

## **forbiddenhealing**

Only in nature can one find honesty,... reality;....sanity.

Posted On 07/13/2017

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## **seg**

Yup and jest the other day while hiking i coulda sworn i saw a politician.. Chap looked disoriented, lost and yeah a loong ways from home LOL..

Posted On 07/13/2017

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## **iamblessediam**

Yo seg...was his eyes crossed...was he mumbling incoherent gibberish...did you call 911 - if you called 911 you have more compassion then me;-))))))!

Posted On 07/13/2017

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## **Krofter**

seg - A rare sighting indeed. Also, an apt description of politicians.

Posted On 07/13/2017

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## seg

Yam/Kroft, yeah it was a rare sighting indeed , but it was a win/win situation.. The first win, i STILL don't have a cell phone and the second win, after the incident/trauma, the dude likely won't show his face in ANY real nature surroundings again...CHEERS!

Posted On 07/13/2017

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## stoic

only in nature can one find dishonesty, surreality & insanity, too. nature holds it all. un & over (super) natural are shorthands for "i dunno...I don't understand...but i got narrative." roll tape. duct tape. if it rolls like a duct, & onomatopoeias like a duct, its a duct...taped...mouth. even if it does unroll via keyboardistas. beware the false dichotomy, no matter how sticky the distinctions, mcfly. that'll adhesive ya' in hook & loop time. velcro w\ a side of glue time. look where\how this roll taper lives. all im\perfectly natural. in part 2, he pulls the wings off. mcflyless. right here, same dimension as you: [www.youtube.com/watch](http://www.youtube.com/watch)

Posted On 07/13/2017

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## forbiddenhealing

Seg...Seg...Always open season on swine...why they never do nature or go out without armed security...Some pigs is better than others.

Stoic... The dishonesty, surreality & insanity of which you speak is open and understood in nature...bright colors, rattles and roars are honest warnings...The subtle seductive cunning of 2 legged swine can be hard to spot...though the toothy grin and ego-strokes are dead giveaways. Glad to see you are still playin word magic.

Posted On 07/13/2017

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## ICONOCLAST

Beware this first link has half naked men, but they are not tree huggers but could be grounding at altitude. [www.youtube.com/watch](http://www.youtube.com/watch) Second link contains Eric Idle and Michael Palin singing same song "looking at the bright side of life" [www.youtube.com/watch](http://www.youtube.com/watch)

Posted On 07/13/2017

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### stoic

magic indeed. and the word that explains\describes the fulcrum that consumers of magic teeter-totter their lives away upon is "belief." words are magical because people believe they are. the power of color of law, for example, or the soundswaving from any politician's mouth – including private sector ones - is predicated, contingent, dependent upon belief in the power of words. "so let it be written, so let it be done." too many people take words too seriously. even tho they are nothing but symbols & soundwaves. "I got the conch." and when i put next it to my ear I can hear "the ocean."

words are approximations, have always contained more than enough wiggle room to guarantee us\them carnage & waste. words aren't just double-edged s\words. they are spherical-edged weapons of mass suicide. because they are so inebriating. because drunks take so seriously the proposition they are fine to drive. (some of them are. many aren't. in any case, don't take "drive" too literally. relax it. it's just a word.) in the beginning was the word. then, immediately, came the justifications – words – for all the stolen-spilled blood. words anagram sword. honest? not so fast, indigo snake catcher. one nature boy & n\ Ātman to another: i never caught a coral snake. but i did catch a king snake that wanted me to believe it was a coral snake.

Posted On 07/13/2017

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## **forbiddenhealing**

Stoic...Indubitably! Words are so sketchy depending on the understood / misunderstood definition in the mind of the receiver..Still Babel, language uncertain, deception never-ending...Love ya Baby...and 6 other babes...Look at funky Trumpy, rebranding every lie of the last 60 yrs...Love Ya Baby..does it hurt yet? Looks like scarlet king..oops a coral..BELIEF..It's a killer.

Posted On 07/13/2017

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## **therealjones**

Like one of my favorite books, "The Secret Garden" Anyone feeling depressed or stressed should read it.

Posted On 07/13/2017

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## **mirandola**

I loved that book as a kid!!! Too cool, Therealjones, thanks for mentioning it! I do believe it would inspire many people, of all age ranges.

Posted On 07/13/2017

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## **iamblessediam**

Yo TRJ...and the neatest sweetest Cap'n Crunch and half-n-half is found in that secret garden - OOOPPSSS - no wonder I'm still at ZERO Level - I keep dropping a bowling ball on my toes with my "far side" humor;-))))))))))! Ooooooh well - me thinks anyone without a sense of humor needs to get a life - Nature loves it when a person laughs - so does one's immune system! Them "indians" are spankin' it! LBP!

Posted On 07/13/2017

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## stanleybecker

Jonesy - are you revealing a big "secret" side of yourself?

Posted On 07/13/2017

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## therealjones

I read the book as an adult and loved it, I have recommended it to a few young teens and they all thought it was boring, perhaps its harder for them to imagine a time before electronics and satellites. Haven't had that sweet nectar of the Gods in a while, I am do for some Capn N cream! The sun also rises and For whom the bell tolls (it tolls for thee) are two of my favorite books also. PS, I was Cleveland before it was cool to be Cleveland. the real Jones ya know,

Posted On 07/13/2017

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## Darzoum

I certainly agree with the spirit of the message here, but I only have one thing to say to whomever is coining such phrases as "nature deficiency syndrome" or "ecotherapy": take a hike.

Posted On 07/07/2017

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## mermaid712

Check out Richard Louv's work, please. This site might help you understand...  
[www.childrenandnature.org/.../nature-deficit-disorder](http://www.childrenandnature.org/.../nature-deficit-disorder) Lux esto. Be the light.

Posted On 07/13/2017

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## Krofter

Darzoum - Good one. That's what I do when I need to clear my head. Fortunately, all I have to do is put on a back pack and walk out the door of my house. From there I can go for weeks.

Posted On 07/13/2017

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## iamblessediam

Uuummmmm...sooooooo...you don't think kids - well - people in general - suffer from "nature deficiency syndrome" from living in the constant ever growing invisible EMF/EMI soup of DEATH?! Me thinks the word "ecotherapy" is pretty good - I mean - have you every gotten those "strange looks" when you tell someone "forest bathing" is totally excellent - I have. I did a one hour "volunteer" stint at a local farmers market yesterday explaining how gardening was like forest bathing - MERCY - more than one set of "peepers" kinda "glazed over" - I'm fairly certain had I used the word "ecotherapy" my message would've been better received! Your last two words DID bring back MANY fond hiking memories - thank you! LBP!

Posted On 07/13/2017

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## Darzoum

Human beings are constantly creating problems and then giving names to the problem as if they had independent existence, like something is happening to us we had nothing to do with. It's an insidious form of shadow boxing. Look deeply at most of the problems in the world and you'll see this pattern. The national health care debate leading to Affordable Care Act reeked of this. We have to fight all these terrible diseases on the rise, but other than sites like Mercola's, no one much mentions the part we play in creating these conditions in the first place, how we produce our foods, what we're eating, the insane deluge of pharmaceuticals and pesticides, etc. It's all shadow boxing. The "solutions" take us further and further away from the relative simplicity of the original problem, simultaneously blinding us and creating a false economy that only strengthens the evils doers, the ones with a heavy stake in keeping the downward-spiraling status quo. So, I know it's not the intent here, but especially a term like "Nature Deficiency Syndrome"—be careful, it sounds like something you take a pill for, to which I still say: take a hike (or garden, or hug a tree if that's what does it for you.... just get out of the #\*\*@# city for awhile!)

Posted On 07/13/2017

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## iamblessediam

Yo Stanley...ever been in a nudist colony.....

Posted On 07/13/2017

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## stanleybecker

-blessed - when Eve ate from the Tree of Knowledge and took directions from the snake of enticement she became aware of her nudity - when I was growing up there was a section of enclosed beach where the old men lay like seals basking in the sun - they were naked and not pretty - however their sense of relaxation was undeniable and appropriate for elderly human life forms taking in the final phase of their lives - as to family nudist colonies that you allude to - I have seen videos - "man made" prejudices are cast aside as people relax in the birth suits - people are not thinking of sex in these places - rather relaxing contentment and comfort without all the Hollywood plastic make believe that is the fantasy vehicle for Zombies that "buy in" to this garbage

Posted On 07/13/2017

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## iamblessediam

Stanley...I understand what you're saying - there's nothing wrong with nudist colonies, nude beaches, gardening in the nude - not being afraid of one's birth suit. But do notice the amount of "dislikes" so far - they represent the most fundamental - in my book - "confliction" about people's perception of what comprises NATURE. At the quantum level, your words "I am NATURE" is a fact; HOWEVER, most people "view" NATURE as being a separate entity - they forget they "share" sub-atomic particles called electrons, neutrons, protons, phonons, plasmons, holes, excitons and solitons [which contain "life code" energy information] passing in and out of the human body all...the...time - faster than one can blink their eyes. Whether it's Hollywood or some social/religious moral construct or politics or GREED Science - whatever the source - the aforementioned creates the "plastic make believe that is the fantasy vehicle for Zombies" - all of those "plastic make believes" alienate, divides and separates one from NATURE - that leads to dis-ease states - a loss of innocence - rules take over. Thank God there's the word deodorant;-))))))! LBP!

Posted On 07/13/2017

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## ICONOCLAST

Take a hike like this without traveling long distance . It looks like fun to me.  
Enjoy.[www.youtube.com/watch?v=fWDfxgngnNc&list=RD3ojt7e88g2I&index=5](http://www.youtube.com/watch?v=fWDfxgngnNc&list=RD3ojt7e88g2I&index=5)

Posted On 07/14/2017

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## Krofter

Not much new here. For therapy the ancient Geeks took mental patients out into the wilderness while playing the lute.

Posted On 07/13/2017

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## iamblessediam

Krofter...ever wonder why the Greeks used a lute on those trips forest bathing? It goes back to your prior comment on why you "whistle" when spraying compost tea on plants in your garden areas - Nature opens up - so does the mind - what a synergy! LBP!

Posted On 07/13/2017

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## Krofter

Yup. It seems all of the activities being discussed here are working on the quantum level.

Posted On 07/13/2017

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## **iamblessediam**

ALL life begins and is sourced from and at the quantum level.....

Posted On 07/13/2017

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## **stanleybecker**

Kroft - the Ancient Cultures believed that the demons could be returned to the "wild" - this was a therapeutic journey where the soul could find solace in the absence of civilization - they instinctively knew that "civilization" was alienating

Posted On 07/13/2017

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## **seg**

Kroft aye, and the therapy modern day "geeks" use today is to quarantine/stick their patients in asylums devoid of anything wild or natural - any wonder we have a native environment deficiency/epidemic....Mad mad world and getting "madder" daily ain't it .

Posted On 07/13/2017

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## **kitandspot**

We were living in a city when my first husband died. The only relief I got was going to a large plant nursery nearby and touching and sniffing the plants and flowers. The other thing I would do is pack a lunch and go sit by the ocean. My new husband and I moved to a new home where I have a large garden. He said that he never saw anyone so happy digging in dirt. Some things are just instinctive.

Posted On 07/13/2017

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## mirandola

There are so many beauties and miracles in life. What I find really something deep to ponder, is how the stars make one feel so peaceful. How the sun uplifts and nurtures, the birds sing cheerfully at daybreak and beyond. The crickets are nature's lullaby, so lulling and peaceful. Flowers are just breaths of beauty, and the aroma of herbs, bay laurel tree leaves, cinnamon bark, you name it, are almost magical. There is more than just beauty to nature, there is a peaceful presence and an uplifting spirit. And the spirit itself, I believe, is what heals.

What would happen to ADD if families, each and every night, were to turn down the dimmer switch, light candles and do stargazing routinely, together? What happens to the mind during eons of time, when no electricity existed and there was only fire or candlelight to go by, or the light of the stars and the moon by night? Would ADHD improve with stargazing and candlelight therapy? I just have to wonder about this.

The native bushpeople, working together in villages and singing around the campfire to the light of the moon, what a peaceful and unifying mental thought, let alone the actual activity! I could never live like a bushperson but I do think that there is a lot in their lifestyle that we all can benefit from. Voila! Regular camping might be a good experience, eh? Wouldn't this be a lovely thing for families and even romantic couples to do together, each and every weekend?

And what about nature sounds, the chirping of crickets, the peaceful sound of ocean waves, played at night to prisoners? Might their behavior and psychology benefit? What if there were sunset and sunrise images projected onto the walls of prison cells on a daily basis? I believe this would be an important and very benign, positive thing to do for those whose souls are devoid of any living experience of uplift, unity and joy. Long live the three blessings thereof, and may they all resonate culture-wide, across the globe! Thank you Nature!

Posted On 07/13/2017

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## chavah

Mirandola, speaking of camping, Azure Organic Farms in Kimberly, Oregon is hosting "Azure's Organic Orchard Great American Eclipse Camping Experience" August 18-22, 2017. It sounds like a lovely event for those who enjoy camping. Here is the info: [theclipsecamping.com/index.html?utm\\_source=Azure+Standard&utm\\_cam..](http://theclipsecamping.com/index.html?utm_source=Azure+Standard&utm_cam..)

FYI, the eclipse takes place on August 21st. Here is the trajectory: [apod.nasa.gov/.../ap160821.html](http://apod.nasa.gov/.../ap160821.html)  
The greatest duration is right over the New Madrid Seismic Zone:  
[wdrb.images.worldnow.com/.../4279190\\_G.jpg](http://wdrb.images.worldnow.com/.../4279190_G.jpg) Interestingly, a full solar eclipse will also take place on April 8, 2024, and its trajectory will intersect over the New Madrid zone when compared to this year's eclipse: [themostimportantnews.com/wp-content/uploads/2017/07/Solar-Eclipse-In-2..](http://themostimportantnews.com/wp-content/uploads/2017/07/Solar-Eclipse-In-2..)

Also, prisons are not intended to be places of "uplift, unity and joy." They are places of consequence for people who robbed others of their "uplift, unity and joy."

Posted On 07/13/2017

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## mirandola

Thank you for the great info Chavah! I forgot all about the upcoming eclipse, fabulous! To camp out and see it, in an organic orchard, sounds just beautiful! Re prisons, there are people there who are falsely convicted, others based on truth. Some people need consequences but to be locked up with nothing to do, is already enough to make a person go stir crazy. To keep prisons sane, where people are locked away in part because they have been abused life-long, the healing needs to be positive. Kindness heals as does treatment, meanness and a spiritual vacuum can only exacerbate ill behavior (where did we get this idea of punishment as model for reform, anyway? Isn't it known that abuse generates abuse?) I just have to put this out there, as a thought. Best to you.....

Posted On 07/13/2017

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## Acroyali

There is nothing I relish much greater than falling asleep to the sound of a nice gentle rain.

Stargazing is wonderful and I know I'm not alone when I say I can effectively "lose myself" for hours while doing so. The same goes for watching any body of water. I could most definitely "kill" an entire day just sitting and watching and thinking. You've raised some most excellent points (as usual),  
Mirandola!

Posted On 07/13/2017

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## otis101

For 15 years I lived far from any city. 12 miles out a winding mountain dirt road. Beyond the grid and ringing telephones. It was a spiritual trip constantly in nature with all the animals and birds singing. I miss it a bunch but live close to the ocean and friends with their paradise on the banks of a river. Now camping or walking on the beach with my GF is very very special. For 14 years I lived and worked in San Francisco, usually in tall buildings in the financial district. Each weekend we would take the long trip to the mountain property and be with nature as the stress from work melted like snow.

Posted On 07/13/2017

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## BlueQuasilica

Regarding nature, this one is just for laughs. 😄 Enjoy. Nature Rx Part 1 - [www.youtube.com/watch](http://www.youtube.com/watch)

Posted On 07/13/2017

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## mermaid712

Thanks for the link!!! I shared it with my staff of environmental educators.

Posted On 07/13/2017

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## **iamblessediam**

Hi mermaid712 -- PLEASE share this with your "staff of environmental educators" this is a short video EVERY environmentalist should watch to deepen their appreciation about the Wisdom of our Creator's LOVE as manifested by Nature - Mother Gaia - trophic cascade: [[www.karmatube.org/videos.php](http://www.karmatube.org/videos.php)].  
Love, blessings and peace!

Posted On 07/13/2017

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## **Irishgal1**

My poor brother is so obsessed with his health (he's 80) he sits in his darkened apartment all day taking pills, reading medical articles (no computer) taking his b/p, pulse, etc. He has spinal stenosis and seems to have a very bad case of it as he is planning to have surgery as soon as it can be scheduled. Much pain! He can barely walk 10 paces without having to sit down on his walker. That is his primary complaint now - he has others. I'm worried as his feet are so puffy - especially the left one - he can barely wear shoes. His b/p has been quite high too so he takes it over and over- keeping detailed lists to give his doctor. I would love to take him outside, into the sunlight, just to sit and look at the lake across the street, breathe in the fresh air, but I just can't pry him out! I know it would help him get away from his troubles and worries but its impossible - he even pins his heavy drapery closed lest any sunlight get in.

Posted On 07/13/2017

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## **stanleybecker**

hi there - your brother seems to have an allergic reaction to "health" - what a pity - try music therapy - also a wheelchair might get him into the sun - laughter might be useful - tell him jokes - you might get a laugh out of him - the drapes are not life enhancing, I agree

Posted On 07/13/2017

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I never knew they had a name for this (As if the Japanese invented this??), but I've been doing it since I was 6 years old. It's why a lot of people take up the hobby of hunting. You don't have to kill anything to be satisfied. I take a camera most of the time and shoot pictures instead of a gun. I believe you would see a drop in the inner city violence (from today's youth) if these kids had opportunities to get out and enjoy nature. It's a RULE/standard in Canada to incorporate huge areas of land (green belts) in and around large cities and there are walking trails criss-crossing throughout these cities connecting neighborhoods to these green belts. So if anyone should be given credit for this it is the Canadians!

It's a pathetic reality today that we have people that have never stepped foot off of concrete and asphalt. We literally have a lady here that will not walk on grass. For years I thought she was just being respectful to other people's property. Then we had a company picnic and she was there. We encouraged her to come play a game of volley ball and she wouldn't come. I knew she could play so I asked her why. She said she had never stepped foot off hard/man-made surfaces before and it freaked her out just thinking about it.....SAD, but true story! This woman has a Masters in Psychology.

Posted On 07/13/2017

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## **Acroyali**

Proof that the highly educated can be very unintelligent. What a shame for that woman that she will never know the simple joy of racing through the grass barefoot!

Posted On 07/13/2017

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## **ICONOCLAST**

If the grass hadn't been cut I might understand her point of view. It could be fear of the unknown. 10 points for being very punny haha. Hint Hint.

Posted On 07/14/2017

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## steelj

JJ, reminds me of a woman who was our next door neighbor years ago. Didn't really know these people, but had an occasion to ask her to come to our yard to look at something. She asked "can you walk through that?", referring to the wooded, but open space between our properties that wasn't ever mowed, but really didn't have any underbrush to speak of. I'd never seen such an aversion to nature, didn't know such a perspective could even exist.

Some people wonder why hunters like to hunt. I find that a very strange question to ask of a species that has hunting in our evolutionary history. People, like other animals, are supposed to enjoy doing that which they naturally do. I find it amazing, with the availability of a highly desirable big game species like whitetail deer in most of the country, that so many people do NOT hunt. Seems to me they are out of touch with what and who they are, especially the males, since you can make the argument they did more hunting and the women did more gathering. But by the same token, how many women can you get out to a blackberry patch, or in the woods hunting mushrooms? I'm very lucky my wife likes to do both. As expected!

Posted On 07/14/2017

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## seg

Take a walk in the park and smell the roses...Great words of wisdom!

Posted On 07/13/2017

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## grulla

You mean like this: [www.youtube.com/watch](http://www.youtube.com/watch)

Posted On 07/13/2017

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**seg**

Or try this grulla, mirror, mirror on da wall LOL.. [www.youtube.com/watch](http://www.youtube.com/watch) ; [www.youtube.com/watch](http://www.youtube.com/watch)

Posted On 07/13/2017

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**njlady**

hey seg...just avoid the dog parks..lol

grulla guess Bugs and Elmer weren't considered too violent in the 40's..or 50's...or 60's..or 70's...or even the 80's!!

Posted On 07/13/2017

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**iamblessediam**

Yo seg...when you do "smell the roses" - be aware: [[www.youtube.com/watch](http://www.youtube.com/watch)]. LBP!

Posted On 07/13/2017

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**seg**

yam or this [www.youtube.com/watch](http://www.youtube.com/watch). And my all time fave is watching Layton T. Montgomery get stung in his supersized behind LOL , [www.youtube.com/watch](http://www.youtube.com/watch)

Posted On 07/13/2017

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## **iamblessediam**

Yo seg...I had a cat that just loved chasing other cats in pet food commercials on television! Then I installed a big flat screen on the wall and made the mistake of setting the cat's tree climber beside it - that cat though the flat screen was his play mate;-))))))! LBP!

Posted On 07/13/2017

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## **grulla**

"NJ", "grulla, guess Bugs and Elmer weren't considered too violent in the 40's..or 50's...or 60's..or 70's...or even the 80's!!" ...or racist, which Warner Bros' Looney Toons and others are also accused of : [www.poormagazine.org/.../5583](http://www.poormagazine.org/.../5583)

Posted On 07/13/2017

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## **Acroyali**

Blessed, put this on for your cats!! [www.youtube.com/results](http://www.youtube.com/results) We've done it before, it's hilarious and they seem to enjoy it when the weather is cold and the birds and entertaining critters hightail it out of here. I had to laugh a bit as we had a puppy years ago who would watch TV. If someone on TV came through a door, he would bark at them, and if they exited a door he would go behind the TV to see where they went :D

Posted On 07/13/2017

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## **iamblessediam**

Hi Acroyali -- Marceo - the name of the cat I referenced - was a little imp - so full of fun and a zest for life. I had many hours of TOTAL enjoyment playing with and watching Marceo - there's a part of me that's still grieving his passing on - although I know he's happy where he's at - that's all that matters to me - I'm soooooo GRATEFUL Marceo chose to cross my path! LBP!

Posted On 07/14/2017

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## **ICONOCLAST**

Very interesting behaviour seg esp the male lion. I don't think it was vanity though.

Posted On 07/14/2017

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## **Jdamon**

Thrive in NYC? The reason this is so is the huge nature area that is so central there: "Central Park". Many find more nature there than other less urban areas. Easy low hassle access.

Posted On 07/13/2017

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## **restoreyou**

Central Park is remarkable! It is a birding hot spot during migration!

Posted On 07/13/2017

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## **mirandola**

I think if schools offered gardening, wilderness experience and nature education, conservation, recycling, etc that the pollution in the world would be cut wayyy down. That pollution is the by-product of living in isolation from nature.

Posted On 07/13/2017

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## **Acroyali**

Though I didn't appreciate it then, I feel fortunate now remembering my high school days in which the school owned a large wooded preserve that acted as a classroom during nice weather. We spent many, many hours out there walking the trails, identifying plants and trees. Long time ago the older kids built a large wooden bridge across the creek as a project, from what I understand it's still there to this day. We learned a lot but we also had a lot of fun horsing around out there as well. One year our art teacher devised a day long project in which we were to divide ourselves up in groups and create something from anything we could find in the woods, with twine being the only man-made material allowed. That was the first (and only) time my picture was in the paper as we got local media attention for that. Then the rest of the day was spent shoving one another into the creek and having good natured water fights. It's amazing how vividly a day like that can stand out in your memory, even decades later.

Posted On 07/13/2017

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## **dr.joan**

After spending five days in Oregon, hours in the fabulous Japanese Garden In Portland and days along the white sanded coast, I can vouch for the benefits of ecotherapy. Here we have scientific evidence.

Posted On 07/13/2017

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## mirandola

What would happen if.... ~Classes for kids and adults alike, were held outside where weather permits? ~Employers created the possibility for work to be done outdoors? Yes, even computer work, laptops can be brought to an outdoor patio or balcony area, or even rooftop sitting areas in the cities. ~Employers were given tax credits (because of less pollution, fewer cars on the road) for offering telecommuting to employees, who would have more time to be outdoors and relax, enjoy instead of sit in the commuter lane? ~More homes and public buildings had skylights for roofs, perhaps with sun-filtering netting or a giant overhead drape to cut down on exposure during hot weather? ~Bedrooms of kids and adults alike, had skylights directly over the sleep area for star gazing as sleep ritual? Architects designed this as an ongoing trend? ~Commercial areas were beautified by flower gardens and creeping, flowering vines covering school buildings, office and other commercial buildings? ~Cities created islands in the streets for trees and bird, hummingbird and butterfly-friendly flower gardens? ~Cities had contests for the most beautiful flowering street arches, butterfly gardens and flower-covered walkways (overhead trellises, awnings, etc covered with flowering vines, wisteria or climbing roses)? (Good tourist attractions too! See the Boston lilacs, the Nantucket daffodils and tulips, the rose parade, the cherry blossom festivals, the.....you name it!) ~Lifestyles journalists got on board with this and other similar topics?

Posted On 07/13/2017

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## remitrom

My mom was a junior high English, Speech and Theater Arts teacher for many years and her classroom was at the end of a long hallway, next to the exit that opened into a field with trees. At least twice a week, weather permitting, she would hold class outside. Funny thing is, the kids that were problems for other teachers were never a problem for her ... perhaps it was the nature therapy?

Posted On 07/13/2017

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## **mirandola**

Wow, very interesting Remitrom! What a neat background to grow up with your mom who was into this, and what a heartening story! Thank you! :-)

Posted On 07/13/2017

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## **Acroyali**

Remitrom, earlier I spoke of a similar experience with us and yes--the "bad" kids suddenly were active participants when we were outside. We were encouraged to get up and MOVE, which is (IMO) half the battle with these kids that are a "handful." I wasn't a handful in that way, but I did find it difficult to stay seated for 6-7 hours at a time and listen to lectures or read without feeling the urge to nod off. Human beings weren't designed to be so stationary all the time and kids know this!

Posted On 07/13/2017

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## **Almond**

Instead of turning our experiences with nature into a "therapy" that we must set time aside for and schedule, maybe we should recognize this is the way people are supposed to live all the time. Even when working hard and rushing around. Many people will heal if they simply return to nature. This was often the practice during the 1800's when men were diagnosed with TB. Some headed to Colorado, lived off the land in the mountains becoming trappers and were cured. if women were fortunate, maybe they went to a sanitarium where they received a nourishing diet and sun bathing on their bare (nude) skin. Many people, today, are suffering from noting more than the "advantages" of civilization. They do not benefit from the "disadvantages" their ancestors experienced. Not that I want to trade plumbing and sanitation, but there were many healthy practices that were part of life such as hard work, sunshine and exposure to nature and simple food.

Posted On 07/13/2017

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## **InderVohra**

40 minutes walking in the morning in my neighborhood park keeps me fresh. Walking up and down to supermarket and vegetable and dairy market for fetching daily essentials gives me good exercise.

Posted On 07/13/2017

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## **mirandola**

In Europe the towns were built when there were no vehicles, so things are all compact and small. Daily walks to the grocery store are common in some European cultures. This would be a smart way for Americans to go, wherever our living situation permits it . Unfortunately the urban sprawl, and things being wide apart, necessitate the use of our vehicles for grocery shopping here in America. But we certainly can go for daily walks, no matter where we live.

Posted On 07/13/2017

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## **remitrom**

Nothing I like better than camping with the family amidst the trees or with a view of the lake or ocean. We recently got back from a camping trip with the in-laws and some family friends and I got up early to drink my coffee in peace. There was a bold bird perched on my in-laws camp chair. I would watch it fly off into the trees as another bird came flying to the same chair. These birds tag-teamed a while and I realized that they were carrying twigs, leaves and even dead bug carcasses to the chair, creating a nest. I happily sat there for almost an hour by myself watching these birds. It was so peaceful and the highlight of my day! Nature rocks!

Posted On 07/13/2017

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## **njlady**

This is so true!..What's interesting is everyone's view of what is relaxing is so different. Before fibro, we used to walk the nature trails for miles and enjoy it immensely. Now when I think of forests, I think of ticks, bugs, bears and Jason Voorhees..lol..Although I have always loved the ocean, that is now where I find I am most peaceful..having dinner at the local Tiki bar overlooking the water is worth more to me than any high priced 5 star eatery.. But then again...there comes that nasty winter...:o(

Posted On 07/13/2017

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## **davidle**

We moved to the country in 1999 from a large city. The first thing we noticed was how quite it was particularly at night. I wouldn't move back into the city if you gave me a home.

Posted On 07/07/2017

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## **doc57763**

Heh, well, I say I love nature until it takes the form of slugs on my lettuce, or blackberries encroaching in my fields. Then, forget it. And, the work it takes if you are the person actually living in nature is backbreaking, often boring, and - when racing the seasonal changes - frantic. I feel no less anxiety here, than in the city where a 50 x 100 foot lot is all I need to take care of.

Posted On 07/15/2017

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## **Almond**

I recently had an experience with one of these seminars that I thought was quite goofy. I was told I was not experiencing the forest in the proper way... as if there is a standard way for all individuals to experience nature. Not until all individuals are created identically.

Posted On 07/13/2017

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## Guillermou

We are nature, we need nature to maintain health. Exposure to green spaces may benefit urban residents by promoting healthy aging and reducing premature mortality. Mechanisms include inducing stress restoration, providing opportunities for physical activity and social cohesion, and mitigating environmental hazards. The beneficial effect of exposure to green spaces on mortality from neurodegenerative diseases could be greater in groups with a lower educational level and in people who reside in more disadvantaged neighborhoods. In Europe, neurological disorders represent the third cause of death and disability, after cardiovascular diseases and cancer.

[www.ncbi.nlm.nih.gov/.../PMC9077872](https://www.ncbi.nlm.nih.gov/.../PMC9077872) (2022).----- [www.mdpi.com/.../9](https://www.mdpi.com/.../9) (2021).---

[www.alzinfo.org/.../go-for-the-green](https://www.alzinfo.org/.../go-for-the-green) (2023).---- Living near green spaces, parks or water areas may help protect older adults from first-time hospitalizations for neurodegenerative diseases such as Alzheimer's and Parkinson's, according to a large new study led by the TH Chan School of Public Health. from Harvard. The researchers analyzed 16 years of data from nearly 62 million Medicare beneficiaries, their ZIP codes and information from databases that map the location of natural environments such as parks, waterways or vegetation such as trees, crops or grass.

The study found that, in the case of Alzheimer's, living with slightly above-average vegetation was linked to lower rates of first-time hospitalizations. For Parkinson's, living close to any type of nature was linked to avoiding a first hospital stay. [www.hsph.harvard.edu/news/hsph-in-the-news/time-spent-in-nature-may-re..](https://www.hsph.harvard.edu/news/hsph-in-the-news/time-spent-in-nature-may-re..) (2022).-- -- [www.parkinson.org/.../green-blue-spaces](https://www.parkinson.org/.../green-blue-spaces) (2023).---

Posted On 02/20/2024

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## Ronald\_H

Guillermou, Exactly! It's not just physical and mental health. Straying from natural opens them up to delusional vulnerabilities exploited by The System in that they have an inordinate trust of man-made and artificial over nature. With high pattern recognition skills, I see among "low information voters" and many participants in dating websites a pattern of "no connection to the real world." I immediately filter out those with an invitation to lunch or dinner. Those living in their artificial world of pecking at characters on a tiny screen won't even consider leaving it for face-to-face conversation over a fine restaurant meal! I suppose that's how "The System," through their influencers, manipulate the gullible to vote emotionally as cliques.

Posted On 02/20/2024

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## Guillermou

Well said Ronald. Trees are a source of health. A team of researchers, led by psychologist Omid Kardan of the University of Chicago, conducted in Toronto, concluded that urban neighborhoods full of trees are better for your physical health, heart conditions, the prevalence of cancer, diabetes, health problems. mental health and much more. Neighborhood greenspace and health in a large urban center Running in the woods is twice as much as a trip to the gym to reduce the risk of mental health problems. Researchers at the University of Glasgow looked at natural and unnatural environments for physical activity, such as walking, running and cycling, and found that being close to trees and grass reduced brain stress levels.

The study, led by Professor Richard Mitchell, surveyed almost 2,000 physically active people across Scottish Health The vibrational energy of trees and plants provides a number of benefits for human health. Trees possess energy from the earth, allowing the use of this energy to extend it positively towards others. When a tree is touched or hugged, it has a unique vibration that affects our body, when it comes into contact with the vital energy of nature. Trees have effects on mental illness, Attention Deficit Hyperactivity Disorder, concentration levels, reaction time, depression and even their ability to relieve headaches. [www.nature.com/.../srep11610](http://www.nature.com/.../srep11610)

Posted On 02/20/2024

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## DebbyW

My husband and I walk a loop of about 1.5 miles around our neighborhood. We do pass some wooded areas, and I love when the birds are happily singing. But, I love even more when we decide to do our walk on one of the nearby trails. It seems more relaxing and stress relieving.

Posted On 02/20/2024

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## ms.libby

We have a small ranch in Oregon and it's our retreat from the world. Sided by mature forest, 1000's of acres of it, front and back, we are a literal freeway of deer and other forest critters. Unfortunately or fortunately, both neighbors on either side have dogs, so the deer claim our property to traverse between the 2 forests - we enjoy their presence, watching them eat our clover and dandelion lawns (we have a natural lawn vs. grass seed) and many times over the years we've been out washing a car or watering the garden and they walk calmly by, sometimes they'll take a nap in one of the tree wells and stay the day.

Stray cats find their way to us as well, as the city dwellers come out into the country to abandon their unwanted cats, dogs too. We trap the cats, scan for microchips (none yet in 10 years) and then make the appointment to spay/neuter and give them a home. Working cats are a huge plus for a ranch, keeping mice at bay and making nice company to us, following us all around the property.

They are safe there, with elevated heated beds, automatic feeder and are tamed down enough to know this is "home". The point of this story is that when I have one of my friends come to visit, usually after much angst as to "how can I possibly get away, you're so far~!", once they arrive their entire demeanor changes - the forest calls to them, the animals amaze them, the bounty of the garden and fruit/nut trees is strange and wonderful to them - they get lost here and at the end of their visit don't want to leave.

Now these same friends make "reservations" to visit during the summer, one of them stays a week now and helps me work in the gardens - using her time off to stay at our ranch vs. some beach vacation. She will nap out on the deck or out by the pond on the dock, a much needed respite. Some of my friends will cry when they leave, it's meant that much. So yes, we all need that nature connection, desperately, and can't relax without it.

Posted On 02/20/2024

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## mmztcass

I get about in a scooter and I am in heaven when I can go outside on my desert property in southern Arizona. When I am outside I can see the desert rabbits hopping about as well as squirrels zooming around. I can hear and see the quails and doves calling out and some will walk about the grounds nearby keeping me company as I sit out in the sun for a few minutes to get my vitamin D. My adult son enjoys going outside daily to work on the yards and gardening projects. He has a job as an RN at a hospital. My neighborhood is peacefully quiet where many of the homes sit on an acre or more.

Posted On 02/20/2024

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## brianallen1

Living in a small RV has its advantages. I do spend a lot more time outdoors. Of course, I am also breathing more air tainted by chemtrails! I will never forget when my wife had a live honeybee display in a clear glass case at a state fair. The people could watch them hard at work producing honey. It was incredible and enthralling- a perfect example of a miracle of nature. One by one the children approached the display and proclaimed disgust, disinterest or fear. They made comments like "gross" or "eww. They were so indoctrinated into their artificial world of electronic screen that God's beauty and design was so foreign to them it was disgusting or not understandable! Folks, this was not last Summer. This was in 2009!!! Can you imagine how much worse the children of today would respond? Those children from 2009 are now mainstream adults and that gives you an idea of today's typical mindset.

Posted On 02/20/2024

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## hoplitex

Duh! We can never get enough of plants, frogs, animals. ----- I've spent time with some hardcore computer scientists, and all but one said -- even proudly -- that they could live without ever going outside; that they could live in an entirely artificial environment; that they could live permanently in a space station, etc.. My memories of these people help explain the ignorance of Silicon Valley. They don't know how little they know, which explains how they can presume to "improve upon" things they don't understand.

Posted On 02/20/2024

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## Ronald\_H

Scientists are the worst! (Generalization. I'm a scientist) Breaking news: Scientists have just discovered where babies come from! Amazingly, at the moment of their press release, they made yet another profound discovery: Everyone else already knew! ... and yet, it is this culture of "scientists" that intend to instill ethics into artificial intelligence to presumably protect us from unnatural intervention and destruction of humanity.

Posted On 02/20/2024

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## Krofter

Ecotherapy = farming.

Posted On 02/20/2024

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## goodbody2

Unfortunately, Bill Gates et al are trying to turn farming into a corporate, synthetic environment

Posted On 02/20/2024

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## Krofter

Yup. That's not farming.

Posted On 02/21/2024

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## **Jantango**

I take a nature walk every morning at a park nearby in the city of Buenos Aires. I find a shady spot under a tree where I stand on grass for "earthing" while meditating and yoga exercises. This daily hour of being present in nature is a priority.

Posted On 02/20/2024

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## **anthony.aaron47**

Wellgardening may help with depression but the globalist busybodies have decided that they're going to outlaw gardening because -- really -- it makes too much CO2 It was just about 18 or so months ago that the Department of Agriculture was telling folks to register all of their gardens and all community gardens just like guns, that registration will be used against US when the SHTF count on it.

Posted On 02/20/2024

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## **goodbody2**

I live out in the redwood forest which is SO nice! Unfortunately, financial responsibilities brought on by corporate greed might end this bliss very soon...hopefully not. The magnitude of corporate forces (that's gotten WAY out of hand) is making a nightmare for us nature babes (real, natural people)

Posted On 02/20/2024

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## **restoreyou**

There is an organization called ParkRX ([parkrxamerica.org](http://parkrxamerica.org)). Doctors affiliated with this organization literally write "Nature Prescriptions" for their patients. They believe their "nature prescriptions", if followed, will bring about desired health improvements in their patients.

Posted On 02/20/2024

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## Almond

I spend a lot of time outdoors and very much appreciate coming indoors to a warm dry house, a hot shower and a soft bed. ; - )

Posted On 02/20/2024

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## JayD2021

The idea is great! The worst part of the video came in the first minute or so, when the woman told Jim to put his phone back in his pocket!!!!!!!!!! 1) If it was ON, it should not have been there in the first place. 2) she should have told him to a) put it on flight mode and b) leave it in the office so that he could bond with nature better! 3) He says there is NO SERVICE and yet his phone is in his pocket next to his body blasting out radiation trying to find a signal (He did not say he had put it on flight mode or switched it off - assuming he knew how!

Posted On 02/20/2024

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