

# Reconnecting with Nature

Finding wellness through restoring  
your bond with the Earth



Michael J. Cohen, Ed.D.

# Reconnecting With Nature Finding Wellness Through Restoring Your Bond With The Earth

**James Endredy**



## **Reconnecting With Nature Finding Wellness Through Restoring Your Bond With The Earth:**

**Reconnecting with Nature** Michael J. Cohen, 1997 Many of our social and environmental problems stem from our intellectual and spiritual separation from the natural world Through his extensive experience in outdoor education Dr Cohen has discovered simple ways to rebuild our bond with nature Enlightening text and stimulating activities quickly reforge the link between us and the world we live in Rediscover 53 natural senses that promote health and harmony with nature Experience 16 stimulating nature reconnecting activities

**The Web of Life Imperative** Michael J. Cohen, 2003 A book and course that teaches you the Natural Systems Thinking Process A nature connected learning tool enables our psyche to genuinely tap the healing powers of nature and regenerate 48 peaceful natural intelligences in our awareness and thinking Backyard or backcountry this practical multiple sense book empowers you to improve your health relationships and happiness by replacing destructive omissions in how we learn to think with rejuvenated natural sensitivities Learn how to reconnect your psyche to its nurturing origins in the restorative vigor sustainability and peace of nature Help yourself and your community benefit from the profound renewal that lies in the magnificence of a beautiful day the wisdom of an ancient tree and the fortitude of a weed Let nature's invincible healing energies help your thinking transform your stress disorders and harmful bonds into constructive personal social and environmental rewards Grow from hands on accredited Applied Biophilia classes essays activities research internships ethics counseling and healing Strengthen your inborn natural genius Enjoy an Earth friendly job career internship or teaching certification Take advantage of subsidized online courses and degree programs To understand how and why this book will work for you as it has for so many others consider the following key intelligence test question one that ordinarily might help assess a person's mathematical aptitude If you count a dog's tail as one of its legs how many legs does a dog have Five of course is the correct answer for a math test Intelligent people say five because it is valid in mathematical systems and contemporary thinking and is highly regarded and rewarded by our society However we don't solely live our lives or think in mathematical systems Our natural sense of reason can consider what we know from our actual contact with a real normal dog too That's when our multitude of other natural senses come into play senses of touch motion color texture language sound smell consciousness community trust contrast and love They each provide further information and help our sense of reason make more sense and a more informed decision They enable our thinking to register that a tail is different than a leg that a dog has four legs not five no matter what might be correct in mathematical logic It is a grave mistake for anyone not to take seriously the difference between 4 leg and 5 leg ways of knowing and our learned prejudice for the latter As this book shows when they are not in balance the schism between their two different ways of registering the world is significant Four leg knowing is a magnificent psychological and physiological phenomenon with deep natural system roots into the eons the heart of Earth and our psyche It brings our widely diverse multiplicity of natural sensory experiences into our awareness Five leg knowing produces important awareness through

abstract imagination labels and stories However when it does not also seek and contain 4 leg knowledge it results not only in our desensitization but in the separation of our thinking from the regenerative powers of Earth s natural systems within and around us This profound loss produces the many destructive side effects of our artificial world that we can not readily solve Four leg versus 5 leg discord creates an entrenched conflict in our psyche between how we think and how nature works This is a point source of the stress and contamination our society produces in the integrity of people and the environment It generates our many disorders and troubles that are seldom found in nature It is important to recognize is that by financially and socially rewarding us for getting good grades or for making the grade by using nature isolated 5 leg thinking our socialization habitually bonds conditions programs or ad

**The Nature Principle** Richard Louv,2012-04-24 For many of us thinking about the future conjures up images of Cormac McCarthy s The Road a post apocalyptic dystopia stripped of nature Richard Louv author of the landmark bestseller Last Child in the Woods urges us to change our vision of the future suggesting that if we reconceive environmentalism and sustainability they will evolve into a larger movement that will touch every part of society This New Nature Movement taps into the restorative powers of the natural world to boost mental acuity and creativity promote health and wellness build smarter and more sustainable businesses communities and economies and ultimately strengthen human bonds Supported by groundbreaking research anecdotal evidence and compelling personal stories Louv offers renewed optimism while challenging us to rethink the way we live

Ecotherapy Linda Buzzell,Craig Chalquist,2010-07-01 In the 14 years since Sierra Club Books published Theodore Roszak Mary E Gomes and Allen D Kanner s groundbreaking anthology Ecopsychology Restoring the Earth Healing the Mind the editors of this new volume have often been asked Where can I find out more about the psyche world connection How can I do hands on work in this area Ecotherapy was compiled to answer these and other urgent questions Ecotherapy or applied ecopsychology encompasses a broad range of nature based methods of psychological healing grounded in the crucial fact that people are inseparable from the rest of nature and nurtured by healthy interaction with the Earth Leaders in the field including Robert Greenway and Mary Watkins contribute essays that take into account the latest scientific understandings and the deepest indigenous wisdom Other key thinkers from Bill McKibben to Richard Louv to Joanna Macy explore the links among ecotherapy spiritual development and restoring community As mental health professionals find themselves challenged to provide hard evidence that their practices actually work and as costs for traditional modes of psychotherapy rise rapidly out of sight this book offers practitioners and interested lay readers alike a spectrum of safe effective alternative approaches backed by a growing body of research

Woman Spirit Awakening in Nature Nancy Barrett Chickerneo, Ph.D.,2012-01-09 Dare to Take Ownership of the Wildness and Wonder of Your Truest Self Nature is there for you waiting to reflect your deepest self back to you and to teach you the Creator s wisdom A step into nature s embrace is always a step into a richer fuller life The door is wide open come on out from Beginning This book is your invitation to experience the life energizing process of reclaiming your spiritual

roots through nature be it your backyard or the wilds of the forest Nancy Barrett Chickerneo a twenty year veteran leading women s retreats guides you on a journey into nature to reconnect with your senses what you see hear touch taste and smell in order to reactivate your ability for personal discovery Combining creativity playfulness and spiritual depth she poses eight life changing questions that help you explore ways to awaken transform and nurture your spirit Practical exercises for individual or group use encourage you to let go of self judgment and seek balance in your everyday life empowering you to find your own path to spiritual growth Whether you have picked up this book out of curiosity longing even skepticism you will be inspired to get out there into nature to reclaim the person you were created to be *Earthwalks for Body and Spirit* James Endredy,2002-03 James Endredy a workshop leader with Victor Sanchez shows how the simple act of walking can be a catalyst for personal transformation This book teaches readers to literally walk the path to mental quietude higher consciousness and greater awareness of Mother Earth **Advanced Autogenic Training and Primal Awareness** James Endredy,2016-07-18 A step by step guide to optimize health reconnect with Nature and access the vast knowledge of the universe through autogenic training Provides step by step instructions for 40 autogenic and primal mind techniques Explains how to add healing affirmations and visualizations to autogenic practice as well as work with colors and chakras Includes techniques to restore our primal connection to the world of Nature through practices such as Forest Bathing Nature s Breath and Feeling in the Dark Developed by German doctor Johannes Schultz in the early 20th century autogenic training teaches you how to use the mind body connection to influence and regulate the body s normally involuntary autonomic functions by passively tapping into your central and peripheral nervous systems Often used for stress relief autogenic training can also be used for asthma chronic pain migraines constipation anxiety panic attacks and a host of other conditions In this book James Endredy takes autogenic training to a new level revealing how to use AT practices to optimize health as well as reawaken your senses reconnect with Nature and tap into the vast knowledge and power of the universe Beginning with the 7 standard formulas of AT the author provides step by step instructions for 40 AT and primal mind techniques He explains how to add specific healing affirmations and visualizations to your AT practice as well as how to work with colors and the chakras He offers advanced trainings to rekindle your primal touch sensitivity experience enhanced sight and hearing and awaken your primal sense of smell He reveals how to use AT to restore our primal connection to the world of Nature through practices such as Forest Bathing Nature s Breath and Primal Fire Connection Drawing on more than 25 years of experience living and working with indigenous cultures including the Huichol Iroquois Sioux Maya and Hopi Endredy shows how much like a vision quest this unique combination of AT and primal mind awareness offers rites of passage sorely missing from modern life It gives you the tools to go deeper into your physiological being to directly experience how we relate to the world and to reconnect with the ancient wisdom within each of us **Deep Blue** Sylvie Shaw,Andrew Francis,2014-12-05 Nature religions look to rivers lakes and oceans for inspiration and spiritual transformation Deep Blue brings together the work of

influential scholars in the field of nature religion ranging across anthropology mythology sociology and psychology The essays examine the interrelationship between spiritual practice critical thinking and environmental concern Tracing the ancient history of humanity's close relationship with both salt and fresh water the book calls for a sustainable relationship with water in contemporary western culture Deep Blue will be of interest to students of paganism and religion environmental researchers and activists and all those involved in the intersection between religion and ecology Walking the Way of the Horse Leif Hallberg, 2008-10 Since time eternal horses have walked beside us helping to shape our destinies taking us on journeys of the soul and offering as a gift their power mystique and beauty While it has taken some time mental health professionals and educators alike have begun to formally acknowledge the emotional mental and physical benefits that humans can receive by spending time with horses In the U S alone there are already more than 900 programs that offer therapeutic or educational programming provided in partnership with horses Leif Hallberg has extensively researched the field of Equine Facilitated Mental Health and Educational Services and this book reveals the many ways horses can help humans Become familiar with Key definitions Historical information about working with horses in therapeutic and educational settings Ethical considerations Practical applications Learn more about the healing power of horses and their rich history of working together with humans in Walking the Way of the Horse For additional information about this book and Leif Hallberg visit [www.walkingthewayofthehorse.com](http://www.walkingthewayofthehorse.com) Beyond 2012 James Endredy, 2010-09-08 James Endredy noted writer teacher and practitioner of shamanism offers a unique perspective on 2012 a message of genuine hope for humankind According to Endredy every human being can be a shrine of love an altar of hope during this time of shifting global consciousness and radical change In this one of a kind guide Endredy consults the First Shamans Fire Spirit Tataiwari Grandfather Fire and Earth Spirit Nakaw Grandmother Growth for wisdom and guidance Tataiwari and Nakaw reveal how the evolution of human consciousness sustaining the earth and our personal happiness and well being are all connected Beyond 2012 offers a wealth of practical ways for each of us to personally help spark the transformation of human consciousness Learn how your positive actions reciprocity compassion love and respect for the essences and energies that sustain life on our world can help save the planet Awaken your luminous True Self by entering non ordinary states of consciousness Plant the seeds of transformation in global human consciousness Amplify positive energy by building altars and making offerings Reclaim raise and wisely use personal energy Use a sacred calendar to gain a new understanding of the nature of time and our role as co creators Praise A must have book for customers interested in ecology and shamanic spirituality NEW AGE RETAILER Integral Ecology Sean Esbjorn-Hargens, Ph.D., Michael E. Zimmerman, Ph.D., 2011-03-08 Today there is a bewildering diversity of views on ecology and the natural environment With more than two hundred distinct and valuable perspectives on the natural world and with scientists economists ethicists activists philosophers and others often taking completely different stances on the issues how can we come to agreement to solve our

toughest environmental problems In response to this pressing need Integral Ecology unites valuable insights from multiple perspectives into a comprehensive theoretical framework one that can be put to use right now The framework is based on Integral Theory as well as Ken Wilber s AQAL model and is the result of over a decade of research exploring the myriad perspectives on ecology available to us today and their respective methodologies Dozens of real life applications and examples of this framework currently in use are examined including three in depth case studies work with marine fisheries in Hawai i strategies of eco activists to protect Canada s Great Bear Rainforest and a study of community development in El Salvador In addition eighteen personal practices of transformation are provided for you to increase your own integral ecological awareness Integral Ecology provides the most sophisticated application and extension of Integral Theory available today and as such it serves as a template for any truly integral effort

*Human Behavior and the Social Environment, Macro Level* Katherine van Wormer, Fred H. Besthorn, 2010-10-11 A timely revision in this global age Human Behavior and the Social Environment Macro Level develops a sophisticated and original view of the cultural global spiritual and natural worlds that people inhabit and the impact of these worlds on human behavior Its major new theme sustainability emerges as a key characteristic of contemporary practice What is sustainable social work What are the characteristics of a sustainable community How is the present exploitation of environmental resources unsustainable for future generations Following the greatest economic upheaval since the Great Depression how can we envision a sustainable economy that will benefit all the people not only the wealthy few Human behavior results from biological psychological socio economic and cultural forces but the mental health field has placed the most emphasis on intrapsychic factors to the near exclusion of socio economic and cultural considerations This significant collaboration seeks to correct this omission by helping students recognize patterns in the family culture and value systems in order to create safe and sustainable environments for their future clients The emphasis on sustainable and unsustainable social welfare programs is geared to helping readers engage in advocacy for social justice Integrates up to date research findings models and government statistics Enhanced discussions of theory group dynamics family community and the environment Theoretical concepts and practice implications in each chapter Highlights the importance of the natural environment and ecology the community of the earth to human and group behavior Sets forth a refined understanding of the role of spirituality the community of faith in people s lives Focuses on evidence based theory and research Teaches from a global cross cultural perspective highlighting themes of empowerment and social justice Features dynamic readings personal narratives and photographs that highlight each chapter s topic Accompanied by an online instructor s manual with lecture presentations chapter summaries key terms suggested classroom activities and a test bank with essay and multiple choice questions at [www.oup.com/us/HBSE](http://www.oup.com/us/HBSE) Don t miss the companion volume Human Behavior and the Social Environment Micro Level Second Edition which offers an eye opening view of how biological psychological and cultural forces influence individuals behavior

The Essential Guide to Forest School and Nature Pedagogy Jon

Cree, Marina Robb, 2021-05-19 This book is a complete guide to Forest School provision and Nature Pedagogy and it examines the models methods worldviews and values that underpin teaching in nature Cree and Robb show how a robust Nature Pedagogy can support learning behaviour and physical and emotional wellbeing and importantly a deeper relationship with the natural world They offer an overview of what a Forest School programme could look like through the year The Essential Guide to Forest School and Nature Pedagogy provides real life examples from a variety of contexts sample session plans and detailed guidance on using language crafting and working with the natural world This accessible resource guides readers along the Forest School path covering topics such as the history of nature education our sensory system in nature Forest School ethos and worldview and playing and crafting in the natural world Guiding practitioners through planning for a programme including taking care of a woodland site and preparing all the essential policies and procedures for working with groups and nature this book is written by dedicated Forest School and nature education experts and is essential reading for settings schools youth groups families and anyone working with children and young people *Ecopoiesis*

Stephen K. Levine, Alexander Kopytin, 2022-06-21 This book emphasises ecological nature assisted expressive and creative arts and art therapies within the context of the current ecological crises Rich in fresh theoretical perspectives this timely compendium of theory research and practice also provides methods and tools that can help the reader understand and incorporate new eco perspectives into their work Building on the concept of poiesis as the human creative function this book seeks to stress the importance of humanity s ecopoietic capacity creating a more sustainable life for humans It has been specifically created within the context of this most critical period of human existence and acts as a forum for innovation based on the values of the environmental movement and its desire to address the extensive sociopsychological impact of the ecological crisis **Eavesdropping on Animals**

George Bumann, 2024-10-15 This book is fabulous and takes you close inside the wild world where you feel the creatures whispering your old name Craig Foster My Octopus Teacher Learn how to decode the secret conversations of wild animals all around you From a Yellowstone naturalist and renowned expert in animal language comes an engaging guide to a world of wonders hiding in plain sight Peter Wohlleben New York Times bestselling author of The Hidden Life of Trees Humans once relied on the calls of wild animals to understand the natural world and their place within it Now this remarkable guide reveals what our ancestors knew long ago that tuning in to the owl in the tree the deer in the gully can tell us important information and help us feel connected to our wild community In Eavesdropping on Animals George Bumann shares the fascinating stories and insights he has gained from studying wildlife around the world for more than forty years the last twenty of which have been spent leading popular programs on animal language and intelligence in Yellowstone National Park Bumann shares tips tricks and advice for readers living in urban suburban and rural areas and clearly shows us that you don t need an exotic vacation or a biology degree to have transformative wildlife encounters Listening to and observing creatures in your own backyard on nearby trails and in local parks seashores fields



and forests can lead to extraordinary experiences and a profound sense of belonging Are you ready to eavesdrop on your wild neighbors Are you ready to learn how to tell a warning call from a mating call a purr of satisfaction from idle chatter Then this book is for you     *The Breathable Body* Robert Litman,2023-05-02 Renowned breathing expert offers a guide to conscious breathing with skills for reducing stress alleviating tension returning breath to its natural state of harmony and opening your heart Breath moves in wavelike motions When breath flows freely within the body we live in a natural state of harmony making choices that enhance well being and generate energy Each individual breath travels through us in a unique way depending on its flow texture speed and patterning Like a leaf falling from a tree that spirals to the ground waves of breath travel through the airways of the body in a spiraling motion This is the way air moves the way breath moves and the way oceans rivers and lakes move too When we tighten our passageways and compromise our breathing our health suffers Most of us are born with the ability to breathe freely and naturally but as the years go by our breathing becomes labored compromised by fear disappointment trauma and pollutants So we contract our breathing body and create ways that feel protective of our vulnerable selves but actually constrict the oxygen intake and thus the nourishment our body receives In *The Breathable Body Transforming Your World and Your Life One Breath at a Time* Robert Litman shares the insights and practices he has discovered during more than 30 years of professional experience in conscious breathing and movement Born with breathing difficulties and suffering from asthma as a child Robert found ways to overcome his own childhood PTSD and now shares trauma sensitive teachings to help people breathe and live better You can change your life including alleviating symptoms of asthma snoring sleep apnea insomnia anxiety panic attacks digestive difficulties and fatigue by changing how you breathe The techniques in this book will teach you how to support and protect your body and its respiratory system Through conscious breathing movement sound and a clear understanding of anatomy and respiration we learn habits that support healthy and natural breathing     **Sustainable food production and ethics** Werner Zollitsch,Christoph Winckler,Susanne Waiblinger,Alexander Haslberger,2023-08-28 Sustainability has become an issue widely debated in many countries Given the central role of food supply and the emotional relationship that modern mankind still has to its food sustainability is seen as a value which has to be maintained throughout food supply chains The complexity of modern food systems invokes a variety of ethical implications which emerge from contrasts between ideals perceptions and the conditions of technical processes within food systems and the concerns connected to this This book covers a broad range of aspects within the general issue of sustainable food production and ethics Linking different academic disciplines topics range from reflections about the roots of sustainability and the development of concepts and approaches to globalisation and resilience of food systems as well as specific ethical aspects of organic farming and animal welfare Modern technologies which are intensely advocated by certain stakeholder groups and their societal challenges are addressed as are many other specific cases of food production and processing consumer perception and marketing     *Environmental Communication. Second*

*Edition* Richard R. Jurin, Donny Roush, K. Jeffrey Danter, 2010-07-20 Environmental professionals can no longer simply publish research in technical journals Informing the public is now a critical part of the job Environmental Communication demonstrates step by step how it is done and is an essential guide for communicating complex information to groups not familiar with scientific material It addresses the entire communications process from message planning audience analysis and media relations to public speaking skills a good communicator must master for effective public dialogue Environmental Communication provides all the knowledge and tools you need to reach your target audience in a persuasive and highly professional manner This book will certainly help produce the skills for environmental communications sorely needed for industry government and non profit groups as well as an informed public Sol P Baltimore Director Environmental Communications and Adjunct faculty Hazardous Waste management program Department of Chemical Engineering College of Engineering Wayne State University Detroit Michigan All environmental education professionals agree that the practice of good communications is essential for the success of any program This book provides practical skills for this concern Ju Chou Associate Professor Graduate Institute of Environmental Education National Taiwan Normal University Taipei Taiwan

*Soul Connection with Horses* Suzanne E. Court, 2024-07-26 Working with horses as equal partners in the equine assisted space while respecting their intuitive wisdom leads to life changing psycho spiritual understandings learning and healing Soul Connection with Horses Healing the Mind and Awakening the Spirit through Equine Assisted Practice introduces concepts of awakening and spaciousness as understood in many spiritual traditions and demonstrates that horses effectively model awakening for humans Through this approach horses help re establish natural bonds and intuitive ways of knowing that have become obscured by conditioned thought and ineffective individual narratives Horses show us that we can trust our intuition and learn how to live from the soul while making meaningful connection with ourselves other people animals and the natural environment By considering how horses experience the world through their senses how they process emotion and how they express their needs we see that they live through the same social psychological and spiritual paradigms as humans Following equine assisted therapy and learning practices through to their logical conclusions horses naturally lead us to questions of who am I and what is life They help us transcend non functioning personal stories as we step out of ineffective ways of thinking and being and discover connection and wholeness This book invites equestrians equine assisted practitioners and seekers of spiritual connection to walk in the hooves of the horse to experience the horses worldview and to access your own soulful wisdom Fostering an Ecological Shift Through Effective Environmental Education Kochetkova, Tatjana, 2024-06-05 In the face of our planet's escalating environmental crisis and climate change humanity stands at a crossroads urgently requiring a transformative response The task of averting environmental destruction necessitates not only a shift in our economy and technology but more fundamentally a profound cultural transformation This imperative transformation involves a collective move from the self centered Ego to an ecologically conscious Eco To unravel the

complexities of this metamorphosis scholars are turning to the potent tool of environmental education recognized for its capacity to foster personal and social growth while promoting environmental conservation Enter *Fostering an Ecological Shift Through Effective Environmental Education* a groundbreaking exploration into the transformative power of education in the pursuit of sustainable change As readers embark on this scholarly journey the book reveals the profound psychological connection to nature achievable through environmental education It scrutinizes the connection between heightened nature awareness and the adoption of sustainable practices providing valuable insights for educators at various levels The chapters traverse diverse topics from the historical roots of environmental education to the role of indigenous knowledge yoga and eco spirituality within nature education The book s comprehensive approach extends to eco therapy forest school programs and the influence of parents in environmental education By scrutinizing case studies and global movements this work illuminates the achievements and challenges of environmental education on both national and global scales

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