Nature Therapy Journal

Nature Therapy

Nature and Forest Therapy is inspired by the Japanese practice of Forest Bathing, called Shinrin-yoku, which is the practice of connecting to nature in order to heal. In the 1980's when the Japanese culture shifted from working on the land to more technological careers indoors, the government noticed an increase in auto-immune disease and cancer. They wondered if this increase in health problems was related to decreased contact with nature, so they began studying the results of taking people back into nature and studied the results. They found that being in the forest, mindfully, had many health benefits such as increased immunity, less anxiety and depression, and increased feelings of self-acceptance and feeling whole.

Another interesting fact is that trees emit phytoncides, a compound with antibacterial and antifungal qualities that help the trees stay healthy. Even more fascinating, is that when we breathe in these phytoncides, our bodies respond by increasing natural killer or NK cells that kill tumors and virus-infected cells.

Sit spot invitation

Find a "sit spot", a place in nature that is convenient and close to home, where you take time each day, for the next 30 days and just sit and be. We are human beings, not human doings after all. The invitation is to sit for a minimum of 20 minutes a day without distraction, and just notice what you are noticing. You might pay special attention to what you are hearing, seeing, feeling, smelling, and tasting. Even if you do not have 20 minutes, sit for as long as you have. My experience has been that the longer you sit the more nature beings you will see. You can use the pages in the journal to take note of what you are noticing, internally or with your senses, feelings, inspirations, or things you are grateful for that day.

What are you noticing?

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Final message from Julie at Holistic Living

I hope that you have enjoyed your Sit Spot journey! I wonder what you learned about yourself and the more-than-human world? I would love to hear about your 30-day journey. If you feel inclined to, send me an email at HolisticLivingNV@gmail.com

I would love to have you join me on a Nature Therapy walk if you are in the Reno, Nevada area. You can find me on social media @Holstic Living NV or my website www.julieanne.baum.com

And just because the 30 days is over does not mean you have to stop now. Imagine what your life would be like if you continued for the next year.

Julie