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Titolo	The sky and earth touched me : sharing nature wellness exercises // Joseph Bharat Cornell
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ISBN	1-56589-550-9
Descrizione fisica	1 online resource (140 p.)
Disciplina	155.91
Soggetti	Nature - Psychological aspects Environmental psychology
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Note generali	Includes index.
Nota di contenuto	The Sky And Earth Touched Me; CONTENTS; Foreword; By Tamarack Song; How to Use This Book; Part One::; 1. The Great Teacher and Healer; 2. The Heart of Nature; 3. Forest Bathing; 4. Nature and Me; 5. The Sky and Earth Touched Me; 6. Expanding Circles; 7. Living in the Present; The Vibrant Peace Walk; 8. I Am the Mountain; 9. The Benevolence of Life; Flow with Life; 10. All Good Things Come from Stillness; Watching the Breath Meditation; A Lake Is Like the Mind; 11. Giving to Life; Part Two::; 12. Sharing with Friends; 13. Camera; 14. Silent Sharing Walk; 15. The Trail of Beauty 16. Journey to the Heart of Nature 17. Vertical Poem; 18. The Birds of the Air; Part Three::; 19. Communing with Life; 20. Living in Oneness; Sky and Earth Online Resources; Sharing Nature Worldwide; Appendix:: The Birds of the Air Musical Score
Sommario/riassunto	Wild seashores and woodlands calm and refresh our spirits. Contact with nature enhances our wholeness and well-being. The powerful, compelling exercises in this book can help readers become immersed in nature's joyful and healing presence. Read <i>The Sky and Earth Touched Me</i> in a garden, backyard, or park. Part One is designed for personal practice; Part Two can be shared with a friend or a group. Practice these exercises, and discover invaluable nature awareness principles.  

