

Your Soul Connection

Rekindling our relationship with the natural world with wisdom, wondering & wandering

Fall
2023
Vol. 2



In the spring, I promised you a monthly newsletter. I was fresh out of my training and had mustered all of my energy to kickstart my business as a Forest Therapy Guide. I learned and did "all of the right things" and was ready to be successful at this new venture. Then I got sick for six weeks and when I recovered, a bug season of Biblical proportions was well underway. Between that and the frequent rain, I got "knocked off my horse". The more I couldn't go to the forest, the more I didn't want to. I couldn't imagine guiding anyone when I was at odds with this practice in my own life.

In September, I went to Minnesota for the final step of my training, a four day immersion. We were guided by the best of the best, we spent lots of time in the forest, we learned

and we were changed. On one of our walks, we were using our senses to interact with a chosen nature being. Focusing on our sense of touch, we were invited to bring our nature being to touch our arm. As I lowered my sweet little acorn, even with my eyes closed, I knew it had come to rest on my tattoo that says "I loved you since you came". These are words my mom spoke to me last fall in her last days of life. I felt such an overwhelming sense that the forest and really all of the natural world were saying those same words to me, that I have been loved by nature since my spirit inhabited this physical body on earth. It rekindled the spark of my relationship. And that's when I realized in a new way that this is not about learned skills, it is about relationship. In fact, that is the tagline of my newsletter—to rekindle our relationship with the natural world. We ARE kin with nature, it's not humans and nature as two separate entities. We are one. When we connect with the more than human world, we are coming home.

The forest surrenders to the natural cycles of seasons and of life. It thrives with resilience and a spirit of beginning again and rebirth as it fulfills its evolutionary impulse. I too am beginning again, coming home to myself and this relationship as I wonder and wander. See you in the forest!

All my love, *Lori*



CONSIDER

Can a nature connection bring healing to our physical body? Check out this study by Roger Ulrich. It is one of many that confirm the "medicinal benefits" of the natural world.

<https://pubmed.ncbi.nlm.nih.gov/6143402/>

"Take two walks and call me in the morning"

CONNECT

Here is a tiny practice to try this month: Wander out and explore the textures you find for 15 minutes. I'm curious if you've ever explored textures with senses other than touch. What does the texture of a dried leaf sound like beside your ear? Maybe you'll find something that looks the same but feels different? Or maybe feels the same but looks different? I wonder if different textures have different scents? I wonder how walking on fallen leaves feels in your body? Find a way to thank the forest for sharing this time with you.

CALENDAR

November 12th, 1-3:30pm EST
Remotely Guided Forest Therapy
Wherever you are + Zoom

November 19th, 1-3:30pm
Regular Forest Therapy Session
In person, Tidnish, NS

November 26th, 9:30-11:30am
Wild Sanctuary
In person, Tidnish, NS

Private bookings for groups or individuals available on all other dates.

Click [HERE](#) to register.

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NATURE & FOREST THERAPY