

Nature Spirituality Workshop Goals and Techniques.

By Adam Davis. May 2015.

Engaging with nature to enrich multiple levels of ourselves. Experiencing nature's magic.

Why be aware of and intentional about our nature connections?

Workshop Goals

1. Enhance nature awareness
2. Show possibilities of relationships with entities and energies
3. Receive more ways and tools for deepening nature awareness and relationships
4. Use the tools to connect with sacred aspects of nature and experience nature's magic
5. Personal growth and transformation

Categories of Nature Connection Techniques

- **Observations**
 - Scholarship and Cooperation
 - Food and Medicine Gathering (and/or growing)
 - Immersion, Wilderness Excursions, Survival
- **Conversations and Relationships**
- **Meditation** (sitting, walking, postures)
- **Energy Work**
- **Authentic Movement, Postures, and Trancework** (flowing, cascading)
- **Shamanic Methods** (visualization, journeying, going into)
- Art and Poetry
- **Toning and Song**
- Signs, Omens, Divination
- **Inspirational Metaphor**
- **Talismans / Metaphysical Properties / Association Magic**
- **Invocations and Working with Guides** (including power animals, patron trees, etc.)
- **Channeling Nature Entities** and Council of All Beings
- Cultural Stories and Traditions
- **Ritual and Ceremony**

Chant

Earth my Body, Water my Blood, Air my Breath, and Fire my Spirit.

Links

Information about the workshop series: <http://www.facebook.com/ConnectingWithTheLand/>

Book of techniques: <http://www.createpace.com/4445115/>, and for Kindle at

http://www.amazon.com/dp/B00GVR9DX6/ref=rdr_kindle_ext_tmb