

# Your Soul Connection

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

May  
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Vol. 1



Welcome to this inaugural volume of the [Your Soul Connection](#) newsletter. What you'll find here will be a schedule of upcoming Forest Therapy experiences, both in person and remotely guided over zoom, some tidbits of wisdom I've learned along the way and always a small practice for you to try on your own.

I am Lori and I live in the beautiful province of Nova Scotia, land of the Mi'kmaq people. I am the land steward for just under two acres on the Tidnish River, across the road from the forest and within five minutes of the ocean. My soul has longed for this level of immersion in the natural world for such a long time and my gratitude for this place is overflowing.

In April of 2023, I became a certified Forest Therapy Guide through [www.anft.earth](http://www.anft.earth). It was an incredible experience. I learned, I grew and I began re-mem-bering my original connection to the natural world. Humans evolved in nature and are genetically determined to long for and take pleasure in this connection. Rekindling this relationship with a posture of reciprocity and love changes who we are and how we relate to ourselves, our precious planet and our fellow humans. Forest Therapy is a life changing practice which you can read more about on my new website. You can also read about the lineage of this practice as well as the multi-layered health benefits.

I hope you'll enjoy this little collection of wisdom and wondering each month and that it will prompt you to take a slow wander in the woods, and re-mem-ber your soul connection.

Lori



## CONSIDER

NK(natural killer) cells are a special kind of white blood cell that roam our bodies eradicating cancer and viruses. We can increase our NK cell count by spending time in the forest, inhaling and absorbing phyton-cides which are diffused by trees as a defense mechanism against bacteria, viruses and fungi. This happens most with conifer trees in warm weather! What a gift!

## CONNECT

Here is a tiny practice to try this month. Wander out and take a few deep breaths. Maybe put your hand on your heart if that feels good to you. Which nature being captures your attention? Is it a young leaf? A smooth stone? A bird with a twig? I wonder what it would be like to say hi to that being. I wonder if it has a question for you, or perhaps, a message. Spend some time being with it.

## CALENDAR

May 13th, 1-4pm  
Fan Club Experience #2  
In person, Tidnish, NS

May 20th, 1-4 pm  
Sink Into Spring Experience  
In person, Tidnish, NS

May 28th, 2-5pm ADT  
Sink Into Spring Experience  
Wherever you are + Zoom

Private bookings available on all other dates. Please contact me to book an experience for yourself or your group.

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NATURE & FOREST THERAPY