**Project NatureConnect,**
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**The** [**Natureness**](http://www.ecopsych.com/journalnatureness.html) **Climate Therapy Outreach Program**

An activation of the article [***The Remedy for Abuse that we Learn to Ignore: Nature’s Essence is its Wordless Love to Begin Life***](http://www.ecopsych.com/NATURENESSTJSSSR.pdf)in conjunction with ***[Climate Therapy Eco-Arts and Science Create Personal and Global Peace: Stop Our Suicidal War With Nature Around, in and as us.](http://www.ecopsych.com/journalnatureness.html)***

**Overview**

To stop our [suicidal war with nature](http://www.ecopsych.com/zombie2.html) we must scientifically create unifying natural area moments that let the **essence** of Nature’s life (**[Natureness](http://www.ecopsych.com/journalnatureness.html)**) teach us what we need to know to increase personal, social and environmental well-being.

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

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

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

[**www.ecopsych.com/NATURENESSTJSSSR.pdf**](http://www.ecopsych.com/NATURENESSTJSSSR.pdf)

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

What do you felt-sense think about this scenario?

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

In this metaphor, your pet represents our Planet and you are Earth’s heart *within it*. The fact is that if you learn Natureness at school it enables you reasonably, and with joy, best do what needs to be done about you and your pet’s situation. Otherwise, without Natureness, our planet and you increase our abusive misery and starvation as we further break our world. This ecocided scenario explains why Natureness is vital for increasing peace and well-being.

**Objective**

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

**Beginner Program Instructions**

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

1. **Carefully read the Natureness webpage** [**www.ecopsych.com/journalnatureness.html**](http://www.ecopsych.com/journalnatureness.html) This page is an extension and review of that page. Do you recognize we are excessively educated to be pirates or soldiers that eviscerate our planet and can’t stop without creating Natureness relationships with Nature’s essence around, in and as us? Identify questions there that may arise.
[Optionally read this key article](http://www.ecopsych.com/NATURENESSTJSSSR.pdf) that is the core of Natureness and the full program
2. **Visit a natural area or pet/plant/aquarium.** Be aware that it is Nature’s eons wordlessly loving to begin life this instant in space-time. As a recovering pirate, in mutually supportive ways, you want to obtain and share information in words from its wisdom as, speechless, it loves you into being along with the Earth, sun and stars
3. **Find and validate your essence** by taking 5 deep breaths that consciously connect your story world to Natureness.
4. **Identify** your **ess**ence by add n**ess** to your name, like Jodin**ess. Ess** is **ess**ence**.**
5. **In the natural area,** do the same. Add **ness** to Nature’s essence, Natureness, and all things there when involved with them, like Treeness, Rockness, Cloudness
6. **Gain consent** from the essence of an attraction that calls you in area for you to visit it by completing [**www.ecopsych.com/amental.html**](http://www.ecopsych.com/amental.html)**.**

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

1. **As Jodiness,** do the activity at [http//www.ecopsych.com/giftvalentine.html](http://http/www.ecopsych.com/giftvalentine.html).

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

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

Include the link “[**www.NaturenessTruth.com**](http://www.NaturenessTruth.com)“ in your postings so others can help pirates become their Natureness Truth.

**Optional:** You can always benefit from [reinforcing your Natureness Truth](http://www.ecopsych.com/aliveearth.html)

A key to accomplishing Natureness is asking folks [what is the greatest truth in their life](http://www.ecopsych.com/NATURENESSGTT.pdf) and it’s not Nature, God, Love or Honesty. This is because these four and most others continue to war with Nature and omit or demean the ever-present Natureness of the 14 billion years of Nature’s wordless space-time love to begin life that preceded us.

*\* \* \**

**Full Natureness Program** **Instructions**

1. **Read the Natureness webpage** [**www.ecopsych.com/journalnatureness.html**](http://www.ecopsych.com/journalnatureness.html) and recognize we are excessively educated to be pirates or soldiers that eviscerate our planet and can’t stop without creating Natureness relationships with Nature’s essence around, in and as us.
2. Download, (it might be attached to this if it’s in an email), the article *The Remedy for Abuse that we Learn to Ignore: Nature’s Essence is its Wordless Love to Begin Life* [**www.ecopsych.com/NATURENESSTJSSSR.pdf**](http://www.ecopsych.com/NATURENESSTJSSSR.pdf)**.**
3. [Convert the article to docx](http://www.zamzar.com/) so you can add your experiences to it*.*

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

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

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

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

**Additional readings** for mastering the outreach program

* **LNE book:** [www.ecopsych.com/NATURENESSBETAFINAL.pdf](http://www.ecopsych.com/NATURENESSBETAFINAL.pdf)
* **Natureness Truth** [www.ecopsych.com/gttspacetime.html](http://www.ecopsych.com/gttspacetime.html)
* **Natureness Pure Science** [www.ecopsych.com/natscience.html](http://www.ecopsych.com/natscience.html)
* **Climate Therapy Quotes** [www.ecopsych.com/ctquotes.html](http://www.ecopsych.com/ctquotes.html)

**Suggested Readings** with additional Natureness activities

* [**Reconnecting With Nature**](https://www.amazon.com/Reconnecting-Nature-Finding-wellness-restoring/dp/1893272079)
* **Core Activities** www.ecopsych.com.SEVMRATCACTIVITIES.docx

1. **Visit a natural area or pet/plant/aquarium.** Be aware that it is Nature’s eons loving to begin life this instant in that space(space-time). As a recovering pirate, in mutually supportive ways, you want to obtain and share information in words from its wisdom as it wordlessly loves you into being along with Earth, sun and stars
2. **A. Find and validate your essence** by taking 5 deep breaths that consciously connect your story world to Natureness. *Validate*
3. **B. Identify** your **ess**ence by add n**ess** to your name, like Jodin**ess. Ess** is **ess**ence**.**
4. **In the natural area,** do the same, add **ness** to Nature’s essence, Natureness, and all things there, like Treeness, Rockness, Cloudness *Validate*
5. **C. Gain consent** from the essence of an attraction that calls you in area for you to visit it by completing [**www.ecopsych.com/amental.html**](http://www.ecopsych.com/amental.html)**.** *Validate*

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

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

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

1. **D. As your ess**ence**,** do the activity at [http//www.ecopsych.com/giftvalentine.html](http://http/www.ecopsych.com/giftvalentine.html).

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

1. **E Peacefully Unify**

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

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

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

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

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

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

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

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

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

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

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

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

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

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

1. **As Jodiness,** do the activity at [http//www.ecopsych.com/giftvalentine.html](http://http/www.ecopsych.com/giftvalentine.html).

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

1. **Share the value of 1-9 above**, with your partners, friends, social networking as well as use it later if you continue to strengthen your Jodiness and become more protected from the war in this “foxhole” you have created.
2. Include the link “[**www.NaturenessTruth.com**](http://www.NaturenessTruth.com)“ in your postings so others can help pirates become their Natureness Truth.
3. **Optional:** You can always benefit from [reinforcing your Natureness Truth](http://www.ecopsych.com/aliveearth.html)
4. A key to accomplishing this is asking folks [what is the greatest truth in their life](http://www.ecopsych.com/NATURENESSGTT.pdf) and it’s not Nature, God, Love or Honesty. This is because these four and most others continue to war with Nature, they can’t stop. They omit or demean the ever-present Natureness of the more than 13.7 billion years of Nature’s wordless love to begin life that preceded us and is present as our memories.

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

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

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**Strengthen your Natureness Truth expertise through our**

[**Orientation Course**](http://www.ecopsych.com/orient.html)or our online [Climate Therapy program](http://www.projectnatureconnect.org/)

[**Educating Counseling and Healing With Nature**](http://www.ecopsych.com)

• Master sensory methods and materials that help us strengthen the dance of nature's peace and sanity, in and around us.

•  Establish a socially and environmentally responsible relationship-building and stress-reduction livelihood or hobby.

• Benefit from grant funded, online, Ph.D., M.S., and B.A. [degrees/courses/training](http://www.projectnatureconnect.org/).

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