

Quotes from Climate Therapy in Natural Areas

Outcomes of authentic contact with Nature's wordless love to begin life

These statements emanate from [Climate Therapy](http://www.ecopsych.com/etquotes.html) and www.ecopsych.com/etquotes.html

Which of our participants' connections, below, do you think might be of help to you?



Seeking my true self I saw tree roots growing from a stone. This strongly touched me. The root attraction made my heart softer, and I felt rootlets slowly deep breathe in my chest reviving my inner roots. I felt safe and confident. I am Sandy rooting in Nature's love for colorfulness, surrounded by safeness. Everything health-wise, instinctive, and intuitive is deeply rooted in me/us/it."



It's my first time in this natural area, it's not what I expected. The attraction is so strong that I was not able to ask for consent to visit here, I simply had/have an overwhelming feeling of being enveloped -- cocooned by the winds, the grasses, and the endless skies. It is not just me feeling this... the others with me are 'giddy' like we are intoxicated with the place and our strong attraction to it.



Strengthened by my senses registering this natural area, a feeling of peace and calmness came to me via my connection of my nervous system to earth's nervous system. The original rupture was my feelings of isolation and loneliness after being sick with a cold and my spouse away for the weekend. This nurturing is an always available comfort to me.



I walked kind of numb toward my natural area spot feeling run over by the stress all around, of late. Plop, I go to the ground, and instantly Earth cradles me like a mother. I am her child. When I ask her about me having children she says I am a mother and a child, a sister, aunt, and friend. My genealogy is earth. From earth, I come, and it is that earth I bear. We live IN, not on, Earth, as fiduciaries of it and each other.



I love that your cat sensed what you were doing and brought our thinking stories and persevering as nature connected by how you connected while inside. Great job.



As my sadness arose, it attracted other senses to balance it with appreciation that I could feel accompanied by sensing joy and contentment, so I

was content with my sadness. In Nature, there is a rhythm between frustration and patience that compassionately extends who I am. Each day I share it and naturally increase who I am.



I was feeling anxiety pain with the crowds and trying to get outside It was a message that I needed to address ASAP! I asked for permission to be outside and felt the breeze blow on my face! It was glorious, and I appreciated its consent for me to be here. Instant relief. I was able to breathe easier and smile. Gaining consent from Nature is crucial.



There are no coincidences, these decaying leaves teach us about homeostasis, life and death in balance in the woods. Strangely, this cycle and the ability to maintain inner balance calmed me. It helps me leave old and unnecessary things, situations and attitudes knowing that the whole

planet is creating homeostasis, otherwise we couldn't be here. I felt enormous gratitude for the Earth.



Once we recognize discomforts from nature as being affirmative signals that guide us to overlooked attractions, we place a different image in our sense of consciousness. This is exactly what happened when I used my anxiety feeling to signal and move me to my overlooked natural attractions.



There were some deep abusive stories in my head that needed addressing and Climate Therapy helped me replace them with Nature's love that never abandons me. I will strive to help others help nature help them in their recovery and healing processes and that, in turn, helps Earth's

life restore itself. It's truly a win-win for all and everybody.



You speak to me when you say. 'When you need nature the most, it won't let you down.' I am coming to slowly realize how nature will always be there to guide us, nurture us, heal us. It really is a constant we can count on to transform problems into Nature's love.



One of the joys of finding PNC is what Mike has developed time is not just one person's way of thinking, but a way of knowing that is inherent in all living things. It is a matter of digging deep and helping that loving way help us be the truth we seek and validate it here. The science immediately drew me to it after reading the indisputable evidence for it.



I was witness to a beautiful oak tree that looked as if it were out of balance, more holes than tree. But upon closer inspection, it is a work of art, flora, and fauna in concert with each other, the tree loving to stand and bear the weight of animals using it for habitat, food, and storage.



The process of gaining consent to visit this natural area shifted my awareness from being at a place to being with a sentient being. I became more focused on the nuances that emerged and my defenses dropped as I felt total acceptance. I began downloading my thoughts, and Nature waited patiently for me to run out of words. In the following silence, I remembered why I was here, and thanked it for that unity.



Your freedom dance to nature's music in the area is palpable through your words. My heart quickened as you described your movements that swirly feeling of rotation, spinning like a top. I am happy from it, lighter, too. Sharing love right back. Similarly, Mother/Earth is a continuous dance that connects us all, inviting everything to dance to her tune. The challenge is to stay in the dance. I have forgotten and remembered, again and again.



Nature's Love is all there is, but obstacles prevent us from enjoying that love. They are different expressions of fear that result from believing some nature disconnected story. In our confusion and disconnection, we fail to realize the perfect wisdom and balance of an attractive natural area, where we can always be lovingly guided by the happiness of Nature's coherence.



Hummingbirds are my Mother's spirit watching over me, guiding me, making me feel secure. The soft singing, the brilliant colors, the intense vibrating sound of the flight, give me a sense of encouragement, stability, peace, connection to my Mother, and being a Mother. Friends see me talking and interacting with hummingbirds, it, makes perfect sense to them and I know Mother is still around.



A sense of timelessness struck me--- like the past and future were all here, and nothing else mattered. Every atom felt ensconced in every other atom. It is all movement and yet no movement at all. The equilibrium of Motionless. Timeless. Peaceful. Contentment. Enlightenment. I felt as one with everything that is and was at that moment, each moment felt infinite. Surrounded by endless skies, this is the dream. And it is Now.



I am still struggling to find anything that is dead, including a rock. I mean really dead because the planet is the best recycler. Things change physical form, but do they really die? Plants nourish plants, animals nourish animals, humans when buried, nourish the earth. Nature's love to begin life is the attraction essence of them. It is all around, no longer physically here but just back to the earth adding to other life.



Your memory of going to nature as a child resonates in me strongly! Those times were some of the most wholistic experiences I had and still have. They play off each other and strengthen the whole of who we are by filling the hole industrialized living keeps putting us in of despair, doubt, and debt. I think much of my life I was too busy to remember the homeostasis of those times in nature as a child, and now, that love and

encourage others regularly. It is all right here in the now again. It helps me and mine be at home in mother earth again and thus at home with myself and friends.



I first seek permission to carry out this activity so that I may peacefully Unify with Mother Earth's teaching and guidance without abusing it. I am welcomed by nature trashing my excessively technological thinking while attracting me to its beauty. I enjoy this balance of nature also being my personal balance.



The death of a loved one is difficult, we let our senses and emotions take over completely, and we often forget about life. The continuous circle. I watched my daughter die slowly. Returning my daughter's body to the ground was one of the most difficult things I have ever had to do, but when I

took time to breathe and think, I realized, she is still part of the planet, she has nourished the plants and trees above her, her grave is home to insects and small rodents (she would have loved this thought, she adored animals of all kinds). Her Peggyness is present in the air, in the Earth, and in my memories. Her ability to share stories physically died but she is still very much alive.



After asking permission to spend time in my favorite sit spot at work, I was able to balance my energy from anxiety and impatience to calm and easiness. This was mostly accomplished just by looking at acorn woodpeckers flying back and forth from oak to oak, hiding and recycling my woes into their acorn food.



What else can I say as I read your message and tears of joy and realization gather in the corner of

my eyes? 'Love, thy magic spell is everywhere.'
Beautifully you merge your father's words into the feelings and senses of now. Now I see we disregard Nature's love by excluding it from our reality "magic". Your nature-connection naturalized love for me as I read it.



Sarah, what I find most attractive is the wisdom behind your natural area attractions. To me, it seems the nesting of the bird you observed, the delicate balance of just enough, triggered you to begin the healing of a collective human breach of "not enough," which I find drives our consumerism. I do hope you continue to find sanctuary in nesting.



I sometimes need my mom too, Elsa. The morning after her death (which I was by her side for), a mourning dove appeared in my back yard for the first time. The cooing, calming, and

presence of her was as a great validation what any of us have storied and worshiped yet. Nature's knows. I will let her keep teaching me into the homeostatic presence of her ever-balancing love.



In this Now moment – I can see movement – everything is in constant movement. Absolutely nothing is still, yet even in the movement, there is calmness, and I don't feel the chaos of when I am at home or other human settings, the more movement there is, the more chaos I feel. I am awe-struck at how nature balances movement and calmness simultaneously and I'm grateful for this.



After my initial skin diving 'interruption,' the fish reorganize, come back into homeostasis as a school, and include me! I relax, pretending I have a swim bladder, noticing how the air inside of me

adjusts my position in the water. Surrounded by them, I just 'became' a fish, amazing. Instead of watching them, I become them and seem to move automatically with the school, or maybe they attune and move with me. Or maybe we are a superorganism and are all one, as a school, as the bay, as the planet, as the multiverse. I have been invited and accepted. What a gift! We live IN the life of Planet Earth. I felt like I was IN the womb and amniotic waters of the earth while swimming in the warm bay. I believe she has given birth to me countless times over.



I often have flashes of contentment when I think of a good memory. At times, I get a felt-sense of a shift in the atmosphere, or smell or belonging and community, and where I can get in touch with time. I feel good inside as a child in Nature when I was having a rough time in my life and then feeling better. Now I understand that each time I needed to heal part of myself.



Sometimes my greatest sense of loneliness has been experienced within the thralls of crowded moving spaces, like grand central station. As I become more comfortable with myself by being naturally re-energized in nature, I become more comfortable in my own skin again, living into the essence of all things in this singular now attraction of the natural world I am in. It often refreshes me and reconnects me with Climate Therapy to make wiser, more natural decisions rather than sucking on my soggy sock.



Thoughts of my life arose within me as I was hypnotized by the tranquil sounds of the gentle guiding brook and attractive energies of this paradise-green tree. In this therapeutic, now moment, the chanting of the brook is eliminating the inner and outer noise of my nature

disconnected stories. It speaks of limitations in a positive way. For too long I have followed and struggled with nature disconnected careers, relationships, and life paths, requiring qualities that I possess but only in limited quantities.



Now it feels right to me that Nature's wordless love to begin life is spacetime loving everything into being. Seems like Einstein's Unification Field consists of attraction energy, which is 100% coherent, and that we call love when we experience it.

END

Not really. Your breathe-together quote could appear here.

Conspire

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