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Nature: How It Grounds Us

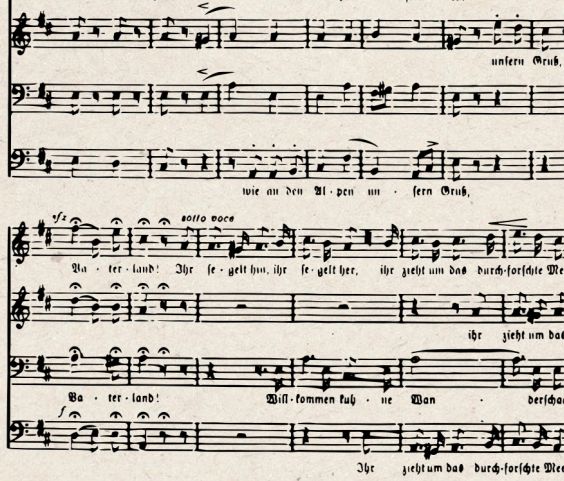


M a d i s o n D o s s

Nature: How it Grounds Us




Madison Doss




"The earth has music for those who listen."
William Shakespeare



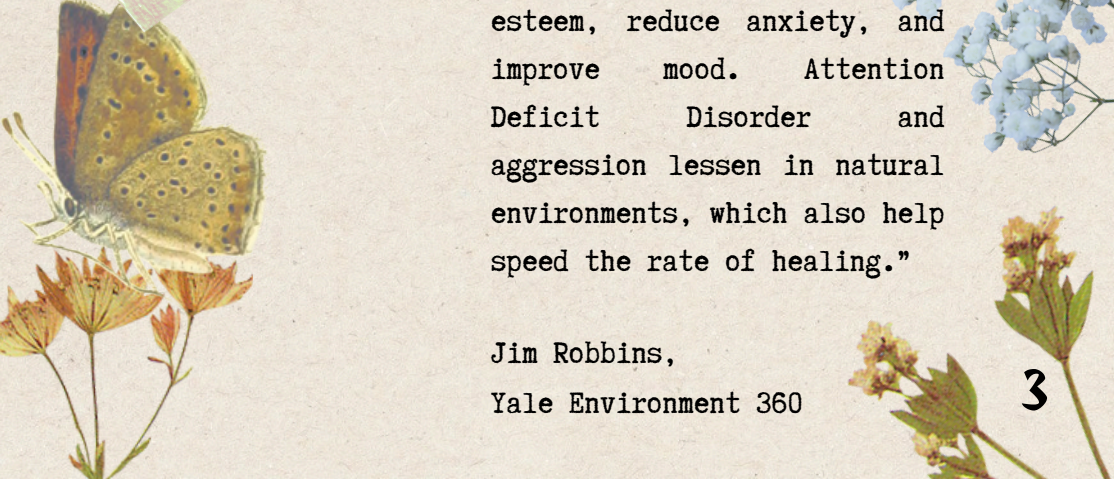



Why Nature Is Our Medicine

When we spend time in nature, we marvel at its beauty and appreciate its peace. While visibly pleasing, nature literally heals us on a physical level. There have been multiple studies on the health benefits of nature immersion.



“These studies have shown that time in nature – as long as people feel safe – is an antidote for stress: It can lower blood pressure and stress hormone levels, reduce nervous system arousal, enhance immune system function, increase self-esteem, reduce anxiety, and improve mood. Attention Deficit Disorder and aggression lessen in natural environments, which also help speed the rate of healing.”



Jim Robbins,
Yale Environment 360



nature's Ability to Inspire

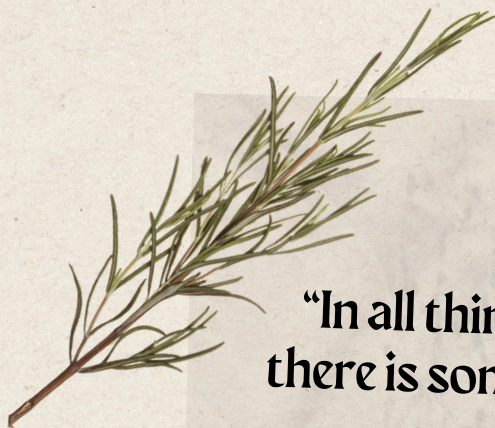
There is a reason that there is an entire genre of poetry that focuses so heavily on the inspiration of the natural world. Romantic era poets such as William Wordsworth, Samuel Taylor Coleridge, Lord Byron, Emily Bronte, and so many more wrote some of the most profound and praised works of all time. Undeniable proof of the inspiration of nature.



“Romantic poets are predominantly explore nature in its entirety, not just in an organic sense, but also in a theological and philosophical reflection on nature’s creative powers that lead to an ultimate consideration of the state of society and man’s relationship with the universe.”

Catherine Peck, brightONLINE





**"In all things of nature
there is something of the
marvelous."**

Aristotle



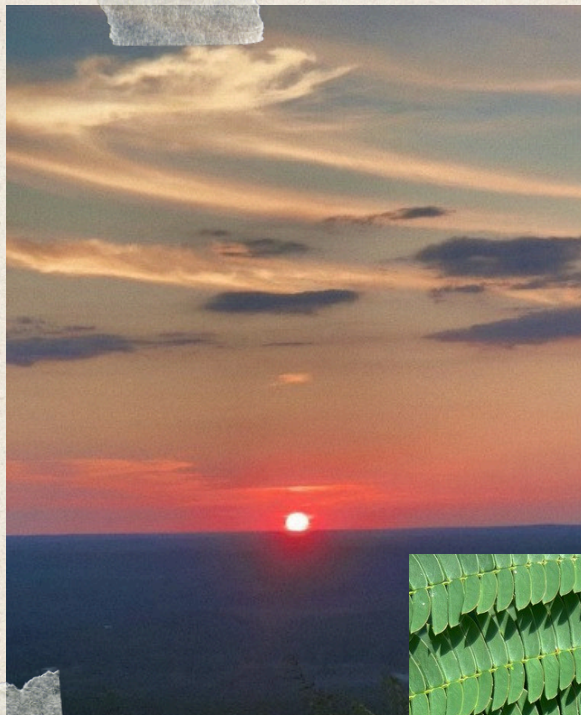


Spirituality and Nature

At least for myself, nature is a place where I find solace when I need it most; it's my version of church. You can find God--or whatever spiritual entity you believe in--within the forms of life that spring up and occur so frequently and seemingly effortlessly.

"When we think about how we live out our faith, a sanctuary or other physical worship space may first come to mind. But opportunities to deepen our faith can come to us anywhere – especially in nature, where the beauty of God's creation is on full display. Religious scriptures and tradition invite us to recognize God's handiwork in creation; for those who practice eco-spirituality, faith is connected directly to the natural world and humankind's place in it."







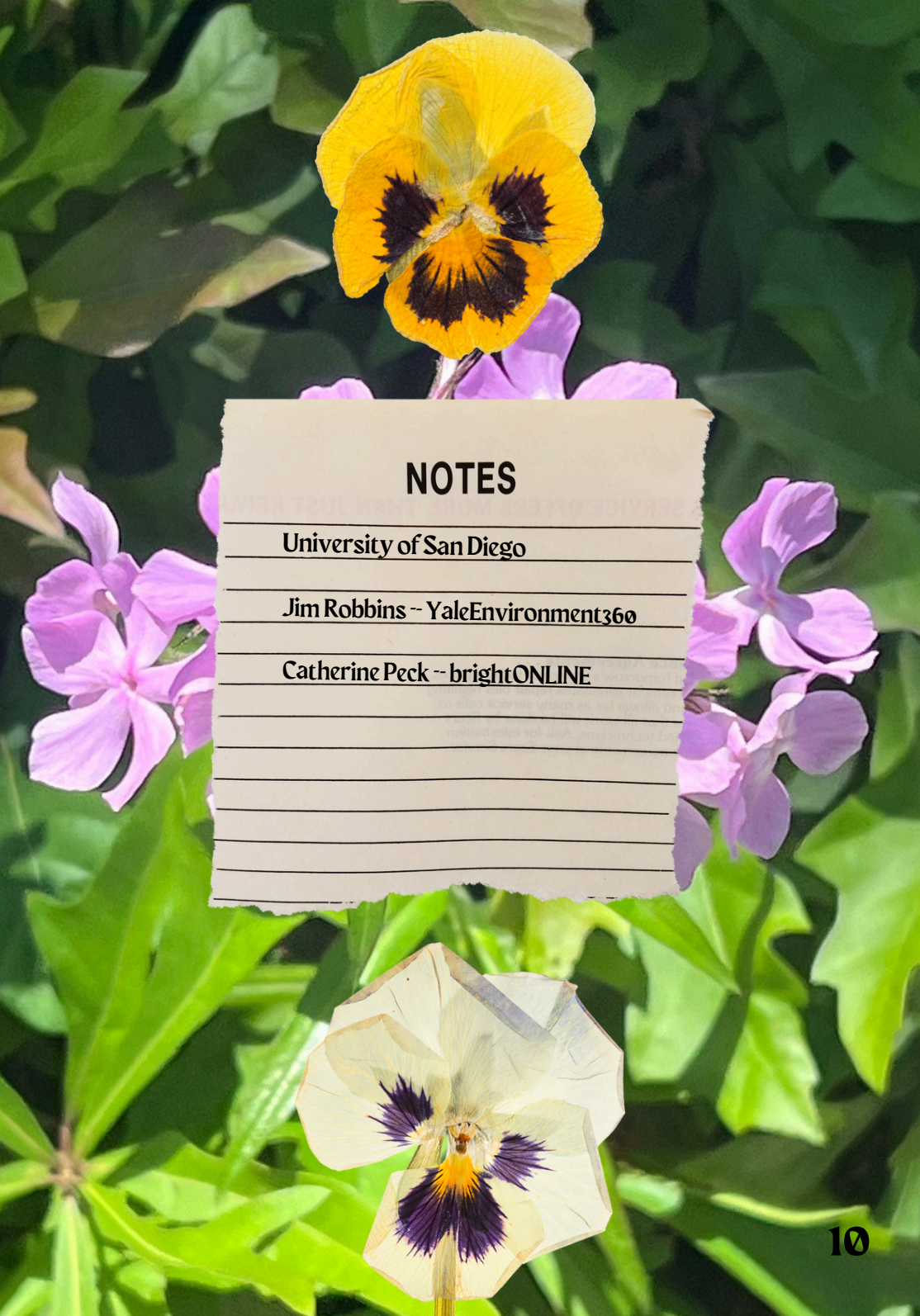
**“Adopt the pace of nature.
Her secret is patience.”**

Ralph Waldo Emerson





After reading this, I hope you will
consider getting out in nature--not only
to bring yourself a sense of peace--but
to remember how beautiful the natural
world is.



NOTES

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