoughts about “healing a family relationship.”

EcoArt Participant #2 creates a dialogue between two pieces of artwork “one” and “two”. In this dialogue “One” is EcoArt Participant #2 and “Two” is their sister:

“Blood is thicker than water”

One- The sad reality was your job was to guide me and protect me. All you did was isolate me and hate me. I am not sure why you dislike me so much.

Two- I just do not like you. I know more than you and can do more than you.

One- We may be family but you treat me like an enemy.

Two- We live far away from each other and have lived apart since you were eighteen years old.

One- How do we fix our relationship, when we never talk? When we see each other it seems “fake”. Things happen and we never tell each other. We have no relationship.

Two- I organized a get together and I thought things were better

One- even though I appreciated the get together, I was clearly the odd person out. I was always the third wheel. I understand you have a closer relationship with the other but it does not make me feel like any one gives a shit about me. I am never included. I never know anything about what is going on. Family functions are strained. I have told you things before and feel like you have no interest in my life.

Two- I just don't like you. You are opinionated. You are embarrassing because you are overweight and ill all the time.

One- Do you think I choose to be overweight and ill?

Two- I think you use it for attention and an excuse.

One- I do not understand why you think that. I would much rather get attention for something else. And what attention? No one cares anyways. No one asks me how I am feeling. No one has sympathy. No one cares. So now I do not talk to the others about it. I literally suffer in silence.

Two- Well other than our blood we have nothing in common.

One- Blood is thicker than water.

Two- And yet water disappears and evaporates.

EcoArt Participant #2 shares their reflections of the dialogue and what they learned:

Reflection:

Self Representation- The growing plant inside the cut tree trunk.

Why? It was isolated, smothered, yet continued to grow.

Other person- The cut tree trunk. Why? Represented that the two were connected yet different. That the youngest part of nature needed the oldest part of nature.

What is the picture and title saying? "Hearts Regrowth" I feel it is telling me that despite hurt, my heart can grow and heal. That two will always be bonded and connected but not in the way I want. Its telling me that things will be ok and it "is what it is".

Ways of interaction: both need each other to survive, roots are connected in the earth like roots of a family tree, both see the sunlight at the same time, both breath the same air.

The trunk protects the grass/plant without knowing.

One surrounds the other. Isolating, smothering.

The one towers the other, yet the centre will continue to grow, while the trunk no longer will.

"Blood is Thicker than Water". The script inspires a much larger hurt. A hurt that is not understood.

However, it tells me that even though people are blood it does not make a guaranteed happy relationship. It does not mean they like the same things, have the same values, same morals and same opinions.

This activity helped me see that even though we are blood, it does not mean we think the same. It also gave me permission to not allow others to abuse me. They can accept me or not but abuse is not ok.

Gift- We are [siblings]. No matter what, having and being a [sibling] is special. We have children that are cousins and we promote a healthy bond between them.

I chose not to share this experience and the other person lives far away. I truly believe in discussing sensitive things in person. This is years of hurt and not something to talk about over the phone (I do not even have her phone number) or through [Facebook] message.

Sadly, I have been told to only talk to her through another family member, yet am not sure why or how things ended up like this.

[GreenWave-54] Head- thoughts of what could be, desire to have a friendly relationship, that I am important, I want to continue to be kind, empathetic and compassionate, to be understanding.

Heart- sadness, anxiety, anger, relief, content, loneliness,

Hand- being gentle on myself, meditating, self care, going for a nature walk, having a nice long bath, shedding some tears, breathing.

Eco-Art Participant #2 . is attracted to creating a third image entitled: Self Care Nature Walk, artwork entitled “Road Less Travelled” which reflects their GreenWave relationship with nature and connection with it for healing the pain they feel.

In my adulthood, I have come to acknowledge my parents were established in a mutually dependent relationship that continually would dominate their lives through expectations to satisfy only themselves and in the meantime, to remain compliant with my parent's unobtainable framework of convictions is impossible. In retrospection, it has taken years to return to a position of wholeness and independence. By invoking GreenWave-54 through reconnection with my fifty-four senses and sensations, while reconnecting with natural beings as a whole. I have found and appreciate the discovery of a lost part of myself that is formed with the support of nature, a surrogate family, and community. Companions often resemble sisters and brothers and have a genuine regard for all life, and internal identities can be uncovered without the slightest hesitation of anyone who will be harmed.

Sage Hillel states:

*“If I am not for myself, who will be for me? But if I am only for myself, who am I?
If not now, when?”* (The Torah (Jewish Bible))

I think about how it feels to reestablish a connection with support, feeling part of a family and community. I respond internally with a wish to resolve and actualize an alternate way in life, such as to choose differently, so my future family is not reduced by similar abuse. I trust one-day GreenWave truth will prevail and antagonism, toxicity, and dysfunction will dissolve

into the awareness of the present moment which holds the truth; be quiet and still and the restorative moment will be a great deal more powerful.

It has taken numerous GreenWave years to achieve a level of acknowledgment and comprehension of who and what I slowly would progress toward becoming. It is perceived that many the writings by Dr. Michael J. Cohen and actualizing this as an impetus for change. A couple of examples that did help inspire change was seeking permission from nature, and following natural attractions, the GreenWave-54 idea of gaining consent to participate rather than imposing myself was truly unknown yet a very welcomed ideology (

). Also, the concept of being able to sense and feel if permission is given without having or requiring that to be verbalized seemed inconceivable, that was until I was aware and validated

that it is not only but also possible it was truly identifiable. One sense, reason, came to my mind. If I can detect this, why it is, no one could sense my discomforts or seek consent from me before imposing on me as a youth.

The reality of permissions and consent seems obscured when life is not only dysfunctional but also seen from a self-serving, individual, and dualistic approach to life relative to unity. This perception of gaining consent not only advances genuine feelings, since it is beyond just the rationale as to why, but it can also be felt and brings a more personal and intimate, kind, and appreciation of connections forward in addition to a deeper respect to what is transpiring. Cohen also brings up a new way of discovering attractions and using “I love this because” and afterward using the attractions when identifying with self “I love myself because” (Appendix A: Revolutionary Wisdom

by Dr. **Michael J. Cohen (2017)**

Section One: Create Nature-Blending Moments

Because we are excessively disconnected from Nature's web-of-life and **injuriously** conquer it, in and around us, it is reasonable to learn how to reconnect with it by making authentic contact with it respectfully as we would another person or relationship. You may seek and enjoy the benefits from obtaining a natural area's permission to visit it through this metaphor:

Bob: What would happen if you walked past a complete stranger and into his house, opened his refrigerator door, took out his sandwich and ate it?

Eileen: He would be frightened, upset and angry. A fight might break out or the police called.

Bob: How could that disruption be avoided?

Eileen: You could first make a cordial connection with the stranger, thank him for listening, communicate your desire for food, seek and obtain his consent for you to enter the house and satisfy your hunger. A peaceful friendship might develop.

The following activity parallels the procedures used above in the metaphor about the sandwich. Follow the instructions below written in bold and consider the explanations offered.

1. Nature enables things to build balanced relationships through natural attraction energies. Notice how you feel right now, then go to something in nature, first (A) that attracts you, or second (B) that you choose because you find it attractive or interesting. A park, backyard, aquarium, even a pet or potted plant will do. Their attractiveness is a tangible sensory connection, some of our 54 natural senses being activated. It invites, welcomes and consciously, feelingly connects you to them. Just like thirst naturally attracts you to water, or contact with water may make you thirsty, you are biologically built to naturally connect with the Earth community through cohesive sensations, natural "webstring" attraction loves that can't tell stories but feel good. The more natural and attractive a natural area or thing is, the more worthwhile the results of this activity. A goldfish or a flower

may be better than a wilderness area if it is more attractive to you.

2. Thank the natural attraction that brings you to this area for being there for you.

Thank it for safely activating a good feeling in you through this attraction connection.

3. Recognize that as part of the life of Earth community, justifiably, as in your life, this natural area or thing desires and has a right to exist, build beneficial relationships and grow, just as you do. Decide that you are going to respect its integrity by asking for its permission to visit it.

4. Because our story way of life socializes to think and act in nature-disconnected or conquering ways, we are foreigners to the life of this area. We build relationships through stories, accurate or not, that it doesn't understand and that often hurt it.

Silently, aloud or in writing, respectfully ask this natural area for its consent for you be there and do this activity there. It will not give you permission to visit if you are going to injure, destroy or defame it, or if it will not be safe for you. Remember, in nature, negative relationships are not attractive. Promise this area that you will treat it honorably because you love your life (to survive) and it is Earth's life and vice versa.

5. Sense the area for 7 seconds or more in silence and respect. Be aware of negative

signals from stress, discouragement or danger from it, such as thorns, bees, poison plants, ticks, cliff faces or unpleasant memories, thoughts or feelings. If they appear, thank them for their attractive message to help you find more attractive ways to obtain good feeling and rewards safely.

[For Example: "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. But 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 didn't like it when she viewed it, but in time, perhaps through her dreams, she realized it was a subconscious reaction. The wood was same shade of blue as the walls of a room where, as a child, she had been molested. Ordinarily, during the 7 second waiting period in a natural area another attraction would have appeared for her if she could have seen the color of the stick."]

- a) When the 7 seconds are up, note if the area still feels attractive, or has become more attractive. If either, it has consented to your visit through a multitude of your natural senses. Proceed to number 6 below.

- b) If this part of the natural area no longer feels attractive, or is replaced by another attraction, thank it for its guidance and simply select another natural part of the area that feels attractive to you. Then repeat the gaining permission process. Do this until you find a 7 second period when a safe attraction feeling remains for a place, color, shape or other natural thing. When this occurs, you have 54 sense permission to visit it. In that safe

moment, many additional natural senses are happily connecting, consenting and blending to the point that they energize on to your screen so consciousness so you can experience them.

6. As soon as you gain a natural attraction's permission to visit, genuinely thank it for giving its consent. You might give it a gift it would like such as compost or exhale on a plant leaf there.

7. Now: Compare how you feel about being in this mutually supportive moment with how you felt when you first started doing this activity. Has any change occurred because you gained the life of this natural area's consent and thanked it for consenting? Does the area feel better or friendlier to you? Do you find it more attractive, ethical or rewarding now than before you received its consent and thanked it? Do you feel better about yourself, more supported by the life community? Do you feel less stressed?

Write down what occurred and if you obtained good feelings or rewards from doing this activity, what they were and whether you trust them. See if you can identify which of you 54 natural senses were involved. Share this information with people close to you or others who are doing the activity. If you find that thankfully gaining permission to visit the life of a natural area is rewarding, remember that whenever you want to feel rewarded and less stressed, you can repeat this activity.

Remember too, that the life of nature exists in people, it is our life and your sense can connect with its attractive 54 sense existence in any moment.

Thankfully asking permission and gaining consent to relate to the life of people's inner nature also provides rewards and helps build good social relationships. It is also satisfying if you thankfully request that people seek permission from you with respect to how they relate to the life of nature in you. Doing this activity may help them learn to relate that way.

Learn to trust the process and sensations in this consensus experience because they are safe, supportive, earth linked, sustainable, in balance, intelligent and they feel good. In them lies hope.

Appendix B: I Love My Other Body). This activity has had a profound impact on me since I came from a place of being unloved. Also, I better understand now the beauty that is all around us likewise is in us. Despite the story and beliefs believed as truths introduced during the greater part of the separated fragments that existed before the GreenWave-54 rediscovery of self, this new way to see and sense life has one absolute the continual experience of nature's unconditional love. Love that one can come back to and connect with repeatedly, something that was not always present in portions of my life, yet something always felt when connecting with natural beings, even as a child.

Reflections of Relationships

Due to the disengagement of up my upbringing, any future contact with a blood family is not achievable. I have concluded, from my numerous encounters, a family consists of individuals who look after and care for one another. As a result, I have a sensory, GreenWave, community, which is spiritual for me. Each led by sensory connections and not part of the dynamics of many societal families who have been torn apart or personal disconnections continually attack the family unit.

I have had a life filled with numerous relationships. Invoking the GreenWave has given me a sense of community, that is worldly. When I was born, I was given a family that raised me and oriented me to what they conclude life meant. As written in my cumulative years, I was ripped from my other body, Mother Earth (ME). Consequently, I lived part of my life dissatisfied, worried and made mistakes because I did not know how to interpret my natural senses.

In the latter GreenWave-54 part of my life, as I began to recognize I am sensory aliveness connected to the energies of other living beings. New relationships shifted from withdrawal to gradually finding others I had searched for during my life. I became disenchanted with what constituted a blood family most of my life because I, and others, were not connected to the wholeness of the GreenWave. When I started to find individuals, who are part of my spirit group, I found they were passionate and unique people who embodied a yearning to find a new foundation in their own lives. This new start not ever been all at once and in fact transpired over time as each expanded his or her connection with the GreenWave. Earlier set boundaries dissolved because we each exist in the same moment celebrating our uniqueness. Unlike past relationships where I was trying to resolve differences or survive continually.

An important discovery when first finding these individuals, and myself, was that we did not start the journey together whole. We would and continue to make mistakes, and we find ourselves in situations where we are disconnected. However, there always comes a time when we celebrate each other and yourself for your aliveness. At this moment we are returned home, everything we are or will exist in one moment that is shared. I am no longer a child, a sister, and so forth. I am a child of the GreenWave, the human-nature world.

Upon finding my human-nature family, my blood family became distanced from me because the freedom and whom I was becoming did not fit into the mold of what they expected from me. This distance gave me the ability to see more clearly the influence they had on my life and helped me to realize I can think and sense for myself. I was given this ability, when conceived, growing in the wound. Despite the pain I have endured, I am also grateful for all life has taught me and the attractions that continues to grow. I left the proverbial human nest and returned to my nest in nature. I have new foundations and a network of interconnected relationships. The GreenWave, as I came to embrace it, represented a bridge that helped me to fill in the gaps of the old life versus my new one.

When I connect with others in the GreenWave, some people are further ahead and some just beginning to learn. I have embraced this diversity with the understanding we were all beginners, at one point, learning to live, become aliveness. Like the GreenWave, each being within it represent helping others connect with their calling and supporting this. I more clearly understand geography does not matter as we are part of the Web of Life which transcends any physical boundaries. The GreenWave enables all of us to gain knowledge of obstacles and risks in our lives. Together we solve problems. Most importantly we can do this through ages of

experience because the senses and sensations that make up the GreenWave developed over billions of years. We seek community with others because this is our natural state.

I have taken the well-worn pathway of many before me. The GreenWave has allowed me to enter a wilderness experience where there are trails and at other times I am the trailblazer. I experience the wonder, and my consciousness expands with every sensory connection. I no longer rely on or need the old belief system I was taught. One might think in this wilderness everything is unknown and scary, but the reality is that this place is home. Moment to moment everything around you change and discoveries enter into your awareness replacing outdated beliefs forced on you by industrial society. The GreenWave supports knowledge and learning through unconditional love, a rediscovered sense found in the absence of the antiquated story world. The dreadful repetition of the past dissolved. What once was is no longer appealing. Only natural attractions exist. In this wilderness, I enjoy Serenity versus chaos. I find mystery and inspiration instead of drama and entertainment. I appreciate the meaningful connections. I continually sense an unmistakable orientation in my life, one that is familiar. I do not have to fear what is going to happen. I feel empowered, and I understand my fully my nature.

Awareness

I remember a coming home moment in which there is a Big Bang explosive awareness and a deeper understanding and connection to the Unified Field, which brought internal and external nature together in a moment-to-moment revelation filled with excitement and enjoyment. As a result, healing began. By invoking GreenWave-54, there were abundant reflections and split-second moments of time, where everything would come together and make perfect sense. This moment empowered me to start a pathway of transformation, beyond just the

internal healing. It is notable and reasonable through observing this change, along with others changes, in regards to the outcomes that occur the past can recover through moments spent in nature and embracing the moment-to-moment attractions. There comes a sense of realization when living in the "now" moment of time that there is no longer a need to contemplate the future because what matters is the experiences being sensed or felt at any given time with each nature connecting attraction. The past and future projections of time, then become irrelevant to whatever good feeling is observed in that current nature connecting sensory moment. I feel humbled yet also at the same time able to have the capacity to allow nature connections, and the inner loving light it provides, to come into and radiate through all the tiny fragments of the proverbial emotional wall of desensitization built throughout my life.

Healing Generated Through Interaction with Nature

Research has demonstrated that forests and other nature beings have positive results involving human health. When humans are in nature, especially if they are active or creative, they can enhance their mood, have deepened feelings of self, enhanced optimistic thinking, increased tranquility and develop harmony with the world around them (Berto, 2010; Kaplan, 1995; RB Hull, 1995; & US Forest Service Northern Research Station, 2015).

Individuals are less stressed when observing magnificent landscapes, which communicate with humans every blink, that there is something larger than ourselves. And it is not about just imagery, it is music, (sounds) too. There are unpleasant anthropogenic sounds such as traffic, clustered human voices and television, which can affect our health in adverse ways.

Positive sounds can provide a beneficial healing influence on humans and have a stimulating effect on the human body.

Recovery from daily demands, or periods of, is much quicker when you incorporate plants, trees, rocks, flowers, birds and breathe fresh air. In addition, nature has healing effects on blood pressure, enhances the immune system and can reduce Attention Deficit Hyperactivity Disorder (ADHD) symptoms in children. Studies concentrated on the link between flowers and stress, revealed that fragrant flora have the capability to minimize stress when individuals inhale their fragrance (Frances E. Kuo, 2004; Hahn, 2015).

The prevalence of psychological difficulties is frequently higher among people living in cities with little to no vegetation in contrast to those living near green areas. In 1865 Frederick Law Olmsted created Central Park in New York City. “It is a scientific fact,” he wrote, “that the occasional contemplation of natural scenes of an impressive character is favorable to the health and vigor of men and especially to the health and vigor of their intellect.”

Olmsted was exaggerating; his claim was based less on science than on intuition #44. But it was an intuition with a long history. It went back at least to Cyrus the Great, who some 2,500 years ago built gardens for relaxation in the busy capital of Persia. Paracelsus, the 16th-century German-Swiss physician, gave voice to that same intuition when he wrote, “The art of healing comes from nature, not from the physician.” In 1798, sitting on the banks of the River Wye, William Wordsworth marveled at how “an eye made quiet by the power / of harmony” offered relief from “the fever of the world.” American writers such as Ralph Waldo Emerson and John Muir inherited that outlook. Along with Olmsted, they built the spiritual and emotional case

for creating the world's first national parks by claiming that nature had healing powers (Williams, 2016).

Natural soundscapes can provide therapeutic benefits independent of those produced by visual stimuli. This evidence suggests potential research avenues for examining the impact of soundscapes on cognition, stress, behavior, and a range of other health-related and well-being-related processes and outcomes (Benfield JA, 2014).

It is systematically demonstrated that nature sounds are positive sounds, even in medicine, there is therapies based on sounds. Sounds of the sea, the shrieking sound of seagulls and waves crashing against rocks have a favorable result with people and it is recommended for relieving tension. In the life of present day humans, living in the city with considerable transportation and manufacturing, various noises that affect the hearing. Also, extended exposure to noise noticeably distresses organs such as the liver and heart. This can be corrected by lessening the stimulus of negative noise and increase the quantity of time spent outdoors in nature. Unfortunately, not everybody can devote a lot of time to being in the forest or at the sea, consequently their sensory connection with the sounds and attractions of nature is lessened.

Sounds of nature on our body have a powerful curative effect, eliminating stress, calming the nervous system and eliminating tension within the body. Sounds of nature subconsciously affect the brain, causing a feeling of peace, joy, and happiness. These natural sounds and quiet music can reduce the impact of depression by twenty to twenty-five percent (Blackwell Publishing Ltd., 2006).

The Voice of Nature

Invoking GreenWave-54 helps us experience that Nature communicates with us, we only need to be receptive, to rejuvenate our senses with its restorative sounds. Crashing of waves, birds singing in the forest, whistling wind, a thunderstorm, a gentle rain shower, or the rustling of leaves is some of the rhythms created in nature. Once assimilated, their fifty-four sense resonance transfers harmony into our body and soul. The voice of nature is therapeutic; we can integrate this voice to become tranquil, restored. Wherever our vacation, or retreat to for leisure, in a cottage by the sea or in a mountain village, we should bond to the environment, to benefit from the therapeutic power of nature sounds, an unsurpassed remedy for stress accumulated over time.

A stroll in the woods, for example, is something we can participate in to recuperate our strength. The magic of nature has a substantial influence if we recognize how to listen to nature's expression. Now and then it is embracing the cheeping of birds or the depth of soothing water, if we consent to be encircled by sounds from everything, perceive them with all our presence. There is no unique technique to receive these feelings, simply relax, perhaps close your eyes and consent to hearing the voice of nature speak. This is healing with the voice of nature.

Shifting Paradigms

"If you keep doing what you've always done, you'll keep getting what you've always got."

-Henry Ford

"By being specially adapted to acquire a particular kind of information, most structures are tied to a very narrow, rigid programme, their inbuilt computing mechanisms containing

'hypotheses' to which they blindly adhere. If circumstances arise that were not 'foreseen' by the adaptive process that produced them, a structure may transmit false information which it cannot be taught to correct.' (Konrad Lorenz, Behind the Mirror, 1973)

The journey to reverse the abuses suffered over my lifetime has been tedious and gradual. When thinking about my first time taking a course with Project NatureConnect the experience is remembered as a step into the language world and recognition of the natural senses being foreign to me somehow. Early course reflections demonstrate entering depths of the language world agreeing, in detail, with what is written in the book Web of Life Imperative, by Dr. Michael Cohen. It was not conceivable at that time how healing could be as simple as connecting with nature and remembering one's roots in nature. By participating in the coursework, I found others who had suffered similar abuses, some worse. The one commonality was we are part of the Web of Life, Webstrings connected across the world. All unique living beings born from nature.

The fundamental shift for me came when appreciating a nature connecting moment when alertness of what humanity needs is not a change in environmental awareness but a fundamental shift in the underlying understanding of senses and sensations. A vital part of my change was asking myself what is most significant in my life. I quickly affirm even flowers sense where the sun is, through a sense of heliotropism, light, direction and so forth. Further maintaining it is not adequate for humans, through logic and language alone, to simply categorize the sun's location in the sky or the time when it sets and rises.

Dr. Michael J. Cohen expresses how we thrive and part of the natural living system we are born from. Also, he discusses how our fifty-four scientifically identified senses propel us into a new connection with self and the Web of Life. When we omit this, we are disconnecting from

our personal knowledge creating turmoil that cannot rebalance on its own because we do not utilize or recognize the fifty-four senses and instead rely on what we are indoctrinated to believe.

“The world is troubled because we do not live out the Whole Life ways of relating that we biologically inherit from the life of Earth, our living planet, as it thrives as part of the life of the Universe.

Because our modern Industrial ways are objective/material they omit using the "subjective" 85 percent of our 54-natural unifying and restorative senses that we share with the life of our Planet. This omission unbalances and stresses the biodiversity of the world including us. The loss makes us want excessively; we feel we never have enough. This unbalances us and places us at risk.

Sadly, as we survive in our Society using our nature-disconnected intelligence, we secretly learn to violate Earth, each other and ourselves. This is the source of most of our disorders, from excessive stress to climate change. By applying a simple equation, you can remove it from your life and relationships and help others do the same” (Cohen, The GreenWave Unified Field Equation: Your Love of Whole Life in Action).

“Since 2012 AD evidence increasingly has shown that our lives, society, civilization and all other things are functions of the 13.8 billion years old, attraction-founded (Higgs Boson et al), life of the Big Bang Universe that we also call Nature. The life of Earth and ourselves live in it. They are part of its

intelligent, balanced perfection just as it is part of us. This is a naturally attractive, pro-life, fiduciary relationship.

In our solar system and without using our story-making ability, over the eons the dance of Nature's aliveness has been attracted to create and grow the attractive self-correcting perfection of its own time, space and relationships moment-by-moment including this moment. The past and future are only stories and sensations in the present.

Since humanity with its *senses and its stories* only "recently" appeared (*some 200 thousand years ago*), in any given moment all things in the life of Planet Earth, including us, have continued to hold in common the attractive unifying space, time, life and wisdom of the Universe and its eons. This, today, includes our unique science, technologies and ability to relate through stories.

The life of Earth today also includes how our 54 natural attraction senses can register and build balanced and beautiful relationships without our stories. This is pivotal because what any of our 53 senses find attractive in nature is story-less nature within us doing and registering the finding" (Cohen, *The Science of our Space/Time Universe*).

What might be a redundant or simple question to many became something that I feel surpasses consumer trends, societal beliefs. Consumerism only touches the surface of the problem and that we must look elsewhere, explore deep into understanding the world does not operate like we have been taught to accept. A shift in cognizance requires every human to self-

correct their behavior and human-nature relationships. I find it humorous how as a human species we first utilized sticks and stones to create, and now it is a culture saying “stick and stones may break my bones, but words won’t hurt me” to justify pain that is inflicted on us.

GreenWave-54: The Story World and Awakening Consciousness

“Einstein did not work on the development of the atomic bomb, but his discovery of the equivalence of mass and energy made it possible.” (Time Magazine, 2017)

“Give up worrying about the past. Give up dreaming of the future. The past no longer exists. The future has not been born. But deeply observe the present moment, just as it is, and you shall attain the peace and unity of the ancient masters.” –Buddha, Bheda Karata Sutta

By invoking GreenWave-54, the inner knowing of our essence in nature as comprising of part of the entire universe empowers us to delve deeper into a connection with everything in and around us. It is common for individuals to prefer to look outward for balance, thus befriending dependency on the story world. Therefore, a duality separates us and our inner nature.

Language and the story world can be used to benefit us if we utilize GreenWave knowledge and encounters, creating GreenWave thought and reasoning. This process guides us toward freedom rather than entrapment of dominating and repeated attacks by the story world around us. The language of the story world is one of distress and an instrument of authority. Our leaders and industrial resolutions weaken and eliminate the pure expression of the GreenWave relationship by detaching us from our natural selves.

My established GreenWave integrity enables me to support myself and others, as seen by the benefits exemplified below.

The GreenWave awakens our consciousness. It dances in and around us, free of language. The GreenWave is performing, and its design is expressing the relationship potential for all life in the universe. The urge to evolve our consciousness derives from the feeling of being less than the whole or rather being separated from the whole. When we detach from the whole of life, our consciousness became wounded and fragmented into boxes of memories and stories. It is not reasonable to continue exposing ourselves to this attack on our inner being.

Many individuals continue to suffer from a sense of danger, uncertainty, and inadequacy due to separation from our consciousness. In fact, if we can loosen the grasp the story world has on us we are permitting our source in the GreenWave to ebb and flow, resulting in being loved unconditionally. When we reconnect to our sensory knowing, we connect to our origins, and we become an integral part of the universe, the Web of Life.

The story world is attached to organizations and unreliable beliefs, not individuals. The GreenWave is attracted to its essence, encompassing all life, including humans. As part of this collective, there is an undeniable method transpiring which produces a function to advance us to our deepest selves. This process enables us to be a free society of people connected to wholeness. Thus, we form wholeness and the cascading value within the universe. If there is any expectation of humanity surviving its predicament must reverse its current state of consciousness and join the harmony of the GreenWave. The GreenWave is a scientific system and at the same time a guardian that lovingly embraces each of us. The Greenwave is balanced and has proven its criteria, adapts to variables, monitors effects, and assesses the outcome in the

laboratory of time and space at any given moment. It is inconceivable for the GreenWave to hurt us, in fact, the GreenWave has provided us with an assortment of senses and sensations that signal pain or discomfort.

Human experimentation, throughout history, has not ever proven this equal strength or developed experiments and results that do not injure life. The GreenWave has given us a map, our fifty-four senses, and sensations, to help us transform and navigate its essence and our own. The GreenWave unifies consciousness without suppressing our diversity. As a result, it can be said the GreenWave-54 is propelling us toward being all forms and dimensions found within the universe should we understand and connect with its infinite wisdom.

GreenWave-54: Being Love

“This first moment of rebirth will not exhibit itself as a burst of tears, as it does when we transit alone, as individual entities, from unconsciousness to consciousness, but conversely, as a collective burst of laughter, once we have finally entered the supramental stage of our development as a new species aware of itself.” (Homo novus, André Gaudreault, 2000)

I have shared a great deal to this point, and there is much more that could be written. The parts of my life I have shared through the dialogue was formed by my parents, peers, society and individual decisions. The expectations of others have proven to be determinantal to the sense of self to the point of accumulating fear and diminishing expectations. To survive, I shared what transpired because of gradually accepting the disconnection of the story world. As a consequence of these encounters, I was cultured to perceive love as an unpredictable feeling and

sensed a tremendous amount of torment because of being disconnected from my internal guidance.

When thinking about returning to love, I believe in nature's unconditional love. I concluded misery was part of life because of duality and within this duality a perception that needs wants, expectations and desires are of tremendous importance. I feel to see ourselves we must be separate from the expectations put on as humans. Instead, it is sensed from empirical self-evidence in life and nature; a state of being-ness and the language world cannot exist in the same space. When harmonizing to the self, I feel this means producing a distinction between I am this or not this, duality. Whereas, being-ness is a nonduality, a state of consciousness of self at any given moment.

There is a pivotal moment in time when I invoke the GreenWave and enter a state of awareness unoccupied of words and language. In this state, there is no give and take and no need to gratify any outward expectations. I define this point in time as a completeness of self while in connection with nature I am sharing something simple, a state of presence. I feel captivated by something larger than myself, yet feel this connection is not purely something superficial. Instead, I sense this occurrence is indeed a unique capability which permits me to remember my prior detachments from the state of identifying all I truly am and ever was is unconditional love. I can reproduce this experience at any time I am also in the GreenWave connecting with all my senses at once. Sometimes this is a continuum where I go from one attraction to another. At other times, there is no distinction everything becomes one, and this is the moment in which I am in full contact with the GreenWave.

Unconditional love has been elusive all these years because I was not permitted to live in a space free of human language and pain. I am not saying that every relationship is a form of unconditional love because nature negative is part of our inherent survival instincts that serve to make us find more beautiful attractions if we feel and listen to what they are saying to us.

Unconditional love is invisible, where the human self is absorbed into the immediate now moment where the fifty-four senses and sensations embrace us in space and time. In this space and time, I once pondered what time means because minutes, seconds, and hours disappear. The merging of space-time creates a new mutually beneficial continuum. When we enter the GreenWave-54, we are in a free-fall, natural surrender. Boundaries do not exist, matter creates new space through expansion [attractions], moment by moment.

I came to discover time stands still. Every sense is an experience felt in the immediate moment where the past and future do not exist. The GreenWave Unified Field is experienced as a continuum of felt senses entering our being from their ancient origins brought into the moment. I am in a moment of safety and unconditional love with a GreenWave protection field that does not allow harm to come to me. This lasts up to and until I disconnect with its integrity, wholeness, for whatever reason.

Once we connect with the GreenWave, we begin our journey to healing, forgiveness and at last come to a place of peace. Forgiving myself as well as recognizing the long culmination of family history is the second step in not becoming another weakened soul walking the earth disconnecting and causing disconnection.

I have become acutely aware of healing not only from human disconnection but human-nature disconnection. As a result, I have been able to heal a bigger portion of my life. The need to continue a story of anger and pain no longer lingers. By invoking GreenWave-54 the need to keep family secrets or conform to society no longer exists. The harm is gone, and it is in the past. The need and subsequent anger to hold people accountable for their actions diminishes. Freeing myself from the idea that justice was unobtainable makes me reflect on the need to free myself rather than seek justice. As a result, I sense a freedom to access the GreenWave Unified Field of unconditional love with the purity of my unconditional love with no limitations of any outside influence or misguided stories. A meaningful choice to love and be loved, to have independence and let the GreenWave Unified Field self-correct injustice, so there is self-worth.

GreenWave-54: Human Mind

“Love in all its subtleties is nothing more, and nothing less, than the more or less direct trace marked on the heart of the element by the psychical convergence of the universe upon itself. This, if I am not mistaken, is the ray of light which will help us see more clearly around us” -Teilhard de Chardin

Most people are unaware of the existence of the mind and how it operates. Western psychologists have studied and learned, however, something about this challenging subject.

Modern medicine says that afferent nerves bring sensations from the periphery or extremities spine; then those feelings pass through an area under the back of the head. From here they pass in front upper brain convolutions, implied intellect or mind. The mind feels those

sensations and afferent nerves send impulses to various mechanical extremities of the body: hands, feet, etc.

Without invoking GreenWave-54 to give a definition of mental health and spiritual level is a task quite difficult because we should identify the most important mental and spiritual qualities, which, if disturbed, can seriously affect the mental balance. It would reinforce mental health if GreenWave-54 became a gestalt to identify the core of the problems it addresses.

Spiritual Serenity may be severely affected by egocentrism-tending to report everything to ourselves, selfishness and ignorance. One could easily notice that a person can be very egocentric are upset when I questioned authority, knowledge or accomplishments. A modest man with the same achievements will hardly react to unjust criticism of others and will see the positive criticism and will work accordingly correct.

Similarly, avarice may become the heart of mental disorders. It is also a fact that a certain person concerned with his ego cannot observe targets, nor a glimpse of the truth. Always he thinks he knows everything, and his knowledge is better than the others.

It is strange though that mental health is only be achieved through conscious efforts of the individual, while the health condition of the body is innate. The imbalance that we feel mentally, spiritually is probably the most complicated and exciting problem that one must deal with. No one is spared, there are various diverse degrees of manifestation.

Nature is the only place in which human can forget about wealth, where he can be free from his selfishness. The philosopher Ralph Waldo Emerson (1803-1882) wrote that nature is

perceived both as a union with God and as an imperfect sphere where it should "transcend." At that time, he was viewed as a non-conforming person.

In his book *Walden: Or Life in the Woods* Henry David Thoreau reconstructs his return to earth, which lasted just over two years. Among other things, he states:

I went to the woods because I wished to live deliberately, to front only the essential facts of life, and see if I could not learn what it had to teach, and not, when I came to die, discover that I had not lived. I did not wish to live what was not life, living is so dear; nor did I wish to practice resignation, unless it was quite necessary. I wanted to live deep and suck out all the marrow of life, to live so sturdily and Spartan-like as to put to rout all that was not life, to cut a broad swath and shave close, to drive life into a corner, and reduce it to its lowest terms, and, if it proved to be mean, why then to get the whole and genuine meanness of it, and publish its meanness to the world; or if it were sublime, to know it by experience, and be able to give a true account of it in my next excursion (Thoreau, 1854, p. 68-69).

Unified Field Energy

Space-time does not evolve, it simply exists.” -Author Unknown

"The views of space and time which I wish to lay before you have sprung from the soil of experimental physics, and therein lies their strength. They are radical. henceforth, space by itself, and time by itself, are doomed to fade away into mere shadows, and only a kind of union of the two will preserve an independent reality." – Albert Einstein

In GreenWave-54 science, we all originated from the same source of unconditional love that is found in nature. Being in nature and enjoying its beauty and peacefulness is not the same

as connecting with the GreenWave Unified Field. The GreenWave-54 Unified field is an omniscient sensory field that connects every living being. The GreenWave Unified Field is a safe place where we are loved unconditionally. This Unified Field cannot be infiltrated by any external source, unless and until we disengage from our fifty-four senses.

The GreenWave Unified Field is experienced in a diversity of forms depending on attractions moment to moment. The Unified field is inspiring, nourishing, orgasmic and so pleasing our senses are attracted to returning to it. In fact, our senses urge us to connect with it in a variety of ways throughout our daily lives and doing so increases happiness. However, most people do not know what these feelings are they sense, or they simply ignore them only to replace them with a story of needing to do this or that.

Our transcendence into wholeness begins with the connection to our wholeness and how unique we each are. The GreenWave Unified Field demonstrates to us that we are free spirits, energy, manifesting moment by moment through attractions. We each are intrinsically given the capacity to perceive and connect with who we genuinely are, our higher self. We are all living beings connected to all other living beings on this planet and throughout the cosmos. We do not just see stars or the moon we are part of the stars and moon. We each are in the GreenWave moment we are creators dancing through natural attractions to the rhythm of our soul and hearts. We are alive, and we identify with this because we are experiencing every natural attraction that is part of us.

GreenWave as an Orgasm

“At this late date, the reason the scientific process still cannot distinguish between life and death is because the essence of everything is alive, all things are attracted to live and love to stay alive in our living Planet and Universe. The aliveness of the Big Bang can be seen as a cosmic orgasm that gave birth to the life of our Universe and continues to do so moment-by-moment. No surprise that human life does the same.” - Dr. Michael J. Cohen

In GreenWave-54 orgasms and sex is a universal human language. Most, if not all living beings, are aware of sexual arousal, ecstasy, procreation, and orgasms [sense #28]. In humans, orgasms are often limited to outward pulsations, feelings generated from the genitals. This natural phenomenon should not be minimized as it can create a new life in the form of a baby. Masturbation, on the other hand, is one example where we stimulate our sexual organs, and the sexual energy transfers out of the body into space where its energy disappears. What is omitted from this functioning is the life of the GreenWave. In the Greenwave-54 the Big Bang is the orgasm that produced the life of our Universe, and as holograms of it we explore orgasmic energy [attractions] which satisfy us moment to moment. We may direct this energy to any part of our body to pleasure senses without the need to include sexual organs. Accordingly, an internal orgasm transpires, multiple whole-body orgasms moment to moment. This is the wisdom of the body (Cannon, 1932). Orgasm of the senses is part of the essence of the GreenWave when in full communication with it, unaccompanied or by joining with someone else.

“To start to be, the life of natural attraction was first wordlessly conscious that it was attracted to be, especially when it became aware that it could 'not be.'”

Because the life of this silent attraction was attractive, its life became conscious that it loved to survive by becoming more attractive. It began to be so and it became the 'be'-ginning of beingness.

This was so attractive that it continually strengthened itself by attractively repeating this process.... practice made perfect.

Attractive parts of the process became conscious that they were attracted to matter, to manifest themselves as the life of energies, particles, matter, materials, time and space.

The attractive parts became conscious of this 'attraction to matter' that they held in common. These parts unified and strengthened to orgasm into the birth of the Big Bang and its unified attraction field(s). This enabled them [as a whole] to attach to each other in diverse material, sensory and energy ways and attractively matter with greater strength, stability and attractiveness.

Moment after moment they were attracted into the unified and unifying aliveness of energies, waves, particles, atoms, materials, senses and relationships that continue today in unadulterated 'wild' natural areas where everything is an attractive, organic 'hologram' of the life of the Universe. Nothing there is repulsive, dead or left out as garbage; things don't get wasted" (

).

An orgasm establishes what we know as sex or making love in human terminology. When individuals love each other, the attractive feelings heighten because their responses connect each other in the now moment. An orgasm in the physical sense may last for seconds or minutes. Whereas, the intimacy in the Greenwave and the resulting orgasm encountered in the Unified field is a continual whole body, mind and soul wisdom. This encounter is undeniable; there is no time boundary, the whole experience is orgasmic as you satisfy your natural senses and sensations.

As we advance our GreenWave connection and origins in the orgasmic process, we release what we feel into an energy field that flows in and throughout us. This energy field is in us, around us and part of the entire universe. Partners emerge into a GreenWave orgasm with each other's bodies and exchange sensory connections in the Unified Field, a space absent of limitations or stories. This process creates lasting bonds. As a result, the effectiveness of the

human-nature connection in the universal field of energy expands the human-nature relationship. The two combines into one, engaging all the senses, moment by moment. The human and GreenWave orgasm merges and arouses a multitude of senses at any given moment generating sensory feelings of protection, unconditional love, and healing. As Wilhelm Reich noted “The pleasure of living and the pleasure of the orgasm are identical. Extreme orgasm anxiety forms the basis of the general fear of life” (Reich, 1927). We join our soul with love, connecting all that is.

Final Thoughts

“The great philosophical triumph of any Unified field is implicit in the first word of its title. It will carry to logical fulfillment the long course of science towards the unification of man’s concepts of the physical world.

For from its august perspective, the entire universe would appear as one elemental field in which each atom, each flying electron, each star, each wandering comet and slow-wheeling galaxy is seen to be but a ripple or tumescence in the underlying space-time unity. And so a profound simplicity would supplant the surface complexity of nature. Thus all man’s perceptions of the world and all his abstract intuitions of reality would merge finally into one, and the deep underlying unity of the universe would be laid bare.” - Author Unknown

Throughout this dissertation, the author is offering examples of disconnection and healing through the GreenWave. The hope is it will inspire us to remember what is authentic within ourselves.

The broader picture of humanity, governed by love, pleasure, wisdom, despair, and ignorance in encompasses infinite configurations. We must remind ourselves that even though

our life experiences take on many forms, we can better hold space for the transformation we seek to maintain ourselves in the present moment of knowing in the GreenWave.

At this second, each of our inherited fifty-four senses and sensations is guiding us to connect with the Unified Field [of love]. We never leave this field. Instead, the story world takes us out of this moment of sensory reception of our attractions. The GreenWave Unified Field is the breath you are taking right now; it is the truth of our deepest existence. What you recognize here and now is a connection with some form of natural attraction.

Connection with the Greenwave Unified Field takes experience and is a constant series of steps toward reconnection. The bond guides us to develop the way we perceive, reason and behave. The Greenwave can reconstruct the environment of our personal lives and the world we live. Our feelings, heart, and body are continually ordering erudition and activity. Our healing is conceivable if we depart from the story world that has damaged our life with duality. In the GreenWave Unified field, we attain insight into our inner selves, emotions, decisions, responses, and expressions. We perceive from our consciousness and experience to reconnect with our origin in nature, to live by and through love. By existing as one with the unity of nature's love, we are giving and accepting the greatest reward of the GreenWave-54. As we call our consciousness and being-ness into the Unified Field of Love, we breathe in forgiveness and healing. We sense the truth of our essence, in the here and now.

In conclusion, I believe I have accomplished the goals of my original PhD Proposal as provided below:

PhD Proposal by Stacey S. Mallory, M.S.

Over the last ten years, since 2007, I have converted my life into a project of mentoring and facilitating Applied Ecopsychology courses that include Eco-Art Therapy courses for the past three years. During this period, I researched and learned as a student in both disciplines and earned a Master's degree as I updated my experience and education, as needed, to increase personal and professional understanding. The more than thirty thousand documented hours I learned from were devoted to volunteering for essential diverse roles and responsibilities in the operation of Project NatureConnect's degree program and its paramount contribution to personal, social and environmental well-being. I averaged 60 hours per week in work on this project to further its goals, welfare and personnel well-being.

I am a perpetual student because of each day [or moment] I spend in nature. Continuously discovering alongside other individuals is a self-evident existence which validates empirical scientific facts experienced in natural areas. Every part of what I have encountered or observed over these years is a continuum of unlimited learning opportunities. I and others recognize that the exceptional amount of time I have allocated to researching, understanding and volunteering have become more than a field of study to perfect; rather it became how I advanced my self-actualization.

I propose to write a dissertation that affirms my efforts and expertise in Organic Psychology and Eco-Art Therapy and obtain a Ph.D. that will strengthen the value and impact of my Organic Psychology work at PNC to increase personal, social and environmental well-being.

For this dissertation, I will create an autobiography as a capstone experience for my study. It will be a contemplative exposition that boldly and uniquely describes critical parts of my life experiences and at the same time satisfy the degree requirements. My autobiography will expand

on established scholarly prerequisites and explain the influence that my academic proficiency (general education requirements and electives) have had on my personal and professional life.

Since my autobiography is pertinent to my personal encounters, there is no prior written literature composed from my experiences aside from my journals and Project NatureConnect Coursework. I will provide examples of written work of other's experiences with the GreenWave Organic Psychology that validate the contribution I am making in this discipline.

I contend that a formal literature review is not required to be part of my autobiography. The American Psychological Association's (APA) practices, the largest scientific and professional organization of psychologists in the United States, disregard the complexities of the aliveness of the GreenWave and our innate fifty-four senses and sensations. As of this date, they, including Art Therapists, deny the value of its existence. The current 117,500 individuals who represent the APA neither engage in nor understand GreenWave-54. Until a time when they accept and practice the art of this science, they cannot realistically contribute to my personal experiences or the significance of GreenWave-54 and Eco-Art Therapy if I do not validate it with my autobiography.

In this dissertation, I will convey my transformational life as I share the process of learning and evolving in the GreenWave with my students and the world. I will document with researched evidence that my life story is not uncommon. It is and provides optimism for millions of others displaced by the destructive, side-effect depths of our socialized beliefs and stories that hold them hostage and deprived of present moment wellness and feeling enjoyment. It humanizes and actualizes the advanced scientific contributions made by Albert Einstein.

Throughout my years of mentoring and facilitating Project NatureConnect courses, I could not help but gravitate toward the success accomplished through GreenWave-54. My dissertation will document how reconnecting with our fifty-four senses because of connection with nature can generate a unique inner transformation, a profoundly observed healing of the soul and relationship development.

The dissertation I propose will accomplish the goals I describe above because the following fifteen-point scientific facts qualify me, in any moment, to register and participate in the authenticity that ¹⁾self-evidence from our inherent natural wisdom is irrefutable because it begins directly in our body, mind and spirit. There are ²⁾fifty-four natural attraction senses that ³⁾our sense of consciousness can accurately register and communicate through our senses of reason and language. ⁴⁾In a natural area, the moment by moment ⁵⁾attraction energy of the Unified Field holds the ⁶⁾non-verbal, living attraction core of all things together in ⁷⁾intelligent and homeostatic equilibrium, ⁸⁾from sub-atoms to the life of Earth's Web-of-Life attraction to circling the life of the sun without producing garbage. ⁹⁾Reasonably engaging in purifying GreenWave-54 moments and their past and future attachments ¹⁰⁾deactivates the catastrophic effects of my extreme childhood abuse and lets ¹¹⁾the revolutionary wisdom in GreenWave-54 experiences help me produce a safe, 54-sense, life platform that guides me into renewed, whole-life moments of ¹²⁾rational and un-warped relationship evolution. ¹³⁾This stabilizing sanity and

satisfaction happiness motivates me to thrive by living and teaching GreenWave-54 using my form of ¹⁴⁾Eco-Art Therapy that I learned from its pioneer, Theresa Sweeney, Ph.D., in addition to Applied Ecopsychology and Natural Attraction Ecology from Dr. Michael J. Cohen, Ed.D., Ph.D. ¹⁵⁾The validation and defense of GreenWave-54 is available in the books “*With Justice for All*” and “*Revolutionary Wisdom*” by Michael J. Cohen, Ed.D., Ph.D. [And online at <http://www.ecopsych.com/journalaliveness.html>]

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Appendix A: Revolutionary Wisdom**by Dr. Michael J. Cohen (2017)**

Section One: Create Nature-Blending Moments

Because we are excessively disconnected from Nature's web-of-life and **injuriously** conquer it, in and around us, it is reasonable to learn how to reconnect with it by making authentic contact with it respectfully as we would another person or relationship. You may seek and enjoy the benefits from obtaining a natural area's permission to visit it through this metaphor:

Bob: What would happen if you walked past a complete stranger and into his house, opened his refrigerator door, took out his sandwich and ate it?

Eileen: He would be frightened, upset and angry. A fight might break out or the police called.

Bob: How could that disruption be avoided?

Eileen: You could first make a cordial connection with the stranger, thank him for listening, communicate your desire for food, seek and obtain his consent for you to enter the house and satisfy your hunger. A peaceful friendship might develop.

The following activity parallels the procedures used above in the metaphor about the sandwich. Follow the instructions below written in bold and consider the explanations offered.

2. Nature enables things to build balanced relationships through natural attraction energies. Notice how you feel right now, then go to something in nature, first (A) that attracts you, or second (B) that you choose because you find it attractive or interesting. A park, backyard, aquarium, even a pet or potted plant will do. Their attractiveness is a tangible sensory connection, some of our 54 natural senses being activated. It invites, welcomes and consciously, feelingly connects you to them. Just like thirst naturally attracts you to water, or contact with water may make you thirsty, you are biologically built to naturally connect with the Earth community through cohesive sensations, natural "webstring" attraction loves that can't tell stories but feel good. The more natural and attractive a natural area or thing is, the more worthwhile the results of this activity. A goldfish or a flower may be better than a wilderness area if it is more attractive to you.

2. Thank the natural attraction that brings you to this area for being there for you. Thank it for safely activating a good feeling in you through this attraction connection.

3. Recognize that as part of the life of Earth community, justifiably, as in your life, this natural area or thing desires and has a right to exist, build beneficial relationships and grow, just as you do. Decide that you are going to respect its integrity by asking for its permission to visit it.

4. Because our story way of life socializes to think and act in nature-disconnected

or conquering ways, we are foreigners to the life of this area. We build relationships through stories, accurate or not, that it doesn't understand and that often hurt it.

Silently, aloud or in writing, respectfully ask this natural area for its consent for you be there and do this activity there. It will not give you permission to visit if you are going to injure, destroy or defame it, or if it will not be safe for you. Remember, in nature, negative relationships are not attractive. Promise this area that you will treat it honorably because you love your life (to survive) and it is Earth's life and vice versa.

5. Sense the area for 7 seconds or more in silence and respect. Be aware of negative signals from stress, discouragement or danger from it, such as thorns, bees, poison plants, ticks, cliff faces or unpleasant memories, thoughts or feelings. If they appear, thank them for their attractive message to help you find more attractive ways to obtain good feeling and rewards safely.

[For Example: "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. But 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 didn't like it when she viewed it, but in time, perhaps through her dreams, she realized it was a subconscious reaction. The wood was same shade of blue as the walls of a room where, as a child, she had been molested. Ordinarily, during the 7 second

waiting period in a natural area another attraction would have appeared for her if she could have seen the color of the stick."]

- c) When the 7 seconds are up, note if the area still feels attractive, or has become more attractive. If either, it has consented to your visit through a multitude of your natural senses. Proceed to number 6 below.

- d) If this part of the natural area no longer feels attractive, or is replaced by another attraction, thank it for its guidance and simply select another natural part of the area that feels attractive to you. Then repeat the gaining permission process. Do this until you find a 7 second period when a safe attraction feeling remains for a place, color, shape or other natural thing. When this occurs, you have 54 sense permission to visit it. In that safe moment, many additional natural senses are happily connecting, consenting and blending to the point that they energize on to your screen so consciousness so you can experience them.

6. As soon as you gain a natural attraction's permission to visit, genuinely thank it for giving its consent. You might give it a gift it would like such as compost or exhale on a plant leaf there.

7. Now: Compare how you feel about being in this mutually supportive moment with how you felt when you first started doing this activity. Has any change occurred because you gained the life of this natural area's consent and thanked it for consenting? Does the area feel better or friendlier to you? Do you find it

more attractive, ethical or rewarding now than before you received its consent and thanked it? Do you feel better about yourself, more supported by the life community? Do you feel less stressed?

Write down what occurred and if you obtained good feelings or rewards from doing this activity, what they were and whether you trust them. See if you can identify which of your 54 natural senses were involved. Share this information with people close to you or others who are doing the activity. If you find that thankfully gaining permission to visit the life of a natural area is rewarding, remember that whenever you want to feel rewarded and less stressed, you can repeat this activity.

Remember too, that the life of nature exists in people, it is our life and your sense can connect with its attractive 54 sense existence in any moment.

Thankfully asking permission and gaining consent to relate to the life of people's inner nature also provides rewards and helps build good social relationships. It is also satisfying if you thankfully request that people seek permission from you with respect to how they relate to the life of nature in you. Doing this activity may help them learn to relate that way.

Learn to trust the process and sensations in this consensus experience because they are safe, supportive, earth linked, sustainable, in balance, intelligent and they feel good. In them lies hope.

Appendix B: I Love My Other Body**The Hidden Organic Remedy: Nature as a Higher Power, By Dr. Michael J. Cohen.****Chapter 7, pages 86-87. (2013)**

1:52 PM “We are now going to do a Zombiness remedy activity. It gives us an opportunity to make our sense of literacy story-telling powers help us make strong attraction contact with our non-literate Other Body, recognizing that our Other Body only understands natural attraction because that’s all it is.

1. Find an attractive moment of your Other Body in a natural area. It could be a park, a plant, a pet, a stone, a stream, a tree, a backyard, a view, a cloud, a birdsong, a mountain, a meadow.
2. Use the consent activity we have already practiced (
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
10.) to gain permission from the natural area to visit it and do an activity with it. After you gain its consent, spend a few moments discovering what it is here that attracts you. When

you are comfortable feeling attracted to whatever it is that attracts you, write the following and fill in the blanks: I love this _____ because it _____.

An example: 'I love (am attracted to, or like) this rock *because it is enduring and warm.*'

Write down or remember what you have said in your attraction statement. Repeat the above with another attraction if time and attraction permit.

11. Return to the group being prepared to share your statement.

12. When the group convenes share your statement and help others share their statements.

Validate

13. Now, take your "I love" sentence that you saved and in the first blank and substitute

"myself," for the nature attraction. Then complete the sentence with the words you selected

for your appreciation of your Other Body.

For example: I like (or love) this rock because it is enduring and warm. This becomes: I like (or love) myself because I am enduring and warm."

Read your new sentence aloud a few times. How does it feel? Do you sense a moment of

meaning that strengthens your relationship with yourself and your Other Body? When you

can acknowledge that it is a truth about you and your Other Body, express how that feels.

Then *Validate* the statement and the feeling.

Your revised sentence “tricks” your nature disconnected awareness to become more conscious of Literate You *plus* your Other Body. You sense, feel and know your total self and its value. Because this is attractive and makes sense to your wholeness, it can make you feel good.

Can you validate that the changed sentence: “I like (or love) myself because (2)_____” describes some natural aspect of your totality, your Whole Self. How do you feel about yourself in this light? Does it feel right? Feel good? *Validate* You can be absolutely sure that some part of you is described by this sentence because it is that part of you that discovered and had the ability to register the part of your Other Body that you found attractive in the first section of the activity. This is an important, full disclosure, self-worth discovery, an inventory of our relationship with our Other Body.

ECHN empowers you to act from this classic observation: “What we are looking for is what is looking.” - **St. Francis of Assisi circa 1210**

Appendix C: The Fifty-Four Natural Webstring Self-Evident Senses and Sensitivities**by Michael J. Cohen (2017)****The Radiation Senses**

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

The Feeling Senses

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

17. Coriolus sense or awareness of effects of the rotation of the Earth.
18. Sense of motion. Body movement sensations and sense of mobility.

The Chemical Senses

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

The Mental Senses

25. Pain, external and internal.
26. Mental or spiritual distress.
27. Sense of fear, dread of injury, death or attack.

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

28. Procreative urges including sex awareness, courting, love, mating, maternity, paternity and raising young.
29. Sense of play, sport, humor, pleasure and laughter.
30. Sense of physical place, navigation senses including detailed awareness of land and

seascapes, of the positions of the sun, moon and stars.

31. Sense of time and rhythm.

32. Sense of electromagnetic fields.

33. Sense of weather changes.

34. Sense of emotional place, of community, belonging, support, trust and thankfulness.

35. Sense of self including friendship, companionship, and power.

36. Domineering and territorial sense.

37. Colonizing sense including compassion and receptive awareness of one's fellow creatures, sometimes to the degree of being absorbed into a superorganism.

38. Horticultural sense and the ability to cultivate crops, as is done by ants that grow fungus, by fungus who farm algae, or birds that leave food to attract their prey.

39. Language sense, used to express feelings and convey information in every medium from the bees' dance to *uniquely human* articulation, stories and literature.

40. Sense of humility, appreciation, ethics.

41. Senses of form and design.

42. Sense of reason, including memory and the capacity for logic and science.

43. Sense of mind and consciousness.

44. Intuition or subconscious deduction.

45. Aesthetic sense, including creativity and appreciation of beauty, music, literature, form, design and drama.

46. Psychic capacity such as foreknowledge, clairvoyance, clairaudience, psychokinesis, astral projection and possibly certain animal instincts and plant sensitivities.

47. Sense of biological and astral time, awareness of past, present and future events.

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

The core principle is simply that whatever any of our 54 senses find attractive in nature is what is doing the finding. This makes the Higgs Boson Unified Field simultaneously to be "the hugs boson LUF_e (Life of the Unified Field love).

Appendix D: The Scientific Core of All Known Relationships: Attractions is Conscious of what it is Attracted to

Dr. Michael J. Cohen (2017)

Abstract

“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 homeostatic remedy. The latter helps the life of Earth activate our 54 natural senses to reverse the nature-disconnected relationships that produce our disorders and crippling budgets.

Without producing garbage, Nature creates optimums of life, diversity, cooperation, balance and well-being while our society detaches 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” injects Albert Einstein’s unified field into a warranted, accredited, nature-connected learning process that validates our sensations and feelings as facts of life. This empowers scientific methodology to happily restore our missing whole-life integrity. Funded and internet available, backyard or back-country this tool helps people create phenomenal moments that let Earth teach and heal”.

Key words: Sensory science, Organic relationships, Biophilia Ecopsychology

Article

“The unreasonable application of science defines stupid.” - Michael J. Cohen

Be alarmed. Because the profound contribution made by objective science must disregard the homeostatic relationship building values inherent in subjective information, it must omit the subjective ethics, morality and sustainability of whole-life relationships and their wisdom. This limits science’s value in objectively solving the runaway problems that face us. For this reason, the unbalanced earth misery horrors of resource depletion, species extinction, mental illness, excessive stress, violence and many other disorders have increased almost 50 percent since Earth Day, 1970 and this rate continues to rise (Cohen, 2001). Until the already established power of objective science helps us stop this abomination, each and every day of our lives increases earth misery about and in us.

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 spells disaster.

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

This year, 2017, we need another Planet Earth almost half the size of ours to connect with 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.

No Problem, No Solution

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 it, I validate in this article that by applying the GreenWave-54 process of Organic Psychology we can achieve our point source correction goals because the effects of the process are self-evident and free (Cohen, 2017).

Sadly, today's application of science denies the special contribution of Organic Psychology to personal and global wellness. This is because we are bonded to our established science, thinking, economics, ethics and morality even though they/we must be the source of earth misery as there is little evidence for their presence in pre-human history (Cohen, 1983). Our denial of this makes the scientific community ignore its power to deal with its/our destructive contemporary bonding. The following metaphor conveys our situation:

Industrial Society has emotionally attached us to drive an advanced technology automobile. As we speed this fuel-loaded missile down the highway we see that it will go into a group of families having a picnic in a beautiful natural area. Because we have not yet been taught 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," as if the vehicle was an evil spirit or a runaway horse. These reactions are unscientific and outdated. They do not stop our high-tech car so we wreak havoc on people, places and things including ourselves as passengers.

What we need to use is an organic science and technology that helps us safely grok (sense our self as being) the homeostatic ways of the natural area itself and learn how its self-correcting balance and purification powers have prevented Nature's destruction over the eons. As we are part of Nature, its universal ways simultaneously operate around and in us all the time while our

vehicle injures or hides them so they are not available to us. In this way objective science continues to recklessly shoot itself and us in the foot. This article empowers us to prevent and remedy this short circuit. (Cohen, 2011). Adding its organics to any aspect of society helps us increase the quality of our health, economics and environment while reducing their challenging costs and shortcomings.

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 space/time sequence of the Universe. For this reason, when we apply objective facts they help us manage Nature's ways (Cohen 2007).

Since 1965 I have observed that Nature produces its pure and balanced wilderness perfections without using humanity's objective math-science labels and rationale. Without them the life of Earth organizes and corrects itself to produce its optimums of life, diversity, wellness, balance, purity and cooperation without producing garbage (Cohen, 1993).

Organic Psychology relates to Nature as a combined objective and subjective process whose Unified Field core is that, like a numerical sequence, everything, including our mind and stories, is attached to all that has gone before it and remains attached to all that follows it. Albert Einstein and the Higgs Boson have affirmed that a space/time attraction force of a sequential Unified Field make the natural world possible (Cohen, 2017).

This goal of this article is to demonstrate that the point source attraction essence of Nature consciously is attracted to produce nature's self-correcting reality around and in us. Self-

evident sensory contact with this self-correcting essence in natural areas empowers us to think, feel and act in ways that reduce earth misery.

Since the beginning of time or before, because natural attraction has been conscious of what it is attracted to, attractions blend into and support each other so that, for example, two elements, in peaceful balance, can become a compound or a crystal can grow larger. Objective science recognizes this universal fact. It is a biological core of humanity since we are part of the life of Nature. The science of Organic Psychology incorporates and teaches us how to use this core to reverse the earth misery dilemmas that we produce (Cohen 2012).

Organic Psychology: The Self-Evident (S-E) Remedy

Self-evidence comes from experiencing a relationship with ourselves or others through one or more of our 54 natural attraction senses. The fact that their sensations register in us is obvious and in that moment, we are aware of a truth from them that is undeniable. The truth is the sensation itself, be it motion, sound, curiosity, hunger, fear, place, trust, taste etc. This self-evident certainty is a fact of life for humanity. Its conscious, felt-sense, attraction or intention produces and influences actions and relationships, moment by moment (Cohen, 1995). It is a recognized fundamental of evidence-based thinking and relating.

A good scientist must seek and honor the value of self-evidence(S-E) that is produced from experience. It is empirical because it defines itself and integrates directly into our nervous system as a sensation(s). It is the strongest irrefutable, unmistakable and accessible form of knowledge available in any moment.

Scientific thinking can easily include our 54 self-evident senses so that all the facts available are included for accuracy in an investigation. It is our omission of valid evidence that produces our scientific short circuits and falsehoods. Facts not based on S-E are often incomplete. They can warp, limit or replace gathering accurate S-E information from things, one of these things being the life of our planet (Cohen, 1995).

Why Science Works

Self-evident, sensory knowledge about the 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 this reason, science omits the mystical because the latter is a product 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 (Cohen, 2011).

To be scientifically valid and useful for contemporary society, it is reasonable for this article to S-E affirm here that it is being created by me on Earth and I am part of our science-based, "standard" universe that is producing its own time and space in this S-E, now moment.

The S-E accurate facts about the whole of life I present in this article convey reasonable origins and conclusions from my eighty-one years of experiential learning and exploration. This includes five decades of 54-sense, organic contact, co-ed, expedition community, all-season experiences in 84 natural areas while writing eleven books about their value (Cohen, 2014).

The Home of our Life

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 S-E that they live in it, as its life as it flows through them. Their senses of place and community tell them that they are enveloped Earth’s biosphere, below its atmosphere and under its birds, clouds and insect life. With the exception of their ability to live and relate through stories, people consist of the whole-life way that Earth works (Cohen, 2010).

S-E Fact One: Self-evidence is undeniably true and accurate.

Supportive Observation: Show me self-evidence that is inaccurate and I’ll show you the genome of Baron Munchausen.

Multiple-Sense Scientific Sensibility

One S-E fact in this moment 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 experience, as you are now doing in this new time/space moment. We may also discover that we are ignoring the 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 read. You will probably discover that this single letter phenomenon will stop shortly when your habitual form of of reading takes over. It may be happening right now. If so it is S-E.

Additional often overlooked truths of this moment are that the words “the” and “of” were doubled in the previous paragraph and that you are probably now paying attention to the black color of this ink, not the whiteness of this page. In addition, 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 us and the page and that the end of our nose is also part of the picture. We can discover these S-E facts as our senses of reason, trust, consciousness, contrast, time, literacy, color, distance, motion and sight come into play here. As we register and validate these additional sensations, we seldom deny the value of what they contribute. We know that we would not want to be without them. We can trust from this experience alone it is S-E that there are at least these ten natural senses that provide us with information. They don’t come from nowhere. Scientifically, they are aspects 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). Each sense and its meaning becomes S-E in our awareness, as above, whenever it is energized into and registers in our sense of consciousness. The latter serves as a “screen of awareness.” For example, it is S-E that our sense of thirst signals to our consciousness that we need water and that our other senses, including the senses of self and intelligence, become aware of this fact. It makes sense, too, that when ancient life went from the water onto the land some form of thirst had to develop to trigger 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 S-E manifestation of what can be called our prime attraction, instinct 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 S-E discovery helps make us more sensible as it motivates us to seek additional sensibilities. It is a significant contribution with respect to addressing the technology addicted nonsense of our runaway deterioration of the life that we and our planet share (Cohen, 2011a).

S-E Fact 2: We have at least 54 natural sense groups

Supportive Observation: Show me a person who is convinced that we only have five senses and I'll show you a person who never learned to count up to six.

Wilderness is Story-less

Our sense of reason recognizes that 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 S-E 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. Our sense of reason must recognize that we alone bring “stories” to the sense of consciousness. This “mapping of life” ability is our special attribute that supports our survival (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 directly, S-E experience how Earth's non-story world works. For example, the story about how, when and why we can quench our thirst by drinking water is different than our S-E experience of actually drinking water.

The thirst story alone does not fulfill our body's need for physical water or our 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 and this fulfillment produces rewarding feelings of happiness. This 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 and wash out the impurities our metabolism produces in ways that benefit the life of Earth, too. This balanced, purifying and satisfying water cycle process applies to and is S-E true for each of our other 54 senses as well. For example, wordlessly, the sense of excretion 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 attractions, it serves as a perfect organic food (Cohen, 2011).

S-E Fact 3: Nature and Earth neither use or understand stories.

Supportive Observation: Show me one place where Nature uses stories and I'll show you the one and only Bugs Bunny.

The Central Sensory Triad: Consciousness, Reason and Literacy

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 misery we produce and impose upon the life of Earth. 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, above, brings its scientific story to our S-E senses of reason, consciousness and literacy (Cohen, 2008).

As part of the Big Bang universe, the life of Earth, moment-by-moment, is non-verbally producing its own 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 relationship with nature. Both can take place while we are in sensory contact with a natural area, backyard or back country. This is true as well when our senses register the sensory life of nature in each other. This phenomenon condenses into the truth that at any given moment while they are registering our 51 other senses, our S-E senses of consciousness(C) and reasoning(R) can think and act in conjunction with literate stories(L). With regard to the stories,

Reasonable, evidence-based, 54-sense stories genuinely connect us with Earth/Nature wisdom in a balanced way. They help us produce responsible and supportive personal, social and environmental relationships in any moment.

Nature-disconnecting, belief-based, limited sense stories produce unreasonable 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 moment's time and space of the Universe. This makes us produce our earth misery.

CRL is the acronym/tool that we can use to trigger our S-E sense of consciousness(C), reason(R), literate-story(L) process, an Organic Psychology process that includes associated S-E input from our 51 other sense groups. 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 of these CRL stories to consciously plug us into Earth's eons of self-correcting, multi-sensory wisdom, in and around us in a natural area. Moment-by-moment this act in nature restores balance, purity 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.

CRL enables our S-E sense of reason 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 three similar tools used in the art and science of Organic Psychology for 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).

Applying CRL

In this article, I apply the S-E that reading this article brings to light. I recognize that if it is being read while in a natural area the article will produce greater learning because all 54 senses are often hooked, supported and involved in the process. Our 54 sensibilities inherently strengthen themselves in nature and some folks can attach that wisdom to the article (Cohen, 2013b). Each new S-E thing added to CRL here increases the power and value of CRL.

The CRL of Attraction

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 S-E that unification and attraction are synonyms that describe an attraction essence, a fundamental love, if you will, in our Universe that in 2012 was identified in Big Bang research as the Higgs field along with other attraction fields (Cohen, 2012).

In the science of Organic Psychology, it is S-E, until proven otherwise, that what we call “things” are, in reality information and natural attraction relationships manifesting themselves as these thing events. This truth applies to sub-atomic relationships, matter, our biological and social humanity including our 54 senses, weather systems, the solar system and beyond (Cohen, 2013). As Carl Sagan said, “If you wish to make an apple pie from scratch, you must first invent the universe.

Even repulsion is a form of attraction. For example, our senses of pain, distress and fear heighten our survival attraction to find additional attractions that support our life. We run for our life because it is so attractive.

Each of our S-E 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 the life of our senses. Organic Psychology recognizes this attraction to be the core power, instinct or love "to be" that all things hold in common. If this seems questionable, slowly pull something apart so you may S-E experience that the thing is attracted to stay together.

CRL activities produce attraction-based, scientific stories and relationships that unify the world to the benefit of all. They are helpful because they add S-E 54-sense, whole life intelligence to our nature-estranged lives in Industrial Society. Otherwise, on average, over 99 percent of our thinking and feeling is disconnected from authentic nature and over 95 percent of our time is spent indoors. This 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).

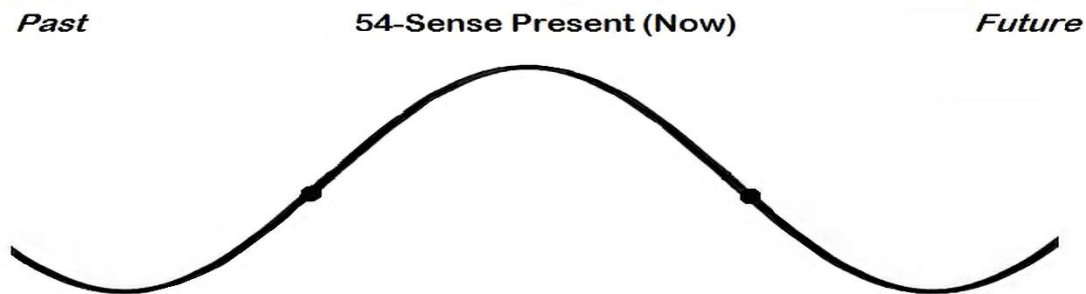
S-E Fact 4: Everything is held together by attraction

Supportive Observation: Show me something that is not held together by attraction and I'll show you someone's story manipulating magnets to make them repulse to each other.

CRL and the GreenWave Model

A question CRL raises and answers is "What is the greatest truth in your life that you can trust and it is not God, honesty, nature or love?" The answer is "That most trustable truth is that you are now reading these words or feel the chair you may be sitting on. It is what you experience, sense and feel in the immediate moment. This is because the "now" is when S-E experience, space and time of the Universe are present along with our 54 natural senses to register them (Cohen, 1997).

In its evidence-based, 54 sense CRL exploration of natural attraction phenomena Organic Psychology incorporates a 1950's a Gestalt Psychology "now" diagram that helps us build fulfilling, responsible relationships and their happiness. It enables our thinking and feeling to operate while using a wave illustration that shows our most trustable, homeostatic truths to be in the present moment, the now, of its crest.



On the wave crest is where and when we are in the moment-by-moment "now" of life. It is homeostatic balance produced by attraction to the central attraction unified field and new attractions that enhance the field through diversity (Cannon, 1932).

The wave diagram helps us visualize that only in the immediate wave peak moment can we S-E experience, learn and act anew on the wave while in contact with its wholeness. This self-correcting totality includes the past and future that we can't otherwise be or change because we live on the crest in the present.

It is only while we are in the now of the crest that we can observe and relate to the past and future. They are present on the crest as stories or memories or what we can see behind or before us from our unimpeded crest view. This enables us to scientifically CRL address callings

from the past and future into the crest now, when they can blend and we function. That self-organizing attraction combination is homeostasis in action as is noted in the body by Walter B. Cannon.

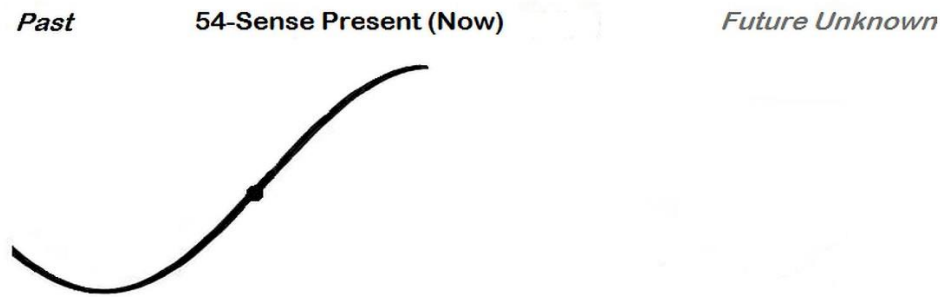
The crest is whole-life significant because everything in the Universe is attached and present in the present. This includes our thoughts, senses, feelings, memories and ability to act and reasonably make changes in our stories and experiences of the past and future. This scientifically holds true for those who believe in or experience God. We only know and relate to God and God stories in the wave crest present of the Universe we live in.

On the crest our sense of reason can reject unreasonable 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 S-E as well as updated in the crest moment.

In Organic Psychology, the time and space of the wave is recognized as being S-E in-the-moment, the updated story and history of Nature and the Universe including Albert Einstein's Unified Attraction Field since its birth in the Big Bang 13.8 billion years ago. It labels this organic green, 54-sense wave phenomenon GreenWave-54.

In the year 2012, ninety years after Einstein predicted and worked on making GreenWave-54 into an equation, particle physicists validated the wave's unified origin as being the Big Bang Higgs boson field that holds things together and gives them mass (Green, 2013) plus other attraction fields like Gravity and Magnetic forces.

Since we can't 54 felt-sense experience the future until it becomes the GreenWave crest present, this diagram of the GreenWave omits the future.



GreenWave-54 represents our common culture science of the Universe. It demonstrates that the total Universe, along with each of its energies and things, creates its own time and space moment-by-moment. With the exception of unscientific stories that deny this fact, humanity and the Universe/Nature/Earth are identical. This homeostatic phenomenon is CRL supported by the S-E 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 would any story exist that denies this truth (Cohen, 2017).

We suffer our Earth misery because our socialization injuriously severs our 54 senses from nature and reattaches them to nature-alienating stories. This addictively produces an unreasonable, unbalance prejudice against nature, an attitude unusually resistant to rational influence (Cohen,1983).

CRL Self-Evidence on the GreenWave Crest

CRL surfing the now, GreenWave-54 crest 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 world. It includes crystal clear truths from our 54 senses in contact with Nature, as being homeostatic facts of life that are no longer omitted or adulterated by our attachments to nature-disconnected information or distortions. This evidence contributes exceptionally valid information because it comes from our 54 senses grokking the authentic ways of Nature and Earth in and around us on the wave crest, rather than from questionable stories about how Nature works. Its connective activities help us eliminate our nature-disconnected stories that presently produce our runaway mental and physical problems, deteriorate natural areas and violate our constitutional and human rights to life, health, information and property protection. Applying CRL plugs our 54 senses into Earth's attraction to organize and correct itself to produce its optimums of life, diversity, wellness, balance, purity and cooperation while not producing garbage (Cohen, 2016).

On the crest, our S-E 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. We S-E happily experience that GreenWave 54 creates unified-field time and space where we can let Earth teach us what we need to know and a safe place to share our stories in mutually attractive, whole life ways.

S-E Fact 5: Things only exist or happen in the now.

Supportive Observation: Show me anything that does not exist in the now and I'll show you myself denying that you are showing this to me from your experience.

Actualization

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 enable us to register whole life, ever-changing facts about the dance since they are it. The labels we attach to our 54 sense sensations and sensitivities are S-E resonating truths because, although subjective, they accurately bring authentic Nature into our story world in the now. This identifies Nature as a singular homeostatic dance whose beat and gyrations are beautiful. They are attractive facts of its/our life rather than conflicting dualities (Cohen, 1997).

For those who scientifically want to go beyond lip service in creating morally, ethically and environmentally responsible relationships, CRL surfing the GreenWave crest provides the S-E truths that they need to further substantiate the S-E GreenWave-54 process. By engaging in CRL we unify and resolve conflicts as we discover additional S-E unadulterated facts from authentic Nature, the fountainhead of authority in how its intelligence works in and around us. We empower ourselves to co-create with it in balanced ways that reverse earth misery (Cohen, 2015).

Right now you may feel trapped and helpless in that metaphoric speedy, high tech automobile aimed to destroy that natural area family picnic. Free yourself. Jump out of this story and GreenWave surf a real natural area, backyard or back country. Act! Continue reading this article while you are in conscious contact with authentic Nature. The closest pristine wilderness and its wisdom to you is the one that our stories have injuriously jailed within you. Help Nature free it and nurture it and you back to health.

S-E Fact 6. GreenWave 54 makes an essential contribution to increasing personal, social and environmental well-being.

Supportive Observation: Show me those who say GreenWave-54 is not significant and I'll show you why the Little Blue Macaw and West African Black Rhinoceros recently went extinct.

Examples of CRL GreenWave-54 Truths

“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.” - Project NatureConnect Participant

"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." -

Project NatureConnect Participant

"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 ability to most folks in the courses I took." - Project NatureConnect Participant

"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!!!!!!!!!!!!!!!!!!!!!!!!!!!!"

- Project NatureConnect Participant

"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." - Project NatureConnect Participant

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

Conclusion

Some readers may first have to CRL grok the GreenWave crest to confirm or deny my assertion that sensory contact with GreenWave Unified Field produce nature's self-correcting reality, around and in us, and empowers us to think, feel and act in unified ways that reduce earth misery. Sense by sense, CRL surfing the GreenWave crest lets our 54 S-E sensibilities discover, warranty as true and build relationships that incorporate the often ignored facts about the whole of life. The support from these S-E 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 article.

Facts

- 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 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 presence and attraction relationships, not Nature as mechanics and mathematical equations and people as subjective loves and sensitivities.

- Whatever we do, Earth and Nature also do, with the exception that we act-out nature-disconnecting stories that we unscientifically create. We are Nature and its integrity whenever we speak, think, feel and actualize our scientifically sound nature-connecting stories.
- Any moment that we know we are alive, it is S-E that the Universe must also be alive since it and we are identical in that moment.
- The S-E life in common that we share with everything moment-by-moment is the life of the Universe making its space, time 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.
- “Attraction,” “life,” “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 attraction essence of the Universe and Earth. They are each different labels for it that our senses often emotionally attach or addict to. These attachments can lead us to suffer or fight over label differences or conflicts. Our healthy “co-dependency” with GreenWave-54 is a remedy for these addictions.
- Planet Earth is our alive, non-verbal, non-literate “other body”. Our senses feel S-E 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 happens all at once continually, humanity’s stories invented “time” so that we have space to sense, think, feel and act attractively via stories. However, 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 say that is how nature works, not how it works without our camera or any other story intruding its integrity. Because we can't substantiate warps in our stories due to the camera, we create new mystical stories to explain them. When we CRL surf the crest of the GreenWave we avoid or correct this blunder because we are conscious that we are in the now and that we are creating or updating stories with the GreenWave-54 wisdom that is present.

- Time spent in an attractive natural area that uplifts our body, mind or spirit is the GreenWave in action around and in us and in others who are present.
- The essence of our Universe and homeostasis is attraction consciously manifesting and strengthening the life of its attractiveness from diversity that is produced by fulfilling new attractions.
- The distortion that all things are not attached to their past and future is the root of the distortions that we suffer. We must legally require ourselves to learn and validate the scientific CRL truth that when we find an attraction in a natural area, it is what is doing the attracting and making us conscious of it to its and our 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 human life. This is reasonable; it is attractive for things to desire to beautifully be and grow.
- We suffer from the adverse effects of our addictions to our logos, stories, relationships and technologies. This includes being in denial of them 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 add it to our every relationship if we want to increase personal, social and environmental well-being. It is ethically, morally and scientifically irresponsible in contemporary society to not do this because the earth-misery produced by the omission of GreenWave-54 increasingly injures children, people, places and things.

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Appendix E: Disregarding Human-Nature Connection**By Stacey S. Mallory 2017**

*“The Power of the World always works in circles,
and everything tries to be round.
The sky is round, and I have heard
that the earth is round like a ball, and so are all the stars.

The wind, in its greatest power, whirls.
Birds make their nests in circles,
for theirs is the same religion as ours.

The sun comes forth and goes down again in a circle.
The moon does the same, and both are round.
Even the seasons form a great circle in their changing,
and always come back again to where they were.

The life of a man is a circle from childhood to childhood,
and so it is in everything where power moves.”*

-Black Elk and John Neihardt, *Black Elk Speaks* (1930)

During May 2017, while visiting Dr. Michael Cohen in Friday Harbor, disregard and abuse of nature registered profoundly within the awareness. That after having seen amid this one visit there was a lack, of many important Apex predators. Because of the absence of Apex predators, a sizeable populace of rabbits reproduced altering the diversity of the biological

community. As a result, the number of rabbits requires more vegetation to survive. One example was when entering an area for hiking; there was a visible sign that indicated various protected areas for a host plant that an endangered species of spotted butterflies needed for survival and that an invasive species, such as the rabbits, would jeopardize. It was evident the cause of these various environmental issues of an invasive species was causing changes to occur, and the region was experiencing a period of adjustment. However, what was evident was that these parts of nature and the natural areas that were going through this phase of adaptation were not responding to or through contempt or revenge like seen among humans when change needs to occur. Nature demonstrates unconditional love and the natural world's adaptations, through how it adjusts and ensures changes and even the abuses put on it. Recognition of love and adapting enables us to understand humans can manage extreme changes by utilizing connection with their senses and Consciousness Reason and Language (CRL) to help guide them to make these necessary modifications to ensure survival.

This nature-inspired experience inspired some internal reflection from all the natural attraction connections encountered on that hike. It provided the inspiration and contemplation of being present in a moment and be acutely aware of what was transpiring all around. This moment welcomed a sense to be open to sensing beyond basic senses and instead be freed by all fifty-four senses and sensations as Dr. Michael Cohen provides and advises. It became apparent this was a way to see more profoundly in how we confront a broad range of intrusions of our internal nature. There is this knowledge about what is sensed or felt within ourselves that seems to help identify being able to handle this injury by and through nature negatives. Then through connecting and identifying with the suffering, it becomes imperative to apply the fifty-four senses and sensations to rebalance and come into wholeness. However, if we fail to do so, we

end up feeling this story world is trapping us, and then what erupts is a battle between our senses and our mind's judgments. The story world would resemble holding us hostage in the past obsessively rethinking everything and every moment. We are inclined to run or hide from a situation rather than face it. As a result, senses of disillusion, loneliness or abandonment, becoming fearful, responding to others with hostility, or acting out in violence and so on is produced simply by not adjusting ourselves with natural attractions that strengthen our wholeness. When we can live from our attractions, we become patient, confident, hopeful, unselfish, forgiving, kind, cheerful, and so forth. Most importantly, what happens is love prevails if we let attractions register in our mindfulness to aid us in the innermost clash to do what is heartfelt.

When we can interact from a place of organic care, loving ourselves as well as other people, we gain freedom. We feel complete, secure and significant. The multifaceted layers of antagonism weaken as we let nature conquering stories produce disconnection. One of the most critical effects of this natural connection is we have trust in ourselves and that we deserve affection even during pain, love directs us toward continued support of our wholeness.

Emergence of Life on Earth

“But we must never forget that we ourselves are members of – and manipulators of – the ecosystems we inhabit. We are a part of the biosphere. We were produced by it; we live within it; and we are beginning to change it in ways we don't yet fully understand” (The Open University,

2016)

I considered and studied, in detail, various research aspects of the human-nature connection and resulting disconnection. My findings lead me to the origins of nature, before humans, and what happens when humans sever their connection with the living natural world. As a result, I compiled a small example of what I learned as part of this process.

It is widely known in the field of sciences that the appearance of life on earth took place in an atmosphere devoid of oxygen. The occurrence of photosynthesizers represented a significant step in the evolution of plants. Plants have a vital role in the survival of life on the planet. They have made from an atmosphere primarily devoid of oxygen to the present, about 21 percent of oxygen. Also, because of photosynthesis, as soon as oxygen was produced, ultraviolet light split molecules, producing the layer of ozone (O₃), a vital protective ultraviolet shield to defend against the detrimental effects of solar radiation. It is at this point life moved out of the oceans and respiration began its evolution, so survival on terra firma was possible. Maintaining concentration of carbon dioxide in the ecosystem at levels that have broadly remained unvarying (0.03 percent) and is due to its absorption by photosynthesizers' bodies to assimilate carbon.

Plants produce photosynthesis, which is a significant component of existence on this planet. Photosynthesis is one of the most vital processes plants have. Photosynthesis is an important process in ensuring ecological stability within each regional ecological system and in the whole ecosphere. Without photosynthesis living beings, including humans, could no longer sustain life on earth without artificial involvement. The energy stored during the process of photosynthesis, through organic molecules, is one of the single utmost significant parts of a living system. Without the capability to produce this process oxygen could not be released or

stored making respiration impossible. It is therefore necessary to care for and preserve the living system humanity is part of.

GreenWave: Natural Living Systems & Humanity

“Everything is energy and that’s all there is to it. Match the frequency of the reality you want and you cannot help but get into that reality. It can be no other way. This is not philosophy, this is physics.” -Albert Einstein

Humans, as every living being, are not outside the natural living system which governs life on our planet. The GreenWave-54 recognizes the universe was not created explicitly for humankind, but formed and developed in collaboration with the natural environment. The natural living system has continually influenced and sustained the growth of humanity, but the degree to which this influence was exercised has been different from one historical epoch to another.

A natural environment in which humans inhabit consists of ecological systems. Greenwave attractions create a connection between the world of living organisms and their environment or the unit of biota and biotype (Example: a lake, forest, the ocean, and so forth form part of ecosystems). An ecosystem can be hybridized, a forest next to a river, creating two overlapping ecosystems or ecotones.

Carl Linneaus witnessed the attractiveness of nature in which the ecosystem was in balance. He noted:

I saw the boundless, omniscient and almighty God from the back, as he went forward, and I felt excited! I followed his footprints over nature's domain and noticed from each one, even those that I could hardly make out, an unlimited wisdom and power, an unfathomable perfection. I saw there how all the animals are maintained by the plants, the plants by the soil, the soil by the Earth; how the Earth revolved day and night around the sun, that gave it life. (Linneaus, 1745)

A group of people who dominate an environment with manufactured structures and infrastructure make up an urban ecosystem. Whole planetary ecosystems, which have multifaceted interrelationships, represent an ecosphere.

The urban biotope is the result of human action on the environment modeling physical activity taken in a long historical process to its benefit. As with natural ecosystems, in this case, we can also speak of stationary dynamics, urban biotope elements might also include factors triggered by our human society, factors which are expressed by anthropogenic elements. Stationary elements include the soil and earth, the geography, the geological and the hydrologic cycle. These are constant elements which, in part, determine the evolution of human settlements. These elements are continually being modified by human action. (Rees, 1998) (Barrueto, 2014)

Human settlement is, thru spatial-functional manifestation, an entirely different entity in terms of biotope versus natural ecosystems; purposeful urban areas are strongly anthropic, especially industrial, commercial business, and to various extents residential, educational and recreational activities which show spatial specific modifications of the initial biotope oriented to the purposes beyond what many individuals realize. Urban biotype follows changes of all the environmental factors (water, air, soil) as well as substantial adjustments in the microclimate.

Biodiversity is of less significance and social-economic processes are more prominent. As a result, nature's diversity happens with a decreased basis in contrast to other spaces where nature is most prominent over human settlement. (Anita T. Morzillo, 2011) (Department of Human Settlements: Republic of South American, 2014) (Seto K. C., 2014)

The points presented here were also described by Dr. Michael J. Cohen:

“For four thousand years of cultural development and experimentation man has been unaware of, and has for the most part ignored, his deep dependence and interdependence on his natural biotic background. His brilliance has only been to technically utilize the wilderness for its material resources with which he builds his protective city. His present social and ecological dilemmas are almost entirely due to his repeated rejection of the biosphere as being his home and his most valuable asset for successful living.

It is obvious that any structure built on a faulty foundation will eventually crumble. That is man's predicament today. He lives in a structured way of life whose meaning and value is crumbling because of questionable foundations. Man holds his destiny in his own hands, and must return to reality by understanding and living as an integral part of his biological past and present if he is to continue to exist.” (Cohen, 1974, 1978, 1985; p. 13)

Pollution

What happens in the life we share with Planet Earth happens to us and vice versa because life is interconnected.

My childhood was contaminated with cruel life relationships as is the life of Earth. Pollution is associated directly, or indirectly, to the result of human activity. Without hesitation, the origin of contamination is synthetic substances and contaminants unsuitable to the natural environment's production or absorption. Such elements should not be allowed to accrue in the earth's atmosphere. Contaminates lead to linear flows and have the possibility to spread to toxic points. No spectrum of substances created by humans is the singular cause, but also the way materials are managed, besides the fact they contain non-renewable and exhaustible materials, after use they become disposable trash put back into the natural environment, without understanding their long-term outcomes of the environment. Some other environmental influences include the decline of habitat and biodiversity, eutrophication, creation, and seepage of noxious chemicals, salination, persistent organic pollutants (POP's), acidification, deterioration of air quality and food contamination.

A result of pollution is humankind continues to implement a variety of techniques to counteract its impact. Examples encompass the creation of Swedish nature reserves in 1907 and the Poland nature conservation movements before the Second World War. During the 1950s and 1960s filters were added to smoke stacks to reduce air pollution, especially Sulphur emissions, and improvements in wastewater plants. Chemical pollution, such as DDT (dichlorodiphenyltrichloroethane) and PCB (polychlorinated biphenyl), was restricted or banned in many countries in the mid to late 1970s. The United States is nevertheless analyzing the effects of both chemical substances since they still exist within our atmosphere. It is also worth mentioning these chemical compounds are still being used on a controlled basis in some international countries and as of currently, namely 2016, it has been proposed DDT is utilized in developing countries to support the elimination of the Zika virus. (Sanchez, 2016)

In the 1980s the waste recycling Waste Avoidance & Management Act (WMA) was developed and continues to be revised as it is deemed necessary. Other international countries have promoted such policies. For instance, the Waste Avoidance and Resource Recovery Act (WARR Act). The WARR Act is the primary regulation for waste management in Western Australia. It promotes waste avoidance and resource recovery. It was last submitted for review in 2007 and accepted in October 2015. During the 1980s, we additionally observed cleaner manufacturing and integrated scientific techniques to process to use resources for maximum efficiency. In the 1990s, changes included a systematic survey of methods and materials to improve environmental performance, such as ISO 14001 and Eco-Management and Audit Scheme (EMAS). (Lars Rydén, 2003)

Urban pollution elements are those which generally fall into relevant factors of environmental pollution and concerns: lack of organization and economic development for ecological criteria, in other words, lack a sustainable development, involving explosive demographic growth agglomeration of cities, pristine tinder areas by way of cities and increasing needs of all kinds, the predominant stress is exerted on the environment from urban centers; improvements to approaches without taking into consideration ecological principles; creation of material goods incorporating non-renewable or exhaustible resources; the absence of environmental attention on the possibilities that the environmental component is the conduct which competes equally with other factors, to environmental degradation; including prolonged water demand in the future.

Creating huge urban areas are triggering imbalances which can result in disasters. For instance, in Milan-Italy, within the closing 20 years, the groundwater level dropped by 23 meters. Bologna groundwater in 1945 once was at 35 meters, and today its depth is 12 meters. The complex problem is the potential lack of water in the arriving decades, also the possibility of compaction of the earth which will result in massive landslides and destroy vast regions of urban construction. Utilization of natural resources is not only a concern for lessening of natural materials beyond recoupable stages but one of ethical consideration for the environment.

Varying instances of pollution result in precise changes, occasionally irreversible, of environmental factors. Stability between a biota or biotic community and the physical surroundings is quintessential because of the community. The whole, frequently humanity, is inextricably related to the historical development of production work. A system between man and nature, in which humankind performs and regulates, by means of its action, controls the exchange of matter between humans and nature, the work involves unity and contradiction between human beings and nature. At work, producing the necessary materials and resources for existence, people on the one hand, extracted from natural, renewable resources, and on the other hand eliminate residue and waste in the natural world and produce degradation of the environment to maintain every family household. As a result, the natural and man-made are pursuing a twofold contradiction: the contradiction among the measure of human needs of the synthetic environment created by them and the quantity of resources provided by nature and a contradiction between the human-made environment and the natural environment, in terms of imbalances which man can cause within nature and the resulting influence on humans.

Biosphere Evolution

The urban biosphere is part of the urban ecosystem, characterized by dominant species evolution in urban areas which represent humans and Anthropocene who are the main cenosis in cities. Regarding the other species in urban areas, we can make the following considerations: the number of species from which biocenosis is made up corresponds to the living conditions of the biotope.

Anthropocene is a term coined from Ancient Greek ἄνθρωπος [anthropos] meaning human being or man while the Greek translation for καινός [kainos or cene] means new or current. (Wikipedia)

Anthropocene would thus be best defined as the new human-dominated period of the earth's history. This period of the human and earth relationship is further defined as how human activity is a major factor in the changing of the natural world compared to what it once was. The current geological area is being studied to determine what it means for humans and life on earth. (Cartography of the Anthropocene, 2013)

The term Anthropocene was postulated by Eugene F. Stoermer and Paul J. Crutzen. (Stoermer, 2000) The concept itself is “human activity affects the earth to the point where it can cross a new era.” Various terms have been proposed over the decades to introduce this concept of a new era, such as Anthropozoic which acknowledged “the increasing power and effect of humanity on the earth's systems.” (Antonio Stoppani, 1873) Teilhard proposed noosphere which was “a postulated sphere or stage of evolutionary development dominated by

consciousness, the mind, and interpersonal relationships. A sphere of human thought.”
(Teilhard de Chardin, 1922) (Vladimir Ivanovich Vernadsky, 1936)

In 1985 Edward O. Wilson concluded “we are entering a time of biodiversity crisis”.
He also stated:

The human hammer having fallen, the sixth mass extinction has begun. This spasm of permanent loss is expected, if it is not abated, to reach the end-of-Mesozoic level by the end of the century. We will then enter what poets and scientists alike may choose to call the Eremozoic Era — The Age of Loneliness.
(Wilson, 2006)

As of 2013 information concerning the Anthropocene had been published in almost 200 peer reviewed articles, the publisher Elsevier, launched an educational journal titled *Anthropocene* and then *International Union of Geological Sciences* (IUGS) convened a group of scholars to decide by 2016 whether to formally announce the Holocene is over and the Anthropocene has started. (Stromberg, 2013) Will Steffen, executive director of the Australia National University (ANU) Climate Change Institute and a member of the Australian Climate Commission, recommended beginning the epoch with the introduction of the industrial revolution in the early 1800s or with the atomic age in the 1950s. Whatever is decided, he says:

[It] will be another strong reminder to the general public that we are now having undeniable impacts on the environment at the scale of the planet as a whole, so much so that a new geological epoch has begun. (Carrington, 2016)

The acceptance of a modern epoch may be additionally appropriate due to its recognition at a duration in history when humanity is becoming more receptive about the magnitude of its influence on not only our localities but our global surroundings as a whole. It must now be determined when, in modern-day times, to define the stage of development of the Anthropocene. The GreenWave-54 is a remedy for this.

Appendix F: Teenage Years and into Early Adulthood**By Stacey S. Mallory 2017****Teenage Years**

Life at home began to unravel, and my GreenWave integrity becomes uninhabitable, out of control, like me. I began to initiate the act of lashing out more in particular when arriving at the initial teenage years. I started skipping school, roaming the streets late at night; hanging out with other troubled teens and adults who had been in jail or were facing incarceration. Rage began to bubble up more internally from all the pain and started to consume my psyche more each day. At the age of fifteen, I made a choice to escape from the dysfunctions and discomforts of home, which lasted for a little over a year. The initial belief was that finally, this was the ideal escape from the disillusion of a world breaking down every aspect of my inner being. Nothing could have been further from reality. The greater human-scape further depreciated my inner sole continuously. All that remained to exist was an active young individual living on the streets in an unfamiliar state and experience while separated from family but not society. People would say they desired to assist. However, they only sought sex in exchange for their assistance. This experience injured my GreenWave integrity. Inevitably, this resulted in falling into vagrancy, selling of myself to survive financially, and a descending spiral of using illegal drugs to try to acclimate to the dark cloud which had fallen over my entire being. Eventually, the led to an unfortunate situation and subsequently even an arrest. Unable to thoroughly determine right from wrong, caused by parental upbringing, resulted in the inability to make sensible choices. Thus, this helped shape an environment in which each poor decisions and activity I participated in, it was an inevitable disconnection which would catch up, and as a minor, this resulted in

being placed into juvenile detention only later to be returned home to the primary root of detachment.

After returning home, the world noticeably became altered and would return once more to the formerly known dysfunctional and abusive story world I was forced to grow up through. Returning home eventually resulted in seeking independence within myself in the confines of the devastating home life, which led to the practice of utilizing cocaine, heroin, and acid as a passageway to escape. Life during this young age had begun to exhibit that its individualism was at its darkest moment and leaving a sense of feeling restrained in the grip of abuse and addictions once more while seeing freedom, love, and good feelings as an illusion. Sadly, I seemed to feel like the only way out was to commit suicide. By one means or another, my young life was spared from this endeavor, and subsequently, I was put into a locked-down rehabilitation center. That period of life became a complex starting point in an unforeseeable tomorrow where life started to take various shifts. This injured the GreenWave-54 relationship. As a result, my being attempted extinction for relief.

As time passed, I could discontinue drugs, but relationships with people suffered since there was not a sense of aptness to believe allegiance or individuals. Then once again, a decision was made to abandon home in anticipation of an improved life, yet unknowingly I entered what would next reveal itself to be another abusive relationship. To combine with these complexities of what was transpiring in my life was the necessity to move back home after that failing and abusive relationship. During this period of late teens and into young adulthood, my mother in a drunken stupor commonly utilized my relationships as a plot to expand her sexual partners

through an effort to take over my personal relationships. As a defensive consequence, I choose to forgo engaging in any relationships.

In the ensuing stage of life, I attempted to find independence and individuality, led by a broad network of underground secrecy. The period spent with this newly disconnected society seemed close to fifteen years. Regrettably, it was a community saturated with control, hierarchy and led by an extraordinary preoccupation with sadism and masochism. I presumed there was a sense of community, support of others like myself. Once again, this new lifestyle depreciated the worth of freedom and an inner battle continued as limitations and control are realized. This continuation of failure further erodes a sense of comfort, belonging, aliveness or emotion so desired. That piece of life only led to a series of complications, which in reflection one can perceive as living precisely as everything I rejected as a youth and had attempted to escape. With all that had transpired in my life, there was an initial perception where I believed there was finally control over my life; however, it was short lived. Rather a realization came forward that my new existence with others was that of nothing more than a pet, a personal slave, with exceptional control and limitations.

To survive this part of life and be appealing to others, my GreenWave integrity, like others in that society, entered the profundities of anorexia and starved myself into a glorified weight of ninety-eight to one hundred pounds. This tormented my body which was frequently weak from not just malnourishment, but my psyche because of the additional abuse. Since I perceived myself as somewhat adequate, I found myself led into an even darker world of more promises to a better life. This belief, unfortunately, led only once again to feel like a slave, this time into the underground adult pornography. To adapt to this world, when in it, I had to shut senses down

frequently, and my mind was forced to imagine it was watching another person, not myself. In the end, there was finally an offer escape which permitted the inner child to recuperate and unreservedly play. However, as I later came to comprehend, this individual was silently utilizing vulnerabilities against me to their advantage.

Reflections on Witnessing Abuse

From what is known, my parents did not have had extensive formal education nor complete high school. Also, my parents were candidly harsh toward one another. In recollection, my mother regularly cried in addition to occasionally taking physical strikes at my father. In regards to my father, he freely chose to assault all the children in the family and anyone he anytime he felt inclined to do so. I can remember how my mother silently loathed my father, and on occasion when drinking, she would disclose this to him. There were even moments I witnessed where my mother was being undervalued and would often appear emotionally distant. Also recollected was my father's resentfulness of my mother and the weight of all the responsibility he carried. Even though this was just a general picture of life in my family, it is vital to understanding the impact of my GreenWave integrity home life as a child. In reflection when living in that cramped home, there was the societal belief that existed in which my father would be the only wage earner and my mother's role, as societal thinking would have it, was to stay at home keeping it tidy and be there as the children grew up. This upbringing did seem to cause my mother distress. In reflection, my parents were exceptionally youthful and immature themselves. I have many memories of their inability to adapt to the experiences most individuals acquire as they became more established and gained more life experiences. After some time, when us children were older, my mother did eventually get a job when it was more acceptable to do so by industrial society. As a result, the family acquired a more adequate home.

This, apparently, did not stop the abuse completely and in some ways, it added additional burdens and responsibilities resulting in escalation of violence. During this time, I became the caretaker of my siblings and in charge of various household chores at a very young age.

As a grown-up, and through my GreenWave integrity [sense of CRL] I began to search for answers and began to inquire about and pursue a considerable amount of information on abuse. This information, also acquired through professional experiences, while learning and witnessing others who also were victims of domestic violence, sexual assault, and human trafficking. There was a sense for many years to reach out to others as a friend or even as a volunteer and try to assist victims facing similar traumas and abuse as experienced in childhood and through teenage years. I often deliberated how these individuals get out, why they stay and how they arrived in the situation. Many specialists would state because it was familiar. However, this is not the situation for all victims.

I witnessed some individuals, including myself, had no way out because they had become dependent on their story and trusted it was the only thing they merited or perceived they could ever have. Therefore, when sensing this for myself, this realization began to create a sense of dread and separation. Comprehension of this reality eventually began to sink in and seemed like it was an exceptionally endless loop which should be expected and practically acknowledged as acceptable, as part of humanity.

In reflection, concerning my sense of reason, I formed various viewpoints.

Brutality surrounds us at any given moment in the Web of Life. We are emotionless to it when seeing it among other's (on the grounds we do not want to get involved), we cause self-

harm, countries battle one another and brutality is interwoven all through television and discussions among humans. Not at all like when I was a child with no decision to leave, I have concluded from my experiences abuse of any sort is a choice once we are grown-ups. Pain in an internal and external fight which assaults us on many levels, leaving us wounded. I have never witnessed the world, amid my lifetime, absent of physical and psychological mistreatment of some kind. While this may sound debilitating it, is an underlying certainty in our lives.

Does it bode well to willingly enable society to mishandle us, or to abuse ourselves regardless of the possibility that we could choose to stay out of personally abusive relationships? Absent of association with nature and our fifty-four senses we must live in a world that attacks us and life around us. Some religious convictions and social beliefs would have us trust that there is a divine plan by God or some other outside source, other than ourselves, that has predetermined some blue print of our life which propels us toward our purpose. In this blueprint, before our birth, who are parents are and what challenges we will confront during our life are predetermined. This opinion is an unreliable story. It is a deferment and careless for people to tell anybody this. We did not come into existence filled with earlier stories and assets to help us finish some mission or profound spiritual outcome in our lives if we succeeded in overcoming obstacles. If this is valid, there would be no motivation to expose us to cynicism deliberately, and rather we would be put into situations that supported us to help us satisfy our purpose quicker so we may start the journey of being our higher selves.

We are not hand chosen, before birth, to fulfill some destiny. It is the separated life we are introduced to, combined with our decisions that satisfy or deny our inner calling. We are all spiritual beings with a higher purpose to transcend above all that hurls at us amid our lifetime.

We have a diversity of senses, acquired from nature, to guide us. Our senses are the outline, when connecting to nature, which guide us to our inner self and helps us explore the world we are born into.

My GreenWave integrity registers, through language, it is simple for the psychology, sociology and interrelated fields to state the greater part of our problems originate from our childhood since we have all endured abuse in some way or another. It does not take a genius to see we have all been damaged somehow as a child or adult, if not both. We experience traumatic losses and assaults, in our childhood or parts of our adulthood. It is apparent my parents endured pain and caused harm to others. It is apparent they were not taught about independent approaches to managing the central issue of being isolated from their inner nature. Rather, they like many, are battling to remain alive making and co-creating trauma in people's lives because they do not know anything else exists. I do not need to excuse or overlook the past because of what has transpired. The main thing I can do is understand we all endure injustice and shared characteristics. This commonality weaves into my mindfulness and makes itself known as a detachment, nature negatives or devastation of my GreenWave-54 integrity.

Accordingly, individual natural senses come into my awareness helping me to self-right and adapt. The question, for me, then emerges if we were put on this earth to help others through their suffering. Society has an array of philosophies and convictions on the best way to fulfill this. Nevertheless, until society, in general, remembers the disengagement from its underlying foundation in nature, it is challenging to modify what we do to each other and ourselves. Until then we should each do what we can to restore ourselves. We can accomplish this through recognizing our commonality of being part of the aliveness of nature, sharing our experiences.

As we begin to recompose our story from everything that has happened to us we come to the moment of what is transpiring, in the now moment. From this, we can heal ourselves, if we choose, and can transcend all negativity in those moments. We should trust ourselves in addition to what we sense. This connection helps us to replace what we have been educated to believe or acknowledge as an inaccurate story to control us in some way. For example, we plant a tree. However, as it grows we destroy the leaves at the bottom by pruning them. We have not been taught nor does it register that we are destroying the oldest part of the tree. Transcending the negativity is not a simple task. Since it surrounds us, we should define, within reasonable boundaries. These limits are part of our intuitive survival senses. It is not selfish if we need to develop as a person and not continue reproducing a story where we are a casualty, the abuser, or move toward becoming dependent on something or someone. It is not a straightforward task as we are struggling with circumstances of confinement and opinions imposed on us by the society we grew up through. Continuing to live by these restrictive beliefs and inaccurate stories only contribute to progressing strikes upon ourselves. The more we validate we deserve to be happy, whatever that implies for each of us, the more probable it is we will tune into our senses once we are aware of what they are and how to access them. Accordingly, we can promptly observe attacks on our being significantly quicker and work to restore wholeness in our life.

Appendix G: Documented History of Abuse in Mainstream**By Stacey S. Mallory 2017**

“I am perpetually taken up giving out orders, in prescribing duties, in hearing parties [disputes], in administering justice, and in distributing rewards and punishments...In short, I look upon my family as a patriarchal sovereign, in which I am myself both king and priest.”

– 1712 *Spectator* magazine contributor (Gender and Sexuality in Colonial America)

“Let your Dress, your Conversation and the whole Business of your life be to please your husband and make him happy.” – 1712 *Spectator* magazine contributor (Gender and Sexuality in

Colonial America)

As can be seen from the quotes collected above male and female roles, throughout time, have been engrained in conflicting levels of hierarchy. There still exists an inequality in human interactions because of social status, education levels or any number of prejudices. Thus, abuse is perpetrated in countless ways regardless of age, race, or gender. It is well documented and talked about in the past and modern times how individuals have experienced various forms of abuse or been abusers themselves. These incidents are not at all isolated.

Actress Drew Barrymore, like many children, grew up in a world surrounded by adults she believed she could trust to protect her. Her history demonstrates the consequences of being exposed to most adults and the subsequent abuse that led to using drugs and having sex at an early age. Drew describes abuse in her childhood abuse as:

“I suffered child abuse and neglect from my father John Barrymore. Growing up a child star, I was also introduced to drugs, alcohol, and sex at an early age.”

Drew admits “I grew up in a family that was multifaceted, sexually oriented, and pretty much open to everything,” she says. “And because I was working, my friends were all adults. I had a tough time going to different schools because people knew me from films and I was the fat child who got beaten up every day.” On the other hand, she admits, “If you can get through those times it makes you a better person.” (Dailymail) (Drew Barrymore's Candid Childhood Recovery Story)

I can relate to this experience because my GreenWave truth was exposed to mainly adults except for school and limited activities. This type of isolation leads me to feel like I lived in an adult world with limited exposure to other children. As a result, this caused me to group up quickly, in a confusing adult world. Upon reflection, perhaps assaults were amplified by being isolated to a mainly adult dominated world. Also, caretaking of siblings was a parental responsibility where I was expected to be the caretaker without the full knowledge of how to be an adult. This extends to caretaking of the disconnected adults and my parents who were often under the influence of drugs or alcohol. This leads me to discover just some of what my GreenWave truth experience in the parent child relationship lacked:

- Privacy and growing up being the sole focus of unrelenting parental and adult scrutiny to conform;
- Sensitivity to disapproval and being self-critical when elevated standards of conduct and performance are not met;

- Lack of similar ages children and being the center of family disconnection;
- Being forced to be used emotionally and sensitized to the relationship negatives of adults;
- Lack of order and consistency;
- Lack of preferring company of children the same age and instead forming unhealthy bonds with adults;
- Being force to know the inner working of adult relationships, good and bad;
- A sense of obligation to caretake for adult's due to their lack of care and responsibility;
- Competition was created among the adults and myself leading to serious disharmony as the age difference are quite different;
- Lack of understanding of personal feelings, boundaries and desire to be in nature. Time outdoors was often used as a reward;
- My parents put higher expectations on me because they were the oldest child. As a result, there is often comparison of the siblings and adults which often dismiss the children having any value.

President Bill Clinton experience demonstrates the abuse of power by his step-father. Subsequently, Clinton becomes the pre-teen acting like an adult to protect his mother and step-brother. He describes his abuse in childhood as:

“My step father Roger Clinton was abusive and struggled with alcoholism.

Growing up I never let anyone know what was going on at home. It was like he was living two parallel lives.” Clinton grew increasingly disturbed by his

stepfather's drinking and abusive behavior toward his mother and younger half-brother. At the age of 14, already standing more than 6 feet tall, Clinton finally snapped. He told his stepfather, "If you want them, you'll have to go through me." (Famous Survivors of Child Abuse- List of Celebrity Children) (Bill Clinton - U.S. Governor, U.S. President- Biography.com)

President Clinton's could stand up to his abuser whereas I was littler and often felt helpless. I wonder if I had stood up to the abusers in a physical way what the consequences would have been. As an adult, I do recall one incident in early adulthood, when not living at home, and I did stand up to my father. This escalated into a physical altercation where I was only able to take him down because he was too drunk to fight back. I recall saying I would not endure his assault any longer. He never physically touched me again. I have concluded I cannot speculate on the outcome. I do however, think if I had stood up for myself earlier it would have escalated the abuse since any threat to the parental figures was an assault to be dealt with in a swift manner.

Actress Kate Moss and her boyfriend Pete Doherty frequently abused drugs and each other during throughout their dysfunctional relationship. Unfortunately, because of addictions, they mistreated one another. Also, Pete blatantly continues to abuse Kate through his description of his perception of the abuse, verbal debasement. Parts of their relationship and its dysfunction has widely been documented in the media. Unfortunately, this has resulted in everyone being verbally assaulted by the public. Further damage is formed because others take sides and find Pete's verbal debasement acceptable rather than abusive. Pete describes his abuse in with Kate as:

“I [we] have battled drug addiction for years and I have had numerous run-ins with police for drug offenses.” Pete admitted in court to possessing quantities of crack cocaine, heroin, cannabis and ketamine as well as to two driving infractions. He has publicly stated their tempestuous relationship was marred by the fact Kate is a jealous “nasty old rag” with a violent temper, and claims she once kicked him in the head.” (Sara Hammel and Pete Norman, 2007)

Although not all children living with drug-dependent parents experience behavioral/emotional problems, it is important to understand factors within families with a drug-dependent parent that increase or decrease the risk to children. Research on families with a substance-abusing parent has shown that psychopathology among the parents is an important risk factor for children's problems (Dierker et al., 1999; Luthar et al., 1998). We hypothesize that parental substance abuse and psychopathology exert much of their influence on children's behavior by disrupting parenting. This hypothesis is consistent with the stage model of the development of antisocial behavior articulated by Patterson and colleagues (1992). This model suggested that problems such as parental substance use, psychopathology and social disadvantage lead to early parent-child interaction problems, especially the use of ineffective discipline. These parenting problems lead directly to externalizing problems in early childhood. At later ages, children's externalizing problems predict other poor outcomes such as academic problems, rejection by nondeviant peers, association with deviant peers, low self-esteem, depressed mood, antisocial attitudes, delinquency and substance use. (Catherine Stanger, 2003)

Actor Tyler Perry goes into great details of his abuse with Oprah Winfrey, who has also been abused. Tyler is betrayed by numerous male role models including his father. Tyler trusts the adult figures such as his neighbor, his mother's friend and medical personal, a nurse. His experiences cause profound confusion about his sexual identity because his body "betrays" him throughout his sexual abuse. The one moment worth mention in Tyler's background is his use of "imagination" during sexual assaults and subsequently returning to a safe place in nature. Tyler describes his childhood abuse as:

"I suffered brutal physical abuse at the hands of his father and severe sexual abuse at the hands of several adults. Inside or outside the home, Tyler says he never felt safe. To endure the violent beatings, shouting and name-calling, Tyler says he used his imagination to escape. "I could go to this park [in my mind] that my mother and my aunt had taken me to. I'm there in this park running and playing, and it was such a good day," he says. "So, every time somebody was doing something to me that was horrible, that was awful, I could go to this park in my mind until it was over."

In addition to the brutal physical abuse, Tyler says he also suffered severe sexual abuse at the hands of different adults.

"He [I] was 5 or 6 years old the first time he was molested. While building a birdhouse with an adult male neighbor, the man put his hands in Tyler's pants, he says. "I'm thinking, 'What is this?'" Tyler says. "And I felt my body betraying me, because I felt an erection at that age."

Tyler says he later endured sexual molestation at the hands of a male nurse, a man he knew from church.

"[The man from church] used God and the Bible against me to justify a lot of the things that were going on. It was so horrible," Tyler says. " And that was my first sexual experience, with this man performing oral sex on me as a boy." When Tyler was just 10 years old, he says he was also molested by a friend's mother. Tyler says he was over at his friend's house while the mother was arguing with her boyfriend in another room. "All of these people had given me something to carry," Tyler says. "I think that everyone who's been abused, there is a string to the puppet master, and they're holding you hostage to your behaviors and what you do. At some point, you have to be responsible for them. What I started to do is untie the strings and chase them down to where they came from. And I was able to free myself and understand that even though these things happened to me, it was not me." (BlackDoctor) (Scribner, 2014) (Freeman, 2010)

I am deeply emotional after reading about Tyler Perry's experiences. I can resonate with the same sense of betrayal, mistrust of adults, religion and family friends. I can also remember going into my minds language returns to places in nature as part of the survival of sexual assaults. Although not in direct sensory contact with nature, I feel knowing the safety I often felt in natural areas somehow is a survival tactic to preserve my awareness and identity.

Rose McGowan, a singer, and actress, was a victim of religious manipulation and abuse. Her experiences demonstrate the mistreatment of children and adults in sectors of religion, which

is well documented throughout human history, include present day. She describes her childhood abuse as:

“I grew up in a cult that promoted "free love" which she later fled to avoid sexual abuse. Like in most cults, you were cut off from your [outside] family. There were no newspapers, no television. You were kept in the dark so you would obey. It was not a wealthy existence. I remember being very angry when an adult [in the group] had taken all of my lira that I had earned singing Jesus songs with my banjo. You weren't allowed to have imperfections. I had a little wart on my thumb, and I remember walking down this hallway-a door opened and some adult grabbed me and just cut it off with a razor blade and stuck me back out in the hallway with it still bleeding.

I was always in trouble. They would say, “Have you let God into your heart?” and I would say, “No.” I did believe in God, but I didn't believe in their god. I was pissed off. I lit a wall of Bibles on fire-took a candle to it. At 5, I was drawing monsters and sharks and stabbing holes through paper. My father was pretty much a lifelong hippie, and I just came out so differently. When I was little and there were all these women with hairy legs, even though I had no reference point for non-hairy legs, I was disgusted by it. I basically just came out of the womb waving red lipstick. When I first came to the U.S., Dynasty was on, and I remember seeing Joan Collins and thinking, “My people!”

My father, who did the illustrations for these little comic books called tracts [used by the cult to disseminate information], got wind that the group was starting to

advocate child-adult sex. They were telling him to draw cartoons about it. Their whole thing was that children are very sexual beings. "God made children able to enjoy sex, so he must've expected them to!" the group's founder, David Berg, proclaimed in a book. I was not molested because my dad was strong enough to realize that this hippie love had gone south." (WonderWall, 2016) (Zuckerman, 2011) (WENN, 2011)

I understand the effects of cults and their beliefs on children and adults being mere sexual objects. This belief brings tears to me, in remembrance of being in the chosen underground lifestyle of fifteen years or so. The effects of feeling like I was welcome into a sub-culture of like-minded individuals is quickly dissolved by the reality that it was nothing more than a means to be abused sexually and controlled by the rules of a highly disconnected sub-culture. This is seen excessive competition, exploitation and conquest in the GreenWave.

Ozzy Osbourne, a singer, describes his struggle with childhood abuse which extends into his adulthood. A resulting effect is his misuse of illegal drugs to cope with numbing the consequences of the abuse. Ozzy describes childhood abuse in a British newspaper:

"I was sexually molested repeatedly as a child and suffered emotional effects from the abuse long into adulthood. The heavy metal icon, who grew up in a working-class neighborhood of Birmingham, said two older youths began abusing him after school when he was 11, and it continued on a regular basis." (Report: Osbourne Molested As A Child, 2002)

I realize that childhood abuse extends past the moments in which it happens. Those memories and feelings are often brought into our adulthood. Disturbing emotions and memories emerge when considering this. I am overwhelmed by how many people have been abused and the diverse forms of abuse. Abuse affects many people into adult hood in negative ways. As a means to cope I realize some people start a pattern of self-abuse or drug abuse to deal with their sensory disconnections.

Ella Fitzgerald has a long history of abuse mainly stemming from neglect of the parental figures into the legal systems designed to protect children. During the time, she was growing up during a time when there was segregation of races. Thus, adding to the abuse, she endured. To this day, the legal system designed to protect children from abuse is still abusing them. It is documented how children endure various forms of abuse through legal services, protective services, and foster homes. Ella's abuse is described as:

“At a time of renewed calls for institutions to rescue children from failed families, this lost chapter in the life of an American icon illuminates the gap between a recurrent ideal and the harsh realities of the child welfare system. Miss Fitzgerald, most of the 12- to 16-year-old girls sent to the reform school by the family courts were guilty of nothing more serious than truancy or running away. Like today's foster children, they were typically victims of poverty, abuse and family disruption; indeed, many had been discarded by private foster care charities upon reaching a troublesome puberty. Abused by her stepfather after her mother's death in 1932, Ella Fitzgerald was taken in at 15 by an aunt in Harlem -- the equivalent of today's kinship foster home, but without the financial support. The

girl who had excelled in her old Yonkers school dropped out to scrounge for money; she ran numbers at one point and worked as a lookout for a "sporting house," knocking on the door in warning if the police were around. But the Riverdale orphanage -- the only one open to black children -- was overwhelmed as the Depression converged with the great migration of poor blacks from the rural South. With so many younger children in need of a bed, a runaway teenager was a perfect candidate to send on to the state reform school.

The institution at Hudson, near Albany, had opened in 1887 as the House of Refuge for Women, the first state reformatory targeting unwed mothers. In the "home-like" brick cottages, discipline meant solitary confinement on bread and water, shackles and beatings. Later, the mission changed to younger girls loosely defined as "wayward," "incorrigible" or "in need of supervision." But the solitary confinement and abuse remained endemic. The buildings now house a men's prison. After leaving Hudson Ella lived hand to mouth. (Bernstein, 1996)

I reflect on the beliefs I was told during growing up about how "niggers", or any other number of insults, are worthless pieces of trash. I always disregarded this belief and any separation of races. I am repulsed by the abuse Ella Fitzgerald endured. However, the one attraction I find in her story is that nourishing her creativity brings about a sense of her inner being. As a result, Ella becomes an icon on the music industry proving that she overcomes many obstacles to follow her own inward nature.

I am deeply touched by the stories of abuse others have shared. This helps me to understand and know I am not alone. I know the abuse continues. For every one of the abuse

stories shared there are thousands more. We do not have to look very far to find incidents of injury or an array of abuses. It is engrained deeply into human existence across time and nations. Though we can see most of this abuse happened to individuals in childhood, let us not forget the adult abuse of people who are considered mentally handicapped, elder abuse, self-inflicted abuse and finally abuse on nature.

“For every minority group complaint, for every racial transgression, for inhumane acts against people, plants or animals, for underpaid workers and unhealthy work or home environments, for each exploited student, civil rights offense or warlike deed, for sexist acts or emotional or economic blows, there is a matching or more serious transgression that has taken place against the life of our planet due to our denial of our prejudice against its nature. We don't rectify these social problems because they are not just human problems, they are short circuit life problems. They are love and life problems that are resolved in society only as we scientifically correct our prejudicial relationship story about the life of Nature. That story injures us because Nature's life is our life. We are disturbed because our nature-disconnected stories are disturbing us.” (Cohen, *Prejudice Against Nature*, 1983)

Appendix H: Documented Volunteer Hours

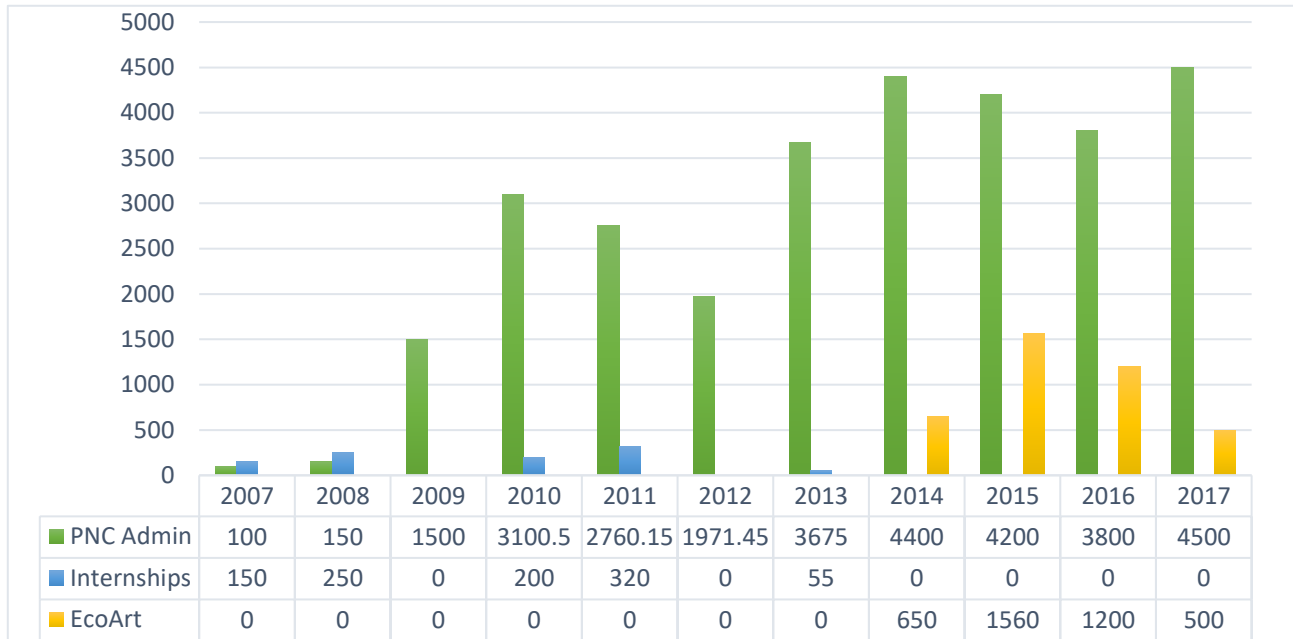


Figure 2

In Figure 2 above I have indicated approximate hours I have volunteered for Project NatureConnect Administration, internships for Project NatureConnect and Eco-Art Therapy.

During the years 2007 to 2009 volunteer hours overlap my early studies with Project NatureConnect and is considered as part of the Bachelor’s Level. For the years 2010 to 2013 my volunteer hours were done while completing the Master’s Degree. From 2014 to the present my volunteer hours have been completed while concurrently being enrolled in the PhD degree Program.

Volunteers hours for the years of 2007 to 2013 have been documented and accepted by Akamai University and Project NatureConnect as part of my degree studies. Volunteer hours from 2014 to 2017 are being submitted as part of my contribution and learning experience while enrolled in the PhD degree program. In addition to the above hours I have completed approximately eleven credits above the fifty-two required to complete the PhD.

My participation in Project NatureConnect courses are included in the table below. ¹

Course	Role	Dates
Eco 500 (WIL)	Co-Facilitator	Smokie/Blue Ridge May 1, 2010 to May 22, 2010
Eco 500 (WIL)	Co-Facilitator	Tidal Bay/ May 15, 2010 to August 31, 2010
Eco 501 (RWN)	Co-Facilitator	Earth Breath/September 1, 2010 to September 1, 2011
Eco 501 (RWN)	Co-Facilitator	Night Owls/September 1, 2011 to September 5, 2011
Eco 501 (RWN)	Co-Facilitator	Night Owls (1)/ September 5, 2011 to 2012
Eco 501 (RWN)	Co-Facilitator	Night Owls (2)/September 5, 2011 to 2012
Eco 502 (WMWE)	Co-Facilitator	Golden Oaks January 1, 2012 to 2013
Eco 500 (WIL)	Co-Facilitator	May 1, 2010 to May 22, 2010
Eco 500 (A)	Co-Facilitator	N/A- Equivalent in UF+NHP
Eco 500 (B)	Co-Facilitator	WoodWalks January 1, 2013
Eco 500 (B)	Co-Facilitator	Jan. 15, 2012/West Wind

¹ Table on pages 159-163 excludes all courses from June 2015 to August 2017.

Eco 500 (B)	Reader	May 15, 2012/Hummingbirds
Eco 500 (B)	Reader	Aug. 1, 2012/Harbor Seals
Eco 500 (B)	Co-Facilitator	Sept. 15, 2012/Sea Rays
Eco 500 (B)	Reader	Sept. 1, 2012/Harvest Moon
Eco 500 (B)	Co-Facilitator	Red Foxes Feb.1, 2013
Eco 500 (B)	Reader	Spring Flowers/March 15, 2013 to
Eco 500 (B)	Reader	Spring Sunshine/ March 15, 2013
Eco 500 (B)	Reader	April 1, 2013/April Showers
Eco 500 (B)	Reader	April 1, 2013/Spring Flowers
Eco 500 (B)	Reader	May 1, 2013/Shooting Stars
Eco 500 (B)	Reader	May 1, 2013/Mayday #1
Eco 500 (B)	Reader	May 1, 2013/Mayday #2
Eco 500 (B)	Co-Facilitator	May 1, 2013/Mayday #3
Eco 500 (B)	Reader	May 1, 2013/ May Day #4 to West Winds
Eco 500 (B)	Co-Facilitator	May 15, 2013 /Fawn Lilies
Eco 500 (B)	Reader	May 15, 2013/Glacier Lilies
Eco 500 (B)	Reader/Student	June 1, 2013/Running Tide
Eco 500 (B)	Reader	June 15, 2013/Sunny Days
Eco 500 (B)	Co-Facilitator	July 1, 2013/Happy Clams
Eco 500 (B)	Reader	July 15, 2013/Sea Turtles
Eco 500 (B)	Reader	Sept. 1, 2013/Forest People
Eco 500 (B)	Reader	Oct. 15, 2013/ Flying Clouds

Eco 500 (B)	Reader	Oct. 15, 2013/Starry Skies- Sunny Autumn Skies
Eco 500 (B)	Co-Facilitator	Nov. 15, 2013/Starry Skies
Eco 500 (B)	Co-Facilitator	Nov. 1, 2014/Sunny Days > Rise & Shine
Eco 500 (B)	Co-Facilitator	Jan. 3, 2014/Winter Snowbirds
Eco 500 (B)	Reader> CoFac	Jan, 15, 2014/Winter Aliveness
Eco 500 (B)	Reader	Feb. 5, 2014 /Hawks
Eco 500 (B)	Reader	Feb. 5, 2014/Connection
Eco 500 (B)	Reader	Feb. 18, 2014/Nature Lovers
Eco 500 (B)	Co-Facilitator	March 1, 2014/Nature Lovers
Eco 500 (B)	Student/Co-Facilitator	April 1, 2014 (Self-Study)
Eco 500 (B)	Student/Co-Facilitator	April 1, 2014 (Self-Study)
Eco 500 (B)	Co-Facilitator	April 1, 2014/Baker Peak
Eco 500 (B)	Reader	April 1, 2014/Shooting Stars
Eco 500 (B)	Co-Facilitator	April 1, 2014/Spring Flowers
Eco 500 (B)	Co-Facilitator	April 15, 2014/Mt Rainer
Eco 500 (B)	Co-Facilitator	May 15, 1014/Red Foxes
Eco 500 (B)	Reader	June 1, 2014/Coyotes > Brown Pelicans
Eco 500 (B)	Reader	June 15, 2014/Lorax

Eco 500 (B)	Co-Facilitator	July 1, 2014/Higgs Bosons > Earth Body
Eco 500 (B)	Co-Facilitator	July 1, 2014/Natural Unifiers
Eco 500 (B)	Co-Facilitator	July 1, 2014/Natural Unifiers
Eco 500 (B)	Co-Facilitator	Aug. 1, 2014/Unclouded Days
Eco 501	Co-Facilitator	Night Owls Group 1/02/01/2012 to 11/08/2012
ECO 501	Co-Facilitator	Night Owls Group 1/02/01/2012 to 11/08/2012
ECO 502 Equivalent: Eco 611 A/I & Eco 612 B/II	Co-Facilitator	Windwalkers 1/13/2012
ECO 502	Co-Facilitator Equivalent: Eco 611 A/I & Eco 612 B/II	5/7/2015
Eco 800 NHP	Mentor/Co-Facilitator	3 Students
PNC Outreach	PNC Application/Agreement to run an Outreach Program	Signed January 11, 2012
PNC Practitioners Cooperative	PNC Application/Agreement to participate in Practitioner's Cooperative	Signed August 26, 2012
Eco 500 (B)	Reader	April Showers/April 1, 2015 to April 19, 2015
Eco 500 (B)	Reader	BaoBob Trees/April 12, 2015 to July 28, 2015

Eco 500 (B)	Reader	Blue Camus/June 1, 2015 to July 17, 2015
Eco 500 (B)	Reader	Equinox Tree/March 15, 2015 to June 9, 2015
Eco 500 (B)	Reader	Falling Water/March 1, 2014 to May 27, 2015
Eco 500 (B)	Reader	Full Moon/December 15, 2014 to October 10, 2015
Eco 500 (B)	Reader/Cofac	Harbor Seals/4/1/2015 to 7/19/2015
Eco 500 (B)	Reader	High Tide/7/15/2015 To 10/14/2015
Eco 500 (B)	Reader	Mallards/2/15/2015 to 5/15/2015
Eco 500 (B)		Osprey's/1/15/2015 to 5/12/2015
Eco 500 (B)	Reader	Rising Moon/6/15/2015 to 6/21/2015
Eco 500 (B)	Reader	Roaring Brook/3/4/2015 to 7/10/2015
Eco 500 (B)	Reader	Shooting Stars/4/30/2015 to 5/30/2015
Eco 500 (B)	Reader	Wisdom
	Bio- The Ultimate Intelligence Test Inventory	March 3, 2015
	GreenWave Support Statement	July 10, 2016

In addition to the above I have volunteered as a reader, mentor or Co-Facilitator for Eco 501, Eco 502, Eco 508, Eco 800, Eco 700's, Equivalency petitions and exams, social media, websites, public education, document editing and continue to do so. During my tenure with Eco-Art Therapy I have created a website, maintain a social media presence, public education and promotion, syllabus and document editing, newsletters, review Eco-Art student case studies, created a review process for Student Facilitators and continue to do so.

Appendix I: EcoArt Participant Survey Responses

By Norma J. Charette and By Stacey S. Mallory 2017

GreenWave 54 enables individuals to tackle the following issues [and others] as demonstrated by the survey participant responses below. Examples include: loss, grief, childhood abuse, depression, feelings of isolation, reconnection with nature, fear of nature, recovery from the standard abstract story world, feeling trapped by culture stories, releasing feelings of being a victim, increasing well-being, addiction, healing relationships, discover and support of GreenWave-54 self, strengthening relationship with nature, building or repairing relationships, healing our inner child, building community, increasing sense of place and belonging, self-care, self-image, healing childhood abuse and recovering from distress.

This survey is a sampling of student participants from the Eco-Art Therapy certification program. Participants chosen are from past online classes ranging from the dates of December 2014 through December 2016 that have completed course Eco-Art 530 and Eco-Art 531. [Participant ages are included in *Figure 1.*] Not all individuals during this time choose to participate in the survey. Also, those who did respond choose to not answer all the questions. As a result, responses could not be collected in these instances.

This sample demonstrates how responding participants in the Eco-Art Therapy classes report how it helped them manage a situation or in the recovery or rediscovery of self. Responses do not reflect the depth or any quantifiable level of healing. Rather the responses identify a significant change has occurred and varies from person to person, as each activity resonates with everyone in the now moment of the GreenWave. What the survey documents is,

whatever their various interests were, what participants found of value in their present, never to be lost, ability to invoke GreenWave-54 in their lives and the lives of those they influence. Equally significant is that, as has been typical of all my Eco-Art Therapy courses, no negative responses to nature were reported. What were former nature-discomforts were now experienced and seen as a wide range of welcomed learning and healing opportunities and I present below for your full information and transparency the participant's unadulterated articulation of the outcomes of me learning how to teach them how to invoke GreenWave-54. As written statement stories, they are already not how non-storied nature works. To cubbyhole them further would place additional words and values on their reality, a process that too often creates the destructive side effects that Eco-Art Therapy is trying to prevent and remedy. My suggestion would be for the reader to learn to invoke GreenWave-54, then bring these statements into a natural area and discover their value in that moment within any chosen area of the reader's interest. In addition, I fully support expanding Eco-Art Therapy into "Eco-Arts". These extensions of expression would permit individuals to engage, create and teach in diverse fields of creative therapies. Some examples include music, poetry, drama, play therapy, sand therapy and so forth.

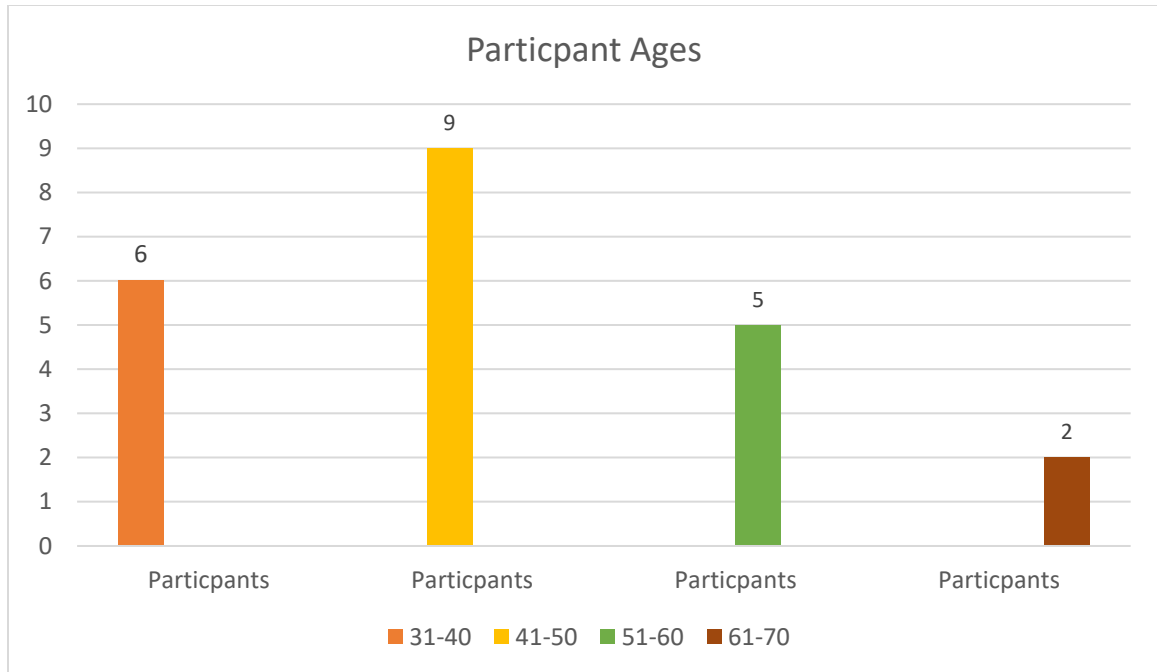


Figure 1

Question: How did your viewpoints change, if any, about nature and Eco-Art after participating in the Eco-Art Courses?

1. I became more aware of my natural environment and felt the [immense] love and support from Mother Earth and nature.
2. My viewpoints have been validated that I am a more whole-sum person when I follow my attractions in Nature. This is because I am using all of my senses instead of just reason and language, as well as the typical 5 that are taught in our cultural stories.
3. I think now that spending time in the nature is more important than trying to be perfect, to complete all the daily tasks we are required.
4. I felt much more connected, in tune with natural processes, than I had previously. Especially with the concepts connected with life in Earth and passing on through it spiritually. The creative process became much more important to me as a tool for psychic

health. My dependence on G/G [Green/Green] feelings and sensitivity in my art became more important. I was no longer so concerned about my creativity conforming to G/O [Green/Orange] attractions. At this point, I don't see any point in attempting a G/G vs. G/O balance in my work - but just go with my old brain senses as a therapeutic process to arrive at a 9-legged balance of soulful wisdom between the 4-leg truth and 5-leg storied inputs and judgment.

5. Although I've often experienced a deep connection (love) with nature, the eco art activities provided intention and clarity of purpose that re-ignited a sense of sacred connection. I moved to Oregon, because I loved and felt at home with the evergreens. Yet I do not have a strong outdoorsy body type and having grown up in mild Southern California weather, the challenges of living in an often cold, rainy rural environment had dampened my connection to the outdoors. Through engaging in the Eco Art activities, the connection was greatly healed and enhanced. I especially appreciated listening to nature's wise counsel and naturally became habitual to tune into the wise guidance and nurturing support of nature, even as I drove to work each day. I found that little things that normally would upset me, fell into perspective with ease.
6. I genuinely had no idea how potent this process was going to be. I felt inexplicably drawn to it, but it is only in the participation that the power of accepting Nature as a teacher and healer has been revealed. It's truly extraordinary, really.
7. I definitely have a new found respect for the Nature around and within me. Prior to taking the courses offered through the Eco-Art Therapy Certification courses, my eyes were opened to the wisdom that nature holds via courses offered through PNC. However, I have always been a visual person. So expressing and receiving information visually

resonates with me strongly. The activities offered through Eco-Art help me to take the information gained from PNC from head to heart to hand level; allowing me to put into practice the concepts and principles of NSTP at any given moment. It has equipped me with the knowledge to connect to nature's wisdom via various media; from a quick doodle, a Zentangle, or photograph from my Smartphone to a longer more intense meditation with a drawing or painting. I am able to connect sensibly, be present, and extract the vital information, peace, and balance needed for that moment in time. I would like to also add, I find one of the most profound revelations gained through the course is a regained sense of self-worth, esteem, and awareness. The more I participate in the activities the more I become and remain aware that I am nature. Also, it finally registered for me that art is not about producing something everyone "has" to like or buy. Art is a voice, my voice. It is another way I can communicate with myself and nature (to include every natural being).

8. I never realized that just being in nature could spark so much inspiration and thought. Eco-Art is definitely one of my go-to show that I know what I can get out of it.
9. [The courses and activities] opened me up to a world of creative expression. I had been a "crafter" prior to this course of study. Afterwards, I experienced a greater comfort level with trying different mediums to capture the inspiration that nature provided. This process also provided means to interpret the language of nature, its nuances textures and tones.
10. My viewpoints about nature and eco-art changed profoundly. The simplest way to put it, is that my awareness for both grew, as well as my respect. An illiterate connection between us.

11. After participating in Eco-Art classes my perception of Nature became much deeper and wider. These activities affected not only viewpoint about Nature, but about Life itself. Now I see Eco-Art as simple and at the same time very effective way to return integrity/wholeness to our consciousness.
12. I am more aware of a continuous co-existence made self-evident and real through creations of art! Artworks are very real and having them understood by facilitators and classmates reaffirmed my awareness of the relationships with nature that are abounding whether or not I make art!
13. I felt that I was more embraced by nature and the earth through the process and that I was more empathetic and cognizant of how I interact with nature and what nature can teach me through those experiences. I found that there is an aliveness to the earth and all the things upon the earth that I hadn't considered before. I realized the error in my ways regarding how I treated the earth and the plants and animals in the past and how I want to conduct myself in the future. I also found that eco-art became a sort of game in teaching me new ways to interact and learn. It has also helped lead me into other studies regarding medicine wheels and shamanism and the relevance of these ideologies in conjunction with eco-art and Ecopsychology.
14. My views did not change. I had been a follower of the natural systems thinking process prior to taking the eco-art therapy class - though I consider the art therapy class as a continuation and solidification of prior lessons in natural connections.
15. I came to slowly take my place on the web of life and integrate a less human orientated place in the world. Eco-art is a great vehicle for this process.

16. I always felt close to nature and was always drawn by it. However, learning about Webstrings opened a completely new dimension in my thinking. I immediately connected with the idea of Webstrings. The realization of us having more than just five senses and to explore and experience nature through our different senses is just amazing. It created a beautiful connection between me and the natural environment.
17. I now see art all around me in the natural world. My understanding of how to create Eco-art activities has expanded as well.
18. I appreciate the non-judgmental learning environment in nature and in the groups. I quit allowing my artistic hand draw due to being constrained to set parameter in school. The activities guided me to look at my own inner nature versus just drawing nature.
19. Being in natural situations enhances my attractions, interactions, messages and knowing and the creative expression consolidated my experience and allowed for a greater depth of wisdom through the process of creating.
20. I connected much more consciously and deeply with the earth including plants, animals, bugs, etc. I also connected more deeply with myself in relationship to the earth.

Question: Did any activity completed from your Weekly Activities found in the book *Eco-Art Therapy: Creative Activities that Let Earth Teach*, by Dr. Theresa Sweeney help you with an unresolved or negative issue/situation? If so, which activity influenced or affected you? Did you alter how you did or feel about the activity in any way and if so how?

1. In the activity – Shadow, I learn to embrace my Light and shadow. I learn to be kinder with myself and not judge myself in the choices I made in situations. I become more aware of the critical voice that doesn't serve me.

2. Activity 8 of ECO 530 was pivotal for me. The subtle activity of asking a question of Nature about my future work situation and ‘drawing’ it from three different perspectives, removed roadblocks that I wasn’t even aware of. The blocks stemmed from the cultural story that feeling safe and secure is more important than seeking change and adventure. Once I realized this, I was able to process my question more fully and trust my senses (primarily intuition) about what is right for living my true Nature.
3. While in the course I was dealing with a lot of old childhood memories and pain simultaneously with my father being ill. One activity in particular where we were asked to find a plant outside which mirrored us in some way, specific to our feelings at the time or our life's pursuits, helped me immensely.
4. I was staying, at the time, with my parents in the home I had grown up in, while my dad was in the hospital. For the activity, I connected to one plant in the backyard in particular - a rosebush, which I pruned away all of the dead leaves and branches from. I truly felt as though I were letting go and releasing a lot of the old pain I had carried back with me to my childhood home. When I returned several months later to visit my parents, the bush was huge and I saw myself and my growth reflected within it. My mother even commented how large the bush had gotten in such a short amount of time and how well it was doing. I knew deep inside it was a reflection of myself and it made me happy.
5. Yes, it helped me release my mind. When I started the book and the weekly activities, I was still suffering a lot after my divorce and I was also keeping a little bit of anger in my heart. I don’t know exactly which activity brought me this state of piece, I think it was a succession of activities and the time I spent in the nature, far from the outside world and close to myself.

6. Actually, they all helped tremendously. At the time I completed the activities, I was going through a period of extreme stress and anxiety due to my wife's terminal illness and eventual Earthly expiration and spiritual evolution from pancreatic cancer. That unresolved, negative issue/situation was with me from the time I began the activities in the book until they were finished. It remained with me throughout the time I was involved with the text, and after also. I'm still aware of all the feelings I experienced, and cherish them daily. My wife had passed on prior to my completing the activities in Dr. Sweeney's text.
7. I think Activity #2 Nature's Alphabet was the most critical because I embarked on the entire process of ECHN and attempting to rediscover my lost senses from that activity. It also came at a point when I was feeling the most lost, emotionally drained and frustrated. It was the lowest point ever in my life, I think. Illustrating the 54 natural senses reconnected me with art as a process not only a creative process but a healing process. Following is a short writing from that activity:

When I look at my piece, "SSNA:a5LDAtiaMB", I feel a bit cleansed of some tension and inner angst but not close to completely. That might take some extensive time and some fine-tuned technical work on the piece or a similar one. The whole exercise provided a lot of time for soul searching and expression. It also gave me the incentive and opportunity to get my hands back into a mud-bucket. For those processes, I'm grateful!!!

As a result of experiencing activity 2, I began to feel enlightened or maybe aware of the tiniest sense of spiritual rebirth. Just to have recovered a temporary sense of playfulness in creating a piece (or allowing it to BE) out of acrylic paint, colors, plastic, raw

unprimed canvas, unfired porcelain and wood (truly mixed media) provided some lighthearted feelings. It felt wonderful. Nature wants me to know that it's ok to be me!! I just have to buy into the feelings on a permanent basis. Another important revelation communicated by the Earth-mother through this activity was for me to respect and hold dearly my own value system; to be neither influenced nor coerced into thinking what I feel is wrong. It could be like the feelings a rock might experience.

8. Yes, those were my favorite activities; the ones that I found most beneficial. I do not recall exactly, however I will guess that it was, Dear Nature, Transformation, The Shadow Knows and Healing A Relationship. I do not believe so.
9. I'm not sure how to answer this. When I began taking this program, I was in the throes of a healing journey, which is still ongoing. The course has led, stepping stone by stepping stone, into the deepest, darkest parts of my inner world and illuminated things that have led towards a deeper understanding of myself as Nature and has helped me transcend, transform and otherwise transmute those things in my life that cause suffering and disconnection. I have also learned about the true nature of existence and my relationship to it. Each activity has brought its own wisdom and a theme has emerged over time. Please feel free to reference any of my reflections to gain examples of this. Because of this process, I am literally a different person living a different life.
10. They all did in one way or another. But if I had to say which made the largest impact, it is the Transformation activity. I still find myself reflecting on this activity daily. It aids me in assessing my current story, not getting caught up in my current story; as well as, releasing that which no longer serves me and receiving that which does. This awareness

is invaluable as it continues to help me to no longer use food to self-medicate, and instead seek balance and rewarding experiences to support my new way of thinking.

11. Yes. Lesson 1 "*Setting the stage*": It was like an invitation to be more relaxed in terms of my own demands. Lesson 9: "*The Art of Relationship*": Placing a familiar issue in Natural entities, had allowed me to be more objectively with the situation and in writing it, has helped me look at it from another angle.
12. Definitely! The most affect was on the one about healing a relationship. I worked on a difficult relationship at work and since then, I more at peace and better equipped to understand the difficulties she may be having. We are definitely getting along better and my emotions are so much more calmer around her.
13. Help you with an unresolved or negative issue/situation? Yes. multiple. If so, which activity influenced or affected you? My final project for the first course helped me to process the death of a dear friend. Did you alter how you did or feel about the activity in any way and if so how? By fully embracing the healing potential of Eco Art activity, I was able to provide a creative vehicle for my grief process as well as others when I shared the activity with a mutual friend and her teenage daughter. I felt the process appropriate for both age groups, providing a safe platform for discussion of grief and loss through the process.
14. The activity in which the focus was breath and art. In order to create the artwork, I had to focus on my breath and breathe through a straw. The negative issue which this helped is my lack of patience and presence. Breath creates focus and awareness, thus helping enable serenity. I believe that I focused more during the activity knowing that the connection to my breath is imperative to my well being.

15. Now it is hard to pick one activity from all others as every activity touched part of unsolved issues. Each time in their unique way. It was like a journey – step-by-step healing inner wounds. Some activities helped to prepare to see them, other helped to accept the situation and others – to heal. Almost after every activity I felt some kind of relief and deepened perception of myself and surroundings.
16. The activity Drawing Perspective really helped me by introducing a diversified way to look at something. What a great way to let nature heal. This change in perspective offered options empowering me to change releasing me from a victim role. I liked the activity perhaps more, It achieved its purpose of “visually altering my perspective”

In Eco 530, Pgs. 68-71 Drawing Perspective. The one of my issue stirs the feelings of being really happy but also frustrated because of being blocked by the entrapment of culture and what it values. It values and rewards people, certainly including financially for staying well within the pre- prescribed parameters, which I definitely do not do well.

Although all three drawings have swirls representing the sweet aroma that makes me so happy I prefer the drawing #3 titled “Looking Into”. Perhaps this drawing is trying to tell me to look more deeply into my issues and to see it from above revealing a reminder to keep a higher perspective on my issue. Drawing #2 upon reflection reminds me to look at the whole cycle and have faith that as I do I will conclude that I may be able to provide sufficiently in the right season if I remember to honor all parts of the journey and drawing #4 in contrast shows how much less there is when we take a natural being from its place in nature and put it in our manmade environment.

Participant #16 Reflections May 28, 2015 Assignment Post

I had been very depressed and struggling financially during the time I took Eco-Art. I learned though that I was not alone and that I could consult with nature over my issues and that therein I wasn't alone any longer. This was a blessing to me to learn that I am not the only one who suffers and that even plants, animals and birds suffer in life too.

This sounds so naïve saying this but that is how blind I had gotten in society. I think that although my financial situation has not changed, my outlook has and I feel a sense of embrace over my lack and my woes and I am able to reframe this. I found that it wasn't one activity that spoke to me most, it was the combination of activities that led me to begin my own practice of witnessing and documenting what I witnessed by setting my own intentions regarding what I wondered or wanted to learn.

17. Yes, the activities have been very helpful. I found the activities helpful emotionally and mentally. All of them have been helpful in this way, just in varying degrees. I am not sure if the proportion of 'helpfulness' comes from the nature-based activities or the art activities, or the writing of the reflections, or answering the additional questions from peers and in the instructor. However, taken as a whole, these all work well together.
18. Working with change via the elements, and the exercise of creating my own symbols for all the senses – I am utilizing the elements often now and taking that further to work through things in life. I often talk with nature and find much wisdom, support and amazing modelling there.
19. The activity 'Wonderful You' influenced me most in a positive way. It made me realize I did not have a good self image. It helped me overcome that to accept me as I am without the self-criticism.

20. Yes! One of my favorite activities was "Hear Ye, Hear Ye" on page 43. It was a very healing exercise for me and I often revisit some of the things I thought about when doing it. In this exercise I dug up a favorite poem from a book by Emily Dickinson I had with me and I'd like to share this poem with you all again here:

Nature is what we see,
The Hill, the Afternoon -
Squirrel, Eclipse, the Bumble-bee,
Nay - Nature is Heaven.

Nature is what we hear,
The Bobolink, the Sea -
Thunder, the Cricket -
Nay, - Nature is Harmony.

Nature is what we know
But have no art to say,
So impotent our wisdom is
To Her simplicity." ~Emily Dickinson

21. Healing a Relationship and Child's Play. Healing a Relationship permitted me to look at the inward negativity I sensed and transform this into a positive experience. As a result, I began looking at relationships in new ways, including my relationship with myself. In Child's play, I enjoyed letting go and drawing from my inner child's perspective. This helped me to heal parts of my inner child that had been wounded. I was able to transform negative experiences from childhood by seeing there was always good in myself and the natural world. As a result, I sensed a freedom I had long forgot. I felt safe and comforted during my exploration.
22. Several activates affected me by creating a space to focus on a particular issue and creatively work through the guided process to come to a different perspective about how I viewed the issue. With a different perspective, I could relax and see solutions.

23. I really liked the sound mapping and the exercise on color. These were real eye opening for me in terms of letting go of external expectations and rules.

Question: When you initially started the Eco-Art Therapy courses and activities, when did you begin to notice and realize that you were able to alter or get to a different point to resolve a current/lifelong issue by utilizing Eco-Art Therapy activities and concepts?

1. From the first activities, I noticed how we connect with our environment with symbols and how we associate our feelings with colours. I learn how easy the process can achieve positive results when I partner with Mother Nature.
2. I definitely felt some paradigm shifting early in the first course, but would say that the Activity 8 [Transformation] outlined above was when I started to really pay attention to how Nature could support me.
3. Taking this course for me was very much an affirmation of my beliefs in the power which nature has to heal us. So while I was taking the course, each activity served as a strengthening device in helping to empower my trust in nature and my intuitive connection to her. It was a joy reading activities which reflected how I felt and lived my life.
4. Right from the start, especially because I love to paint and Eco-Art Therapy is the only activity that could offer me, at the same time, the pleasure to paint and also the therapy part. I also met (although it was just online) many special women in this eco-art group with whom I felt connected.
5. When I had finished Activity 5: Wholeness, I had arrived at a point in my spirituality where I was becoming spiritually realigned with my natural wisdom. I built several large

medicine wheels in the garden from found objects, built a small fire in the middle of one. I spent a lot of time there reflecting, praying sometimes chanting, humming or singing. The whole process brought me out of my deepest 5-legged funk and I knew at that point, no matter how I reacted or what feelings I had – I just had to allow them to be, experience them, each in it's own time. I wrote the following:

Natural Wisdom:

"The first peace, which is the most important, is that which comes within the souls of people when they realize their relationship, their oneness with the universe and all its powers, and when they realize that at the center of the universe dwells the Great Spirit, and that this center is really everywhere, it is within each of us." ~ Black Elk

"When we try to pick out anything by itself, we find it hitched to everything else in the Universe." ~John Muir

"When I look at my mandala/medicine wheel, I feel at one with Earth-Mother Nature and all Earth-spirits, all integral with the One Universal Great Spirit. An intense sense of peace, serenity and wellness invades my soul. The oak branches radiating from the central circular saw blade represent and give me a sense of strength and order created from chaos. When the branches were pulled from the woodpile, they were each entangled in a jumbled, twisted, chaotic mess yelling, "HELP!". After extraction, guidance and some gentle coaxing, they all aligned themselves neatly around the central circle of the mandala/medicine wheel. They have aligned pointing in all directions, even skyward.

There is also an underground component pointing inward and downward, which if taken on a straight trajectory through our somewhat spherical Earth Mother would emerge on Her other side pointing skyward, to the universe. As She rotates, all these vectors would eventually point to every corner of the universe. This makes me sense and feel an infinite connection to the universe and ultimately the Great Spirit!”

6. I believe it was with *Wholeness*, followed by *Transformation*.

7. Right away. The very first session. I am that kind of person, though. *I think it would be about mid-way through the course. It took a few activities for me to relax and fully consent to “opening up” and allowing mutually beneficial interaction between nature and myself.*

8. From the very start. I was captivated to discover that this course could increase in a clearer, stronger way my innate attraction and value for Nature.

9. Once we were past the colours and shapes assignment and then working on the piece of art to do with the additional 50+ senses.

10. Beginning with the third activity and fully in the fourth, I experienced a sync into the work of Eco Art Therapy. In part due to the weekly engagement and how I looked forward to completing the weekly assignments and then because of the individual activity themes.

11. Immediately. That is what attracted me to the coursework. I understood that it could be used as a vital tool to my growth.

12. From the very first activities.

13. I think very early on I was surprised at how fluidly the activities and nature worked in unison and how easy and natural it is to be a student.
14. I think the shift began when I was working with the ice cube painting and I started to recognize my senses were alive and I was able to interact with the earth and plants and animals and even ice in special ways that grounded and informed me of the deliciousness of our senses as applied to the world and how these could get lost without practicing using them. This seemed to me both beautiful and tragic as I witness that other people are growing more and more lost to the physical world around them. I think that my depression lessened when I realized that I could stay busy with just a piece of colored ice and the intention to understand the experience and fully be present to it. It made life seem more simplified and less hairy.
15. Right away. Simply doing the activities was helpful already.
16. Perceptions started to shift immediately when things I felt as personal eccentricities were validated and supported – like communing with tree's, I have done all my life – this was the first group situation I came across in life that supported and encouraged that rather than treating it as an oddity.
17. I began realizing the effect Eco-Art Therapy has on me when I began to seek out spending time in nature every time I felt stressed. It was not just spending time in nature, but connecting with nature and seeking counseling from nature by connecting to its beautiful balance. This helped me gain balance and re-center my thoughts and emotions.

18. From the very start. The colors/shapes and exploring the 54 senses demonstrated to me how my thoughts and beliefs had been shaped by society versus what existed in nature and myself.
19. A lifelong issue I resolved through EcoArt was trust. Over the course of the activities I began trusting my attractions and letting go of negative thoughts and feelings. This was very powerful because of the influence of my societal upbringing.
20. As soon as I started studying Eco-Art, I noticed different perspectives and creative expression offer methods of seeing and healing. Over the weeks I realized that with the tailored exercises I could reach greater depth to see situations current and lifelong with a self-compassionate and non-judgmental, more universal mindful perspective to aid my healing processes.
21. I got it right away. It totally changed my perspective. It also opened me to connect at a spiritual level with myself, earth and relationships at a different level. I wish everyone could understand the shift in consciousness this brings.

Question: Was there a specific activity you did that related to a specific issue, adversity, or problem you wanted to work on? Which activity might that have been?

1. I was seeking my life purpose while working in the corporate world for over 15 years. I felt less motivated at work. While doing “Connect the Dots” activity, I learn to embrace every opportunity in life (some may seem unconnected) has a meaning that leads me to my life path. I also learn that life path is a journey, not a destination. My completed artwork was a colourful “Jumbo Elephant”. It reminded me to have fun in my journey.

2. Activity 8 [Transformation] as described above. Other activities following have supported my work processing the same question, but Activity 8 [Transformation] was a catalyst for change where I was stuck.
3. For me the course really worked as a holistic device in that each activity helped to open up a different layer to who I was and the different things that I was dealing with in life. I find that most all issues are interrelated to everything else and so the course as a whole helped me as a whole person.
4. At first, I thought I must solve my relation with my ex-husband but, after completing more activities, I understood that I have to solve my own problems. It was an activity that made me transform anger into humor.
5. It was Activity #3, What Is Art, for sure. I was so psychically deplete and alienated from the 5-leg world from [my wife's] illness and imminent passing, it was exhilarating to allow myself to think about something else as a therapy for my own psychic health. I had known for several months that if anything could make me feel better it would be through returning to natural settings and creativity - some artistic process – probably drawing, painting, or ceramics. After reading Chapter 3 [What is Art] and thinking about the activity, I was really looking forward to examining why I feel good about art; going back through the development of those feelings from earlier in life. I wrote:

I do know for sure that good feelings of gratitude, humility, insignificance and a sense of relaxation occur when thinking about art and creativity. I feel it! For me, it makes life interesting, stimulates my curiosity and in the end, this most enlightening/healing aspect of my life provides good feelings. It always has been what I look forward to in good times and bad. Natural Life and invented life stories have both laid a heavy load on me recently, but I

think Eco-Art Therapy might provide a stimulus to get me back on the right track to my mental health, creative capacities and artistic development/progression. Art serves as a stimulus, a natural attraction or reason in troubled times; to help me appreciate, return to the feelings of better times. The sense of natural attraction to art is strong, not necessarily to art but to all creative processes in life. Art just happens to be the most important of those processes for me. I'm sure it will endure to the end.

6. I believe Transformation was the first. Healing A Relationship was especially rewarding, because I received very clear answers that provided a sense of peace. The work I did with Transformation served to open an old and long-standing wound. Powerful emotions arose, however there was not a clear answer.

When I was 5 years old, a twelve year old neighbor boy stabbed me just above my upper lip with a sharpened shovel poll. There was a lot of blood and I was taken to the local hospital for emergency treatment, followed by several weeks of painful healing. I repeatedly told a detailed version of what had occurred. The boy had told me he was going to stab me with his spear, before he struck. However, he told others that he was throwing his spear and didn't see me. Despite my clear and detailed and sincere description, my parents and neighbors insisted it was an accident. Even prior to that incident, there was another, in which I wasn't believed and subsequently, there were further incidents, in which people chose denial and a story they could excuse, over the truth. By the time I was 15, after our family dentist drugged and molested me, I believed that it would be worse for me if I told the truth. It was somewhat resolved, when a girlfriend made a comment about the dentist attempting inappropriate behavior with her mother and I told her my story. The girl's mother called my parents and

they found a new dentist, but never spoke of the incident. Not only did I feel violated, but also deeply betrayed.

I have very strong feelings when people lie, deny or turn things around to blame the person who has been violated. The poet, Robert Bly said that people in the US want denial; want to pretend that life is other than what it is. But I think it is even more than denial. I think it has something to do with the often-unconscious archaic patriarchal belief that females are expendable and also meant to be used and dominated.

The emotion that was tapped into during the Eco-Art activity took longer to get through than I'd expected and I had to interrupt the unfinished session, to meet my daughter. While driving, a car ran a stop sign and I had to swerve in order to avoid being broadsided. As I completed my left turn, the driver yelled at me in a very authoritative and blaming tone. The reality of the situation was that I had the right of way – had felt a flash of judgment, then quickly said to myself that I sometimes made driving errors, while he was looking for an excuse to lash out, turn it around and blame. My window was open and I felt the shock of his violent aggressive energy come into my body. My body felt shocked, vulnerable and clearly unfinished that I scheduled the following afternoon to work with what had arisen in myself through the process and later accentuated by the angry driver.

Although I did not receive a clear message from Nature, I felt comforted and safe in allowing my emotions and being with myself and with nature through the session. Additionally, since that time, the degree of my emotional reactivity in similar situations has lessened significantly. Most recently, when a boy in one of my classes denied to the principal that

what I'd seen with my own eyes (he struck a girl on the neck with a ruler), never happened, I didn't get upset or hooked in. Instead, I was able to observe quietly and respond appropriately and confidently with no residual effects in my mind, body or emotions.

7. Again, this is very hard to answer. Each activity (with very few exceptions) was transformational for me and holds a special place in my life.
8. Yes.
 - a) Design and Pattern: Helped me deal with some subconscious issues concerning negative body image. I wasn't aware of it until doing this activity.
 - b) Transformation: Helped me appreciate change in my life and helped me to see I have more power in the change process than I had thought.
 - c) Self-Care: Showed me that my individuality, purpose, and mere being are an important part of nature and self-care is vital to the whole
 - d) The Shadow Knows: Helped me to accept all of me and how every part and characteristic of me provide balance; that no part is useless, waste, bad, or garbage.
9. I had already mentioned Lesson 9, with a familiar controversy. I can also mention Lesson 11: The art of Perspective.
10. The assignment on "Playing" [Child's Play]. I think I had shut down a lot of my play over the years which affected my artwork a great deal. My artwork became about the finished product and not about how it made me feel while I was doing it. This changed that for me.

11. All of the activities helped to process emotion. I found EcoArt 531, Project #11, Exploring Your Life Path particularly helpful during a transition period in my life when I was moving from one residence to the next.

12. Weaving Oneness. Because I need to focus on selflessness.

13. I trusted my inner wisdom and the “themes” to work with emerged spontaneously for every activity as I began to do them.

14. Week 10: Healing a Relationship Pgs. 113-116.

15. When I worked on the Eco-art activity related to the shadows [The Shadow Knows] I found a lot of metaphors in my life were coming to light. Interestingly I came to see that dark and light play with each other and are symbiotic and that the life in the thing that is casting the shadow brings the shadow life and that there is this subtle similarity between that shadowiness within that relates to this interplay.

16. There were several. Some favourites are: Wholeness, Perspective, Healing a relationship

17. Issues of belonging and isolation seemed to be a background theme through many exercises.

18. There wasn't any specific issue that I was looking to solve. It was interesting how each lesson opened a new horizon of learning and connecting to nature and my inner self.

19. Yes, the Mandala activity on page 131 called "Wholeness" definitely stands out for me here. In this chapter Theresa Sweeney shared with us another inspirational quote by Alan

Wilson Watts: "You and I are all as much continuous with the physical universe as a wave is continuous with the ocean."

The text also lovingly quotes the lyrics to the Circle of Life song by Tim Rice and Elton John:

"From the day we arrive on the planet
And blinking, step into the sun
There's more to see than can ever be seen
More to do than can ever be done
There's far too much to take in here
More to find than can ever be found
But the sun rolling high
Through the sapphire sky
Keeps great and small on the endless round

It's the Circle of Life
And it moves us all
Through despair and hope
Through faith and love
Till we find our place
On the path unwinding
In the Circle
The Circle of Life"

These powerful quotes are so uplifting and definitely help me therapeutically.

20. Weaving Oneness. This activity asked us to draw two images and then weave them together. What transformed was seeing two different pieces of artwork coming together. It brought a great sense of wholeness and unity into my awareness. This is something that had often been missing in my upbringing and adult life. Knowing oneness exists and how to better achieve it helped me approach relationships, people and situations from a different perspective than I had before.

21. The perspective [Drawing Perspective] exercise resonated strongly at the time for me.

22. It was a while ago that I took this class. I would say the Shadow Knows was one that helped me deal with a specific issue related to my sister's problems and how it affects me.

Question: Did the Eco-Art activity [from previous question] help with resolving or releasing negativity or trauma caused by that past issue worked on? Feel free to express how this activity or if any other activity/activities helped with dealing with a trauma, addiction, fear, or intense situation that needed a resolution or healing.

1. "Connect the Dots" is a fun and relaxing activity. It allowed me to let go of control and go with the flow
2. Activity 8 in ECO 530 [Transformation] freed me from a cultural story that was limiting how I was experiencing my life. I have been living as a safe, responsible, even-keeled person who meets the expectations of others. A positive cultural story that made life fairly easy, but vibrancy was lacking, and so was depth. This activity allowed me to tap into the part of me that is attracted to living a more Nature connected existence for the well-being of the planet, but more importantly for me and my family. It was like a veil was lifted and I could see what my life could really be like and it felt right to follow that attraction.
3. The activities helped me mainly to get out of my own head and make space for a calm, quiet connection with self to be made. Since I was dealing with a lot of old childhood trauma and pain and fear coming up related to my dad it was easy to become overwhelmed physically and mentally at that time. So doing the activities help me to get to a still space within my own heart and connect to nature and be able to receive her wisdom and messages. Removing these once stuck blockages

made space for me to delve into what brought me joy and learn more about the natural and animal realms which I currently study.

4. For this activity I made a drawing with a huge tree and a small mushroom. I was the small mushroom. There is a Romanian saying” the small stub breaks the big carload” and that was exactly how I felt. The huge tree was more a situation, than a person. Identifying myself with this mushroom helped me a lot.
5. This activity and all of the E-A T activities have helped me deal with the trauma, addiction, fears and resolution of negativity. They continue to do so daily. Am I healed or immune from all those things? Absolutely not. It’s a daily regimen of waking up and reading through the 54 Natural Senses and wanting to feel good about Natural existence in Earth. Reconnecting with my sense of knowing that what will happen is going to happen. I just have to be resolute in my approach, guarding my refound senses and approaching Earth existence with integrity of 9-legged attraction.
6. Yes, I feel that the activity helped me to release some of the negativity of the trauma. Ultimately, it seemed to have helped me to release enough of the trauma that I’ve been able to be more accepting of the reality of people’s negative tendencies. (Of course I know the tendencies are due to various fears.)
7. I think that the overall message that nature is god/divine/source and that I am nature was very healing for me. That it helped me look beyond my human experience and see myself as the divine being that I am. I found it very helpful and healing to have a clear understanding of how stories and language shape my experience and how my senses can be trusted as an alternative to those habitual

stories. It has been quite incredible to watch myself and my life transform as I learn to put more emphasis on the senses and less on the stories. The shifting of my focus from stories to senses has been slow but it is gaining momentum with practice. I seek nature's advice often and trust the guidance. I also think that the community of other humans on this journey has been an essential part of this healing journey.

8. Collectively they each play a part in my continued growth and healing. Issues of poor self-image and lack of self-identity led to me being involved in an emotionally and physically abusive relationship years ago. I escaped that relationship only to replace it with an unhealthy relationship with food. The more I participate in the activities, the bigger my voice. The safe, non-judgmental environment/ community set within the group discussions provide validation and the nurturing needed for me to continually reconnect to the nature within and outside of me. The more I could communicate my needs for myself to myself in a way I can understand it helps me not to rely on "feeding" my issue in destructive manners. It has helped me to come to terms that food has never been the issue but instead address the underlying issues (as mentioned above) which led to my destructive behavior.
9. It wasn't a past trauma. It was and still is an unsolved familiar issue, with relatives (uncles) I trusted and felt a strong confidence and sincere affection to them, since I was a small girl.

10. But I discovered in these recent years, with my disabled mother, that they reacted in a very insensitive and selfish manner, when they were much needed, both from me and my mother.
11. I felt deep disappointment of falsehood. One of them died and the other one, is still alive, an old man now. Unchanged and continue to put difficulties, in things which require urgent solutions and affects us, not only emotional but economically too.
12. But I think I could separate myself emotionally, in a better way. I believe that helps me face this reality with greater strength, though sadness.
13. All the activities affected in one way or another. I think the biggest thing for me was knowing the power of the assignments. Knowing that I could look to nature to express how I am feeling, regardless of the issue, and if I trusted, I know I can find the answers within me for what I need to do to move forward. This is incredibly HUGE!
14. My primary emotions processed during ecoart activity centered around grief and transition. Eco art provided a vehicle to process these emotions in a way that created a sense of hope. In reviewing my emotions, with the inspiration and support of nature, I became less focused on the end product and more comfortable with timing, pace and just allowing things to naturally be. Allowing my emotions time to adapt, allowing my creativity room to experience.

As I have disclosed often during the course work, my recovery from alcohol and addiction has benefited immensely from the entire program. Specifically, weaving

oneness reiterated my need to love and serve. To understand the all is connected. To re-condition my selfish ways.

15. Yes, usually activities helped. They helped to shift my consciousness from traumatic moment in my passed to current moment and realize that it's all has gone as time moved forward only me was stuck/frozen in that passed experience, carrying it with me everywhere. After realizing this it became easy to let passed experience go and focus on current moment and emerging senses.
16. Yes, it did, help with resolving, releasing, and healing a relationship with my Mother! The art piece is very informative to me. Her and I alone, then a naturally expanding colony of Lady Slippers showed how it is normal to divide some within each other's back door, others out of site, some alone! *See artwork in email above.
17. I feel that it helped me to see that the power of light seemed to darken a shadow and that it seemed to be saying that the more I focus on one end of my persona, the more another area sort of pales in comparison or darkens in a sense, but when the light dissipated a bit I could see both sides were blending into one another in a symbiotic balance. This was potent to me to recognize as it helped me to see that maybe I hold too highly certain aspects of my being while overlooking the qualities of other aspects. I think overall just being outdoors, stimulated by the activity that opened my senses to feeling alive and well helped a lot. I also felt that I was reminded that I don't have to always run the 'rat race'. I can instead come to heal through the respite and peace that nature provides.
18. Wholeness - helped with existential questions

19. Perspective - helped with an ongoing weight that I carried around (and didn't know it was there)
20. Healing a relationship - helped with showing me that there is more than one sense that we can use to communicate with each other. Just because we can't see eye to eye doesn't mean we can't communicate ear to ear!

I refer to the work itself, not a specific activity, and reflect that things got a lot worse before they got better – this is hard to put into words, but this is hard and disciplined work that shows up new ways of being to our psyches that challenge old human centred ways – this shift was painful for me, but worth it.

21. A few months after I began the course, my father passed away. I believe that this course came in my life to emotionally strengthen me to overcome the trauma and challenges I faced thereafter.
22. Absolutely. For this activity I enlarged a photograph I took onto organic cotton and I worked with a very innovative textile printer team to do so. It is an inspirational piece of art that I see everyday in my art studio and it uplifts me every time I see it as it reminds me of my greatness and my ability to overcome difficult situations (and in dealing with difficult relationships) with immense grace, and blossoming beauty. This activity also reminded me of one of my favorite artists Georgia O'Keeffe and her enlarged flower paintings. She said "I decided that if I could paint that flower in a huge scale, you could not ignore its beauty. " & it reminds me that if we choose great love over all then that love outshines any negativity.

Rejection and isolation. I have felt this often in my life. The Eco-Art activities and the group sharing helped to build relationships that were built on a foundation of trust. As a result of this trust I felt supported and part of something larger than myself. I often could see pieces of myself in other individual's reflections and artwork. This enabled me to look at my life from different perspectives and a broader range of resolution entered into my awareness.

23. Yes it helped me see relationships in a different way which provided me with a different response than my usual unhelpful response pattern when interacting with the person.

I recall letting go of fears when I was connecting with a tree. The whole idea of death and decay for a tree is insightful. Earth composts things and transforms death into life.

Question: Did any of the activities or course affect you in a negative way?

1. Not really. In fact, every experience, whether it makes me feel good or bad is a feeling and it is temporary. I learn to feel that feeling completely. Feelings are our inner compass that helps us navigate our life journey.
2. Not a negative way, but some activities were harder than others because of what I was processing. The outcome was never negative though.
3. not really
4. No, but sometimes I was melancholically, when I was doing activities that linked me to my childhood. But it was often a pleasant melancholy.

5. If any of the activities affected me negatively, it was a reaction to events in other facets of my life – not the activities themselves. Others being critical for my not wanting (flat out refusal) to be involved in the stories and dramas of their lives while I was trying to escape, at least reduce, those same things they were creating.
6. I don't recall anything having a negative impact. As a teacher and facilitator, I've spent a lot of time with children and enjoying childlike activities and I feel that I have other things to do now. I did not really like doing activities that were designed to regain childlike freedom or spontaneity, because I feel so strongly attracted to using my creativity to fulfill that which my heart longs for – rather than play. When I am doing what I love artistically, that is all I want to do. Additionally, I very much value experiences that bring wisdom and psychological transformation.
7. There were those that I felt less attracted to, but none that felt negative. I always know that if I have resistance to something, it means there is something important to pay attention to. So if I felt resistance to an activity or part of an activity, it immediately became a beacon to pay more close attention.
8. No
9. No.
10. No. Even though it may have brought up some unpleasant thoughts, I feel I was able to work through them with the art project. For instance, the playing assignment. I didn't know what to draw/paint, so I went to what I liked doing when I was a kid. When I was done the picture, it felt so old and drab...that was when I just took some paint and swooshed through it. That was when I really felt like I was playing.
11. No.

12. Not that I can recall

13. I don't remember such experiences.

14. No.

15. I think that the main negative affect was that I saw myself pulling apart from who I was to take on a whole new perspective and with that new perspective I saw fault in others and felt pained by the blindness of others in caring for nature or interacting with nature in empathetic and loving ways. This was difficult because I wanted to be able to share with other people in simple straightforward ways all that I had come to learn and yet I was not able to articulate. I also felt sad in seeing how others treated nature in comparison to the new ways I had begun to learn to care for and immerse/interact with nature.

16. No. I was happy with all of them.

17. This is difficult to put into words, I feel like it exaggerated my depression and separation – conditions or mindsets I entered the work with, and they got worse before they got better – which is sometimes the way with healing – I felt nature was trying to reflect and heal me on a deep level which was painful and bought up a lot of tension between my day to day life and my compulsion to move away from human centred life and dwell more in nature, this was not possible and seemed to prolong and exaggerate feelings of depression and isolation. Is this a negative?? It made day to day life hard for a while, but sometimes you get that!

Author Note: This participant's negative feelings were aggravated by separation with the GreenWave-54. This participant continually worked through any sensed nature negative by connecting with other senses and sensations that were more attractive.

18. No

19. No.
20. Some activities caused nature negatives.
21. No, however at times I was challenged to address feelings that were uncomfortable.
22. No, definitely not.

Question: If you encountered any nature negatives, what were they and how did you work to correct them?

1. There are times when the nature spot I would like to use for my activity do not feel good. Despite carrying out my consent process, I could only shift to another location that makes me feel at ease.
2. If I encountered a nature negative, it was because of something that was not at fit at the time (too rushed to complete activity, uncomfortable sitting etc.), so I just acknowledged it, and the senses I was experiencing. Sometimes I would stop and do the activity another time, and other times, the difficulty I was experiencing was a valuable teacher.
3. I'm not sure if they're really negatives but sometimes there will be unexpected sounds, like from construction equipment or people that maybe would disrupt the moment. But even then you can know that they were there for a reason and maybe they were highlighting something within the activity and so I found a way to interrelate them and weave them back into the activity in that way. I would rather make it a positive than to dwell on it as a negative.
4. I found only beauty in nature.
5. I just delved deeper into my ECHN, RWN and E-A T readings and activities. I still do.
6. I do not recall anything other then what I've written about.
7. Hmmm. Not sure about this question. Perhaps you can rephrase it.

8. I saw it as an organic part of the activities to address each of the natural senses to include those less “desirable” ones. I adhered to the sense of pain, distress, etc. to move through and find more supportive attractions. I also incorporated it in group discussion to gain better understanding and perspective of that particular experience.
9. I always looked for pleasant surroundings.
10. Just the cold weather. One time I stayed inside and brought my house plants to the area. Another time I sat in my car with the heater on and the window down.
11. I did not encounter nature negatives
12. I haven't.
13. If it was really cold I did the assignment within a safe period of time. If it was raining I gave the concept of rain its seat at the drawing board or waited or worked outside under the canopy. I actually liked having to wait for that sunny day for the Shadow Knows assignment (Week 7: Pgs. 90-91)
14. I try to make comments when I see things online that bug me. When I see birds tied down or people creating mega farms of one species of plant or when I see animals in the zoo who are mistreated I try to say something. My Grandma said that people need to hear wisdom and that we are, by right, supposed to say something when we see something that ought to be corrected.
15. Not applicable. I was pretty content with the activities.
16. Not really.
17. I think I put pressure on myself about what might be expected and sometimes what I was attracted to did not come out on paper like I had intended. I learned through spontaneous artwork and by switching from my dominate to less dominate hand this expectations

disappeared. From this I was able to balance the pressure to produce art in a certain way. I also recognize this came from childhood and was the singular reason I quit drawing. This was key to understanding I had always been creative and it feels nice to express this creativity on an ongoing basis. It does not have to be something profound or large. It can be something as simple as doodling, hatching or drawing dots and lines.

18. My classmates and facilitator encouraged me to continue to find more fulfilling attractions to work through the challenge if I was comfortable to do so.
19. I recall going out for a walk and hearing a bird call out a warning sign. My dog ran off without me and I felt disconnected from nature. I returned home and went out a different time to experience more of a connection.

Question: Through all your activities, do you feel like you had increased your connection with nature? Do you feel the activities offered/inspired/influenced self-growth, and did they help reverse imbalances and any discontents with you? If not, why not?

1. The activities have helped me connect with my Self and Nature. Nature has made the process easier for me because of her natural healing properties. It supports me in self-growth and influences people around me to do the same.
2. Absolutely! In fact not only am I continually inspired, and seeking help from Nature to sustain balance in my life, these activities have impacted others in my household either by doing the activities with me, or their experience of me is different because of how the activities have affected me.
3. I do feel as if the activities have helped me to feel more connected with nature. I feel like they did help me especially at the time that I took the course, to deal with family issues

and unaddressed past pain that I hadn't dealt with. Especially when I took the course, at that time was when I needed that support the most. I feel as though I was guided to the course by the natural energy's because I needed it in that way.

4. Yes, I increased my connection with nature. First of all, because I spent much more time in nature than I used to before. Spending time in nature made me more calm, more wise and released my mind from all the negative thoughts.
5. Yes. I've relocated. Met new people with similar attitudes and interests.
9. **All** of the activities have done these things for me. I'm so grateful for being allowed the experiences by, through and in Nature. I don't feel like I'm fully restored to my original natural state – but my mental health and psychic adaptability is slowly improving. I just think “MUD” when I feel stressed.
6. Yes. Yes.
7. A resounding ‘yes’ to all of the above. My intimacy with nature has become something so precious to me, and I trust her above all else as teacher, mentor, guide, and healer, and this course is central in that relationship.
8. Yes. Yes.
9. Yes, all the activities inspired and influenced my self-growth.
10. Absolutely! Yes, they reversed a few imbalances. Again, the biggest one was with one of my co-workers. Another was the transition of a negative thought about myself into something more position.

11. I would say that eco art therapy activity brought me in sync with the natural intelligence of the world i am a part of. Through these activities, I deepened my understanding of GreenWave, of the 54 senses, and of the NSTP.
12. -Yes! Yes! Yes! Without question. True Nature is the most vital tool in my recovery.
13. Yes, very strongly.
14. Yes, I feel like I increased my connection with nature receiving calmness, balance, and joy. My self-esteem, self-awareness and sense of connection and healing was deepened.
15. I feel that I have increased my sense of connection to nature that have linked into other areas of personal study. I have an MS in Thanatology and I have come to see that my interactions with nature have allowed me to feel less afraid of dying myself because I feel I am a part of something bigger, a bigger family. I also feel that this sense of being part of something bigger makes me feel less saddened by the failures of my human family in being able to support and nurture me. I feel that this has helped me to feel less afraid to live authentically and to face eventual death. It has also made me less afraid of being good to myself along the way even though human culture warns me that if I am not diligently obsessed with money I will not be ok. I needed to let go of that a lot to break free into a better way of seeing things.
16. Yes, the activities fostered self-growth and connection. I often find that imbalances and discontents were alleviated by the nature activity and the art activity as actions and reflections that helped me redirect focus and energy.
17. Absolutely, it changed and effected me in deep ways.
18. Absolutely! Yes!
19. Yes, definitely yes.

20. Yes most definitely. Each activity has new attractions or strengthened previous attractions. My connection to the processes and with nature deepened with each moment I spent doing activities or just being in nature.
21. Definitely! Sometimes fulfilled feelings had a limited time frame but overall I felt I have increased my understanding of the creative process and self-growth with positive outcome.
22. Yes, definitely. They inspired growth at so many levels. I really miss the insight and nurturance I received while taking the first class in particular.

Question: Do you have any comments about the process that Eco-Art Therapy provides from healing to bringing awareness from having reconnected with Nature and natural beings you wish to share?

1. The process in Eco-Art Therapy raises awareness that we are one with Nature. We are part of Nature and not outside us. This process increases my respect and humbleness for nature and my environment.
2. This course has been life-changing. I initially took it to help my work professionally, seeing it as a unique certification that would be helpful in my work with families. But I have gained so much from the course personally, that the professional goal is now secondary.
3. I believe it is very important for people to reconnect with nature. I think the way the world is, a good portion of people need this type of format to reconnect. In order to get past social constructs, embarrassment, indoctrination and all the other hurdles which hinder people from connecting to their natural self.

4. Yes, this process is a natural way of healing our mind, our soul, but also our body, because they are connected. I think observing and connecting with nature, awakes our capacities to heal ourselves.
5. Eco-Art Therapy has been a wonderful, healing experience. The natural settings, the activities, the thought processes and the people who've shared them all, have been so instrumental in my return to mental health, self-validation, spiritual growth/unity acceptance and belonging to the Natural World.

I've been reconnected with my love for MUD as my essential soul savior.

As I was sitting in the woods thinking about and feeling the **greens**, I also thought about the feeling and sense of **blue**, sky & water, too. I'm intensely attracted to blues, blue-greens as well as **vibrant greens**. **Reds** and **oranges** not so much except for they make the **greens** and **blues** more intense. **Intense reds** produce such a vibration - it's almost like an electric shock; unpleasant! Then, I thought about sensations attached to the **gray**, cloudy, rainy, snowy sky phenomenon which produces such a sense of wanting to cocoon, in a bucket of mud. But then it also gives me a sense of adventure, wanting to experience the same natural settings only in a different light.

Then, the applications to Eco-art Therapy would be to use colors that give me good feelings, enlightened moods; or let my moods influence my expression through color choice. Then I thought about the old contrasting color thing and that's what they're supposed to do is create a visual tension. Is it a visual representation of **G/G** vs. **G/O** assimilation in our neocortex? We want to feel cool green or blue but the

artist gives us hot orange or red to stimulate our attraction to the blues and greens? Just a thought.....

6. Yes. As I wrote earlier, I feel that the course provided a clarity of purpose when approaching nature that re-ignited a sense of sacred connection.
7. I'm not sure what this question is asking, sorry. I might have already answered it. Oh, this just came to me: I felt that the requirement to create and share an activity with someone was very powerful and empowering. When I realized that I can tailor an activity to any question, my whole world changed.
8. I am impressed with the non-intimidating, applicable approach to mindfulness and meditation.
9. That we are both very delicate and resilient as human beings. As well as all other natural beings. And therefore, need to be honored and very well taken care of.
10. I just loved how it was laid out. Once I knew the routine of getting consent and knowing how powerful it could be for me, it started to come even easier. I loved the summary at the end as well – head, heart and hand!
11. This process changed my way of coping. I continue to employ eco art activity in the processing of my own stressors and share the process with others in the processing of their emotion. I find art and nature combine in beautiful symbiosis. Most beneficial to me is the reflection upon how the activities impacted my thinking, feeling and doing
12. I wish that everyone understood the correlation between art, nature and the mindfulness it creates.
13. At this moment I haven't.

14. The sense of healing through connecting with nature is definitely self-evident because of the activities!
15. I have begun to consult the wisdom of trees, plants and animals, I have begun to see into the eyes of animals and see something of myself in their construct and interaction and ways of being that are humbling and honoring to me. I feel that I am a child of earth and this honors and harms me to realize because I want there to be a foundational diversity of interactions among all people...if only we weren't so afraid...
16. Eco art therapy provides a profound way of accessing our deeply held issues and strengths.
17. Just a sense of gratitude.
18. I think it is a fantastic modality for all ages and I feel so blessed to have found it and shared it with others. Eco-art rocks!
19. To listen to your inner self- not the critical self. To express yourself in whatever way and through whatever medium you feel most attracted to in the moment. Don't be afraid to experiment or try different mediums in the same artwork. Last but not least, sometimes artwork is left feeling unfinished. If this is the case you can return to finish it at different times or all at once, whichever is attractive.
20. Eco-Art Therapy provides a unique form of inner transition through connecting with nature's creative expression.
21. It is amazing at bringing insight and inspiration. It balances and strengthens self and world.

Question: Do you have any questions to ask or would like to answer about your participation with this course that influenced how you felt, were affected, or how it may have influenced the

view of yourself or others overall. Such as in relation to getting to know yourself or other students personally- through their life struggles, triumphs, etc.

1. This course has given me a platform to share in a safe space. Connection with others and acknowledging their life experiences make us feel connected and validated. We validate each other's feelings without passing judgments. We learn to respect one another.
2. This course has been helpful to me on so many levels: spiritual connection to Nature, being at peace with myself, feeling compassion for others, trusting my true Nature, that I'm not going crazy (despite everything I do going against cultural stories), that I feel better connected to other beings, and that I am a person who gets good feelings from being in Nature. By having classmates, I have learned a lot about how cultural stories affect people individually and have worked hard on suspending judgement.
3. It was interesting for me because taking this course with other people brought up a lot of interpersonal issues and struggles that I had. Not so much with others, but with how their traits reflected certain traits of my own back to me which made me uncomfortable or that I wanted to ignore the fact that I possessed. So it was uncomfortable at times working with others because of this, however, it gratefully showed me aspects of myself that needed attention and which needed to be healed. I saw how nature always reflected calmness and serenity back to me and asked me to do the same. So the group really challenged me to do the same and offer that same serenity and peace and patience to my group members. It helped me to listen better and to relate to the struggles of others. It also asked me to see things from a wider perspective and move out of a space of judgment and more into a space of understanding. From there I was able to offer

compassion and form stronger relationships. If I were to do it over again I would invest more time in getting to know my group members.

4. It is a great gain meeting so many kind and talented people! I am still connected with one of them and their experiences and ideas influenced and healed me in a certain measure.
5. *I'm happily attracted to and grateful for the entire process, the relationships, the people and the sharing of art and ideas with all.*
6. No.
7. I don't think so.
8. No
9. I think I have already answered this question above.
10. No. I think what I wanted to know, I asked.
11. *We all engage with activity through our lens. The sharing of our unique perspectives then creates a stream of universal theme. I found this most engaging.*
12. I often wondered how my work, papers, and overall performance in the courses compared to other students. Not just my artwork, but my papers. My knowledge. My willingness and connectedness. I received in depth, positive feedback, yes. Sometimes I just question my the effectiveness of my efforts.
13. Never thought about that... I guess this would be interesting experience. At this moment, I don't have any questions, but could answer some.
14. I feel I did not connect with the classmates in the Advanced Eco 531 course taken recently as deeply as I could have. It seemed our posting schedule never solidified. This was ok with me as I too was not able to keep to the schedule very well and I am eternally grateful for the ability of plans to morph according to the various realities that occur in

people's lives. I decided "not take it personally" , do the best I could, and carried on. I really enjoyed the class knowing that whatever course it took was the way it was supposed to be.

15. I felt honored by my classmates because we all had different ways of living and some people were far more intuitively engaged in living a grounded and earth bound life of their dreams. Some people were living wholly green and sustainable while others were in big cities and found it hard pressed to even find wild things growing. To me it was the dynamics of getting to know many ways of life and many ways of seeing things that really helped. We didn't discuss our hardships and struggles though as much as our childlike wonder and joy over rediscovering nature again in loving ways. It seemed to bring that childlike part of sharing back to life among us through the courses.
16. Maybe just to ask others how they feel about reading others' posts.
17. In the group work my favorite part was seeing the eco art exercises other students came up with and sharing mine with the possibility of others doing the exercise and giving feedback.
18. I worked one on one at my own pace and didn't get to interact with other students.
19. The course gave me a greater sense of confidence as an artist and Eco-Art Facilitator as well.
20. What are the limitations of Eco-Art and can it be explored in more ways? I think some students were afraid to express themselves too openly at times. However, when they finally would open up their reflections and artwork reflected deep expression of the inner most self.

21. I loved the bonding experiences from interactions and working on similar life experiences as a group. It helped with sense of unity and faith in humanity...
22. (You are welcome to look at any examples or use comments here: <http://ecogallery.weebly.com/>)
23. I would love to do more with the ECO art therapy. I've not found an interest in my town whenever I have offered the experience. Hopefully that will change in the future.

Question: Have you or do you plan to utilize any aspect of the Eco-Art /nature -connecting activities for ongoing healing? If you are, is it in a personal or professional way? If personal, how does it help you in everyday life, when you participate in the sensory connections, or are you using for bigger issues? If in a professional or educational setting how are you using and how have you seen it help others participating with similar sensory oriented nature-connecting activities?

1. During the course, I have integrated the activities in my workshops for families. I create a platform for children to tap into their creativity and feel good about themselves (self-esteem).

Personally, I will continue to use the Nature connecting activities as a way to access Nature's wisdom when I have a question, am struggling with something or need a non-judgmental support.
2. Professionally, I would love to work with families who have experienced trauma or stress (as well as the folks in the education system, working with kids) to help them understand that Nature connecting activities can help with attachment in their relationships, lessen experiences of stress and help kids grow up to be confident in their true Natures.

3. I have devoted my entire life to reconnecting to nature, the natural ways, the ancient wisdoms, natural modalities & ways of being. I am currently working each day to bring transformation and healing into my personal life by reconnecting to the planet & her plants, animals & minerals. Re-connecting with nature on a daily basis and connecting with the animals, plants & minerals/stones has completely transformed who I am as a person. I am more calm, happy, grounded, and serene. I have more compassion for others, and I feel more connected to the universe as a whole.
4. I would love to move into a more professional space to help others in this same capacity. I create artwork, research, write & make nature re-connecting tools to help people call the animals and nature back to themselves. I am open to and grateful for any guidance to help expand these professional goals.
5. I am planning to utilize Eco-Art therapy in order to heal the disabled orphans and, I hope, in the future to teach others. I'm also planning to combine Eco-Art/ nature-connecting with relaxation techniques and with some alternative therapies, like Reiki or chromotherapy.
6. I use what I've learned every day in some way. When least expected, a memory of one of the activities pops into my head. I re-experience the feelings, remember unpleasant situations in the past and reconnect with where I've arrived at in my psychic healing. It's harder for small annoying things to distract me. If people are seeking an aid to reduce social anxiety disorder in our invented world, the Eco-Art Therapy activities are huge steps in the right direction.
7. Yes. I've utilized various aspects of the Eco-Art/nature connecting activities both personally and professionally. I've continued to tune into nature – mostly trees – to gain

answers to questions, for deeper understandings, but primarily simply to harmonize and reset myself. Professionally, I've used some of the Eco-Art activities with my art students and have also used the activities as inspiration for creating activities for my art and yoga students.

8. I have already used the eco-art process (I made up my own activities) in a Peacemaking with Children course. The results were amazing. It brought a gentle, simple and powerful transformational tool to the process. To write each activity for my course, I would sit quietly in nature and ask for guidance in co-creating this course. Inevitably, I would receive the perfect insight for an activity to offer. It was brilliant. I am so grateful. And to see the process unfold in a context other than the group dedicated to the study of eco art therapy was truly extraordinary and gave me such faith that this is the right path for me, personally and professionally (although I'm not sure what the professionally part will look like just yet).
9. **Have you or do you plan to utilize any aspect of the Eco-Art /nature -connecting activities for ongoing healing? Yes. If you are, is it in a personal or professional way? Both If personal, how does it help you in everyday life, when you participate in the sensory connections, or are you using for bigger issues? Personal: helps me to live life of optimal wellness, in balance with nature. If in a professional or educational setting how are you using and how have you seen it help others participating with similar sensory oriented nature-connecting activities? As a Health and Wellness Coach- providing structure for clients to reconnect with nature's wisdom to live well.**
10. A) Yes, I do plan to utilize any aspect of the Eco-Art /nature -connecting activities for ongoing personal healing?

B) I have planned to use it in an educational aspect. Have designed a model introductory workshop, which I have shared with Stacey as well. But I hasn't been easy to instrument as I wished, still in Argentina.

11. Personally, I plan to use a lot of what I learned moving forward. For example, to enjoy the process of my artwork, and not focus on just the end piece; that my artwork can just be for me. It doesn't always need to please others. I learned that in the Play assignment. I will continue to use these processes and nature when I am frustrated with myself or others.
12. Professionally, once I complete my certification, I plan to use these techniques to help others find answers with nature about themselves and others.
13. I engage in weekly activity. If you are, is it in a personal or professional way? If personal, how does it help you in everyday life, when you participate in the sensory connections, or are you using for bigger issues? personally i engage in journaling, in sketching what i see, and using keywords to represent the natural intelligence expressed through my attraction and observation. If in a professional or educational setting how are you using and how have you seen it help others participating with similar sensory oriented nature-connecting Activities? Professionally i use these activities with folks from all walks of life. Seniors, folks with disability, children, menopausal women, youth in placement all benefit from the activities provide in the Dr. Sweeney's book as well as activities inspired from the work.
14. I have and I do. Mainly on the personal level with my own nature connection. Also, I have begun paving a path to bring it into a professional setting. I have begun teaching

mindfulness and meditation classes at a substance abuse counseling center. I do incorporate nature based philosophy and continue to open the door for the eco-art aspect.

15. Those activities taught me to trust my senses fully and I now they became my constant companions and advisors. This helps me to choose wiser, to honor myself and others, and to build sustainable relationships with my surroundings. This helps me to feel part of this world, co-creator and not consumer of it.

Also, I want to start giving Eco-Art classes to others as nowadays its crucial to find inner wisdom you could rely on and restore wholeness in inner world and in relations with others. I see Eco-Art and Nature connecting activities as one of most powerful tools helping rebuilt lost connections inside at the same time rebuilding harmonious relationships with surrounding world. These activities help to regain integrity and do this very softly and delicate. This is what we truly need.

16. Yes, I plan to utilize the therapeutic techniques both personally and professionally. Daily I am more aware of the connections in and all around me, there to heal and teach, because of EcoArt.ch. Professionally I will be able to teach what I done, and I believe that the good work of Teresa Sweeney and PNC will do for others what it has done for me. This is what I love about PNC I am not the show, nature is, and I am grateful for the necessary lack of ego the curriculum generates!

17. I definitely will be using this work again for personal healing and hopefully professional ways as well. I am hoping to lose weight and lessen inflammation in my joints while also enhancing my sense of overall curiosity and well-being through nature based experiences. Professionally I want to create linkages between eco-art and nature connecting for the benefit of death studies.

18. Personally, I do eco art work to help me with relieving stress and to have an outlet for creative energy as well as connection with nature. I would love to make this into a professional endeavour helping others discover the joy of eco-art and of nature as a whole.
19. Yes and yes, personal and professional, although I struggle with the language of the professional offering – especially when it comes to children – this has been the most challenging part of the course for me – sharing with others without support or example, it would be so helpful to be able to discuss this and see it in action. This for me is the biggest lack in the course – being able to integrate the work and find our own language for sharing it.
20. This upcoming school year, I have decided to teach the lesson plan that I created for the Eco-Art 530 course to my high school students. I would love to see their response to it.
21. Yes absolutely and in the spirit of the "Hear Ye, Hear Ye" activity I'd love to share some of the healing nature meditations (with nature sounds in some of them) at the link on the bottom of my book page here: <http://www.ourprosperousplanet.org/>
Personally, and talk with other's about it. Sometimes when I listen to individual's stories I ask them if they like to draw. Usually the answer is no. So we go into different ways of being creative, talk about the senses and I pick an activity for them to try with me or on their own.
22. Yes both, self personally and others professionally. I professionally use Eco-Art in environmental education, healing work with individuals wanting to work through an issue and plan on using it to work with people challenged by ramifications of Climate Change (Eco-depression and Eco-anxiety)

23. I would like to use the eco art activities, but have not found a way to do so professionally.

I am open to the opportunity in the future. I do consciously connect with nature on a daily basis.

Appendix J: Bruises Disappear**By Stacey S. Mallory 2017**

“Children are victims of an empire of Adults.” -Crystal Faulkner

I've had numerous regrettable and scary encounters. At this point in life many of the abusive encounters are faded and distant memories. The nightmares that often awoke me most of my life, kicking and fighting off the perpetrator, have subsided.

I resemble a “typical child”, endeavoring to create a happy existence. I am an inviting child, selfless, continually ready to help and at the same time complaining about my chores. I am now six. I innocently play games with hula hoops, jumping ropes or hop scotch. I stop to smell flowers, watch insects, clouds and bees. I enjoy the nectar of honeysuckle or the smell of pine trees. I lay on a bed of dried needles. I often fall asleep, the sun warming my body.

Despite the fact many say I am delightful I wonder what this really means. I understand this when I am in nature yet I having tremendous internal conflict with this feeling around adults. Mom and Dad tell me there are bad people around and caution me to be careful around strangers. When adults would come to the house I often hid in my room. I tell myself it is a safe place away from the drinking, drug use and arguing. Yet I feel ready to fight for my life at any given moment. I am afraid, much like an animal cornered by a predator. I cower or jump when I hear noises, voices getting louder or when that door knob turns.

A man comes into the room. I am playing with a doll. He picks up a nearby stuffed animal and puts it in my hair which tickles my face. I giggle. Then he moves the stuffed animal around to other parts of my body and I begin to feel uncomfortable. He puts his hands on my chest tracing down over my stomach. I sense an uneasiness and my mind switches to hearing the loud music. I begin to sob and he tells me not to make any noise. My senses begin to heighten as I smell the alcohol on his breath and I immediately feel like I want to hurl. He continues his assault now touching himself and me. My body reacts with a strange sensation I do not understand. He tells me to lay down and inserts his penis inside of me. It hurts and I begin to scream. He covers my mouth to shut me up. His weight pushes me down and I feel like I am smothering. I am gasping for air as I hear his grunts. I feel separated from my body. I go into a state of shock and I do not understand why this is happening. Soon enough he gets off me and puts his finger over his lips for me to stay quiet. I am frozen unable to move. Some time passes and I go out of my room to see almost everyone passed out sleeping. I feel a sense of dread and wonder to myself why this happened. No one cares they are all sleeping. I dare not wake my parents because they will get mad. I dare not tell them later as I fear they will hurt me because of what happened.

Once I was old enough to understand what happened was wrong I felt ashamed. I thought of myself as some type of monster. No one knew what was wrong with me when I would act out. I learned to hide my discomfort and hid behind pain. I did not know how to deal with the negative feelings that entered into my body so I began to hurt myself. I thought if I hurt myself it would ease the emotional pain. This never truly helped, but it gave me some twisted sense of escape. I hide myself outwardly and turn inward like a turtle going into its shell.

To destroy a child's innocence is to destroy their GreenWave self. We must, as parents and a community, protect children from abuse and pain. I emphasize that we must educate our children, with GreenWave-54, so they may think and sense freely. They can then differentiate, without self judgement or mind wrangling. Right and wrong become self-evident because we can sense it for ourselves. As a result, children will grow up with their innate sensory knowledge intact. Our children and subsequently their families will all be stronger. As a global community, we would begin to take steps toward building whole-body wellness. We support ourselves with a GreenWave shield of senses. Abuse will begin to diminish within the human-nature connections. To continue in the current paradigm of our local and global disconnection is unreasonable and hurtful to every being in the Web of Life.