

# A List of Techniques for Enhancing Relationships with Nature

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This document is essentially a list of techniques that have been shared over the years in the technique sharing portions of Connecting with the Land Series workshops. The techniques have been given “NCT” numbers so that information about them that occurs in other publications can be easily accessed.

A set of cards is available, each card including a phrase that summarizes one technique, via [www.lulu.com](http://www.lulu.com).

Also, the book “Connecting with the Land: Nature Relationships in Multiple Dimensions” (available at <http://www.createpace.com/4445115/>) provides stories and other information about many of the techniques in this list as well as more guidance for the use of the techniques.

I highly recommend that you check the methods for compatibility with your situation, status, and lifestyle before using them. I recommend their use only if they are healthy and beneficial for where you are in your life.

The techniques are arranged in categories similar to categories used in the technique discussions in the workshops.

## OBSERVATIONS

- NCT 001. Experience nature with all of the senses
- NCT 002. Make extensive, detailed observations
- NCT 003. Observe in many ways from many perspectives
- NCT 004. Sit in one place in the natural world and observe all that occurs there
- NCT 005. Feel the textures of different patches of ground and land covers as you walk barefoot
- NCT 006. Hands off to sides of head in peripheral vision creates soft eyes vision - *Method taught by Jon Young and then a celebrant in the April 2018 Bloomington tree workshop*
- NCT 007. Make observations over time in a place or region

- NCT 008. While observing, zoom in to a place to see increasing complexity
- NCT 009. Make observations of a place or phenomena at multiple points in time
- NCT 010. Listen and feel with all the senses
- NCT 011. Make observations at multiple scales
- NCT 012. Observe a place at multiple scales using maps and air photos, views from remote vistas, and observations from closer vantage points
- NCT 013. Count the number of different kinds of a particular type of life (e.g., the number of different kinds of spiders in your backyard or the number of different wildflowers that bloom in an area)
- NCT 014. Listen to bird calls and songs
- NCT 015. Observe the mineral or sediment constituents of a rock as well as how the constituents are arranged
- NCT 016. Watch the tide come in and/or go out
- NCT 017. Notice the mix of colors in forests from a vista at multiple times of year
- NCT 018. Sit under a deciduous tree in the fall season and watch the leaves fall
- NCT 019. Turn your body and observe the horizon as you turn
- NCT 020. Notice which kinds of wildflowers are blooming at specific times during the year in specific areas and regions

## IMMERSION

- NCT 021. Immerse yourself in nature
- NCT 022. Sleep out under the stars
- NCT 023. Lay in a stream or river
- NCT 024. Bathe and bake in the sun
- NCT 025. Coat self and each other with mud, bake in the sun, and then bathe in a pond
- NCT 026. Spend time in wilderness

- NCT 027. Float in the middle of a lake
- NCT 028. Go backpacking
- NCT 029. Do an extended, multivalent vigil in a place (e.g., “vision quest”)
- NCT 030. Take a dip in a cold mountain stream
- NCT 031. Kayak or canoe lakes and rivers in the early morning, in the mid-day, and/or in the evening
- NCT 032. Take walks, hikes, crawls, swims, and rides in sacred natural landscapes

## DEEP AWARENESS AND REALIZATION OF CONNECTIVITY

- NCT 033. Reflect upon and realize the many ways we are connected to nature
- NCT 034. Cultivate awareness of connectivity among parts of ecosystems and between ecosystems
- NCT 035. Become aware of how your lifestyle choices impact the environment
- NCT 036. List your many relations with nature
- NCT 037. Follow a healing modality back to its origins in nature and sacred places in the landscape
- NCT 038. Keep track of the lunar cycle and practice awareness of the current moon phase
- NCT 039. Mark the solstices and equinoxes
- NCT 040. While hiking, slow down in places to change awareness of those places
- NCT 041. Link aspects of your life (lifestyle, consumption habits, etc.) back to their root and/or components in nature
- NCT 042. Multi-stop ecosystem hike (individual or group)
- NCT 043. Play with multiple philosophical combinations of oneness, connectivity, individual uniqueness, and entities and energies as aggregates of other entities and energies

## RESEARCH, ANALYSIS, COLLABORATION, DISCUSSION, AND SCHOLARSHIP

- NCT 044. Explore links between nature awareness and better natural resource management as well as better environmental problem solving
- NCT 045. Multivariate analysis
- NCT 046. Cultivate knowledge of symbols that can be used in exploring nature's mysteries
- NCT 047. Interactively discuss omens and signs
- NCT 048. Combine scholarship and observations to deepen your understanding of the behavior of animals, plants, rivers, and other nature entities and phenomena
- NCT 049. Discuss different ways of working with nature spirits
- NCT 050. Read inspirational and insightful nature writings
- NCT 051. Become aware of the type of bedrock that is under your home
- NCT 052. Investigate cultural traditions and folklore regarding nature entities and energies (e.g., read myths that include sacred trees)
- NCT 053. Explore linkages among the atomic structure, chemical composition, and a mineral's observable properties
- NCT 054. Explore the factors that influence the lay of the land at various locations
- NCT 055. Construct a conceptual diagram of a food web for a particular area or particular ecosystem
- NCT 056. Determine the tree composition as well as tree diversity in forested areas and other ecosystems
- NCT 057. Study symbolic associations of nature entities and energies
- NCT 058. Compare the geological character and histories of multiple mountain chains
- NCT 059. Compare the kinds of life that inhabit different geographic areas
- NCT 060. Explore and compare geographic ranges of trees and other wildlife
- NCT 061. Explore concepts of biome, ecoregion, and ecosystem

- NCT 062. Explore relationships between the “lay of the land” and various energies of place
- NCT 063. Participate in discussions and sharing sessions that address the question “why practice nature awareness?”
- NCT 064. Participate in discussions and sharing sessions that address the question “why be intentional about cultivating nature relationships?”
- NCT 065. Use behavior of living creatures to learn about the energy patterns of the landscape
- NCT 066. Trace where your sewage goes
- NCT 067. Find your water source
- NCT 068. Visualize the Core - Mantle boundary
- NCT 069. Trace different pathways of the hydrologic cycle, starting with rain drops that fall to the ground
- NCT 070. Consider relationships of earthquake and volcano occurrence with Plate Tectonics theory
- NCT 071. Determine the geographic dimensions of your foodshed
- NCT 072. Calculate your ecological footprint
- NCT 073. Explore the differences in absorption and reflection of solar radiation by different land covers or Earth surface materials

## PREPARATIONS FOR MULTIVALENT AND INTERACTIVE NATURE CONNECTION

- NCT 074. Come from a heart space  
*Related to the practice of coming from the heart, I was led on a wonderful visualization that involved the consciousness moving from the mind down into the heart during a flower essence workshop led by Sarah Preston in 2015.*
- NCT 075. Use affirmations to prepare yourself to connect
- NCT 076. Open yourself up to shamanic connection by singing a shamanic power song
- NCT 077. Prepare yourself to connect by smudging
- NCT 078. Read or listen to a facilitative preamble to nature spirit work (e.g., natural history account, poem, or song)

NCT 079. Do shamanic warm up exercises

## SCANNING

NCT 080. Scan for key energies to account for and work with

NCT 081. Move exploratory energy through the landscape (possibly using a visualization)

## CONVERSATIONS AND INTERACTIVITY

NCT 082. Converse with nature

NCT 083. Converse with nature entities and energies

NCT 084. Check for synergy and/or if it is mutually beneficial for you and other nature entities and energies to intentionally engage in relationship

NCT 085. Humbly request an audience with nature entities and energies

NCT 086. Say hello

NCT 087. Say hello to the nature beings and forces

NCT 088. Ask permission before working with nature entities and energies, and be willing to accept a “no” answer  
*A humble, respectful, and consent based approach to working with nature was heavily emphasized in a workshop about connecting with nature spirits facilitated by Larry Cornett that I attended in western New York in approximately 2001. An outline of Larry's nature spirit workshop is available at <http://www.lcorncalen.com/NATURESPIRIT.htm>*

NCT 089. Enter sacred spaces within the landscape with reverence

NCT 090. Share your intentions with nature beings as a sign of respect as you go into their space

NCT 091. State intentions to nature entities and energies

NCT 092. State intent when requesting an audience or when otherwise opening a dialogue with nature beings

NCT 093. Give offerings or gifts to the entities and energies of nature

NCT 094. Allow dialogue with nature to guide the next steps in connecting

NCT 095. Dance with the trees

- NCT 096. Bow to show respect to entities and energies of nature
- NCT 097. Bow
- NCT 098. Hug a tree
- NCT 099. Prayers
- NCT 100. Dynamic, customized on the fly, tree meet and greet sessions (individual or group)
- NCT 101. Rattle prayer
- NCT 102. Give gifts
- NCT 103. Drum for the spirits
- NCT 104. Smoke with the spirits
- NCT 105. Hang with the spirits
- NCT 106. Cultivate long term relationships with places and nature entities such as trees, streams, or animals
- NCT 107. Bow in the directions [4 (E, S, W, N), 7 (E, S, W, N, down, up, and in) or 11 (E, SE, S, SW, W, NW, N, NE, down, up, and in) directions]
- NCT 108. Make oaths if you can commit to keeping them
- NCT 109. Keep the promises that you make to nature entities and energies
- NCT 110. Try to figure out what the birds are saying
- NCT 111. Ask nature entities and energies if there is anything you can do for them
- NCT 112. Share a meal with nature beings
- NCT 113. Drum for the trees
- NCT 114. Give thanks
- NCT 115. Make offerings
- NCT 116. Open to and allow the gift of a plant's medicine or a crystal's medicine
- NCT 117. Participate in an ongoing dialogue with the natural world

- NCT 118. Consult the place, the fire-starting tools, and the wood before building a fire
- NCT 119. Negotiate from a place of humility and compassion with trees and plants if you are resigned to pruning, mowing, or weeding

#### MEDITATIVE AND SHAMANIC METHODS

- NCT 120. Visualize yourself journeying up into a tree, and then perceive the world from the tree's perspective
- NCT 121. Breathe: inhale into your entire body, hold full, exhale for the same length of time as the inhale, hold empty, and then repeat these four steps as long as desired
- NCT 122. Sing, tone, or drum the horizon as you trace it with your eyes
- NCT 123. Do combined physical and shamanic journeys through the landscape
- NCT 124. Walk circles around a tree while focusing on your breathing
- NCT 125. Visualize yourself moving (or extending) through the landscape (e.g., down through the soil and up through the canopy)
- NCT 126. Meditate
- NCT 127. Sit or stand in meditation in natural areas
- NCT 128. Walking meditation
- NCT 129. Walking meditation - pay attention to the breathing as you walk
- NCT 130. Move through the landscape
- NCT 131. Wander
- NCT 132. Shamanic journey
- NCT 133. Drum journey
- NCT 134. Take specific physical journeys
- NCT 135. Take multiple journeys simultaneously
- NCT 136. Do multiple journeys in succession
- NCT 137. Visualize or imagine a journey down into a body of water



- NCT 138. Imagine flying over the landscape; as you fly, you can visualize what you see by looking down
- NCT 139. Imagine yourself flying and journeying above the landscape into the distance
- NCT 140. Transform into a specific type of bird, and then journey above and through the landscape
- NCT 141. Trace the horizon with your eyes and engage shamanically as you go
- NCT 142. Journey out into each of the directions, and then express the energies that come from each direction
- NCT 143. Meditate in specific places in the landscape
- NCT 144. Work with trees as conduits
- NCT 145. Walk circles around a tree or in other places in the landscape to connect with what is inside of the circle as well as with energy that is moving through
- NCT 146. Go into a tree
- NCT 147. Go into a nature object or being
- NCT 148. Visualize yourself extending downward and engaging with underground energies, and then up through the sky to engage with energies above; ground, plug in, and center as well as explore
- NCT 149. Visualize your consciousness moving through the landscape
- NCT 150. Do both an open eye journey and a third eye journey simultaneously
- NCT 151. Journey into
- NCT 152. Journey into the landscape from afar
- NCT 153. Journey into the forest among the trees
- NCT 154. Travel the veins in a leaf
- NCT 155. Journey physically and shamanically through the landscape
- NCT 156. Work with standing dead trees in the landscape as temporal and liminal conduits or portals
- NCT 157. Work with black walnut as a portal or conduit

- NCT 158. Listen to, and/or meditate along with, the waves coming into the shoreline
- NCT 159. Dive into the river, lake, and/or ocean (physically and/or via shamanic journey)
- NCT 160. Walk circles
- NCT 161. Meditate in a way that allows sensations and impressions to be experienced without attachment to them
- NCT 162. Meditate on and/or visualize yourself as a tree
- NCT 163. Journey upriver, then do mindfulness meditation with the close part of the river, and then journey downriver
- NCT 164. Journal during observation periods or sits in nature
- NCT 165. Journey into images of natural settings

## SONG, ART, PLAY

- NCT 166. Include nature in a visionary or ritual collage
- NCT 167. Work with nature's beauty and rhythms in the creation of art
- NCT 168. Use properties associated with nature entities and energies in personal transformation, healing, and other endeavors
- NCT 169. Play a flute as you pivot and trace the horizon with your eyes
- NCT 170. Sing the Latin name of a tree, animal, or other life form
- NCT 171. Free-form devotional singing
- NCT 172. Celebrate the first time you see a particular kind of wildflower each year
- NCT 173. Express joy that you feel when seeing your nature friends

## SIGNS, OMENS, DIVINATION

- NCT 174. Recognize omens and signs in the landscape
- NCT 175. Be open to runes and symbols appearing to you while you are out in nature

- NCT 176. Have group collect sticks as part of a ceremony or workshop and then we do a rune cast together
- NCT 177. Consult the Tree Ogham
- NCT 178. Nature scrying
- NCT 179. Open to, sense, and interpret signs and omens
- NCT 180. Allow messages to emerge from observations

ONENESS / COMMUNING / PUTTING IT ALL TOGETHER /  
AUTHENTICITY / ECSTATIC TRANCE / PLUGGED IN AND  
GUIDED / CASCADING THROUGH TECHNIQUES / INTUITED  
AND DYNAMICALLY RECEIVED TECHNIQUES

- NCT 181. Emerge with the leaves of the trees in the spring
- NCT 182. Transform into a tree and extend roots and branches
- NCT 183. Utilize input from personal intuition and dialogue with nature to move through many techniques
- NCT 184. Cascade through multiple techniques
- NCT 185. Vocalize authentic or channeled proclamations, songs, chants, and tones
- NCT 186. Speak in tongues
- NCT 187. Howl
- NCT 188. Walk barefoot
- NCT 189. Feel yourself flowing with the river
- NCT 190. Wander, guided by intuition and/or dialogue with sacred elements in the landscape
- NCT 191. Intuitively use combinations and/or sequences of multiple techniques
- NCT 192. Intuit and assume a posture that helps you connect with a particular aspect of nature
- NCT 193. Authentic action, movement, and/or art
- NCT 194. Be in the moment

- NCT 195. Allow channeling of joy
- NCT 196. Feel the wind ushering in new dynamics, phenomena, or energies
- NCT 197. Lay on rock or soil and allow yourself to merge with the soil, the rock, the place, and the earth
- NCT 198. Trance sculpt mud on the lakeshore or river bank
- NCT 199. Trance walk to rhythms made with rattle, drum, or antlers
- NCT 200. Flow with the stream or river current
- NCT 201. Trace the pathways that water takes through the landscape
- NCT 202. Be the diverse flows of a creek through riffles and pools and thereby parse out the different emotions, issues, and project threads of the present
- NCT 203. Let praises and invocations bubble up and come out in prayer, song, tone, dance, and/or emotional expression
- NCT 204. Connect in multiple ways at once
- NCT 205. Feel the storm swirling around and inside
- NCT 206. Be multivalent: connect from multiple states of being at once
- NCT 207. Go through multi-step energy transformation through engagement with the system or multiple beings
- NCT 208. Breathe in the essence or energies of a place
- NCT 209. Soar with the wind currents as a turkey vulture
- NCT 210. Eat and digest the energies and essences of the landscape
- NCT 211. Affirm oneness or connectivity with belief, chant, and/or proclamation in sacred space
- NCT 212. Oneness
- NCT 213. Let the desert heat bake out the stress and disease
- NCT 214. Self-prune like a tree
- NCT 215. Allow a tree's ability to regrow bark after traumatic injury to catalyze the healing of your physical, psychological, emotional, and/or spiritual wounds

- NCT 216. Weave your essence into the invocation of a nature spirit
- NCT 217. Mountain therapy: allow portions of the journey up a mountain to support specific phases of processing through an issue
- NCT 218. Sit with your back to a tree and allow energy to move in through your spine and chakras
- NCT 219. Open to (i.e., allow) the finding of and diving into an arrangement, activity, rock, water flowing over a boulder, curled up pine cone, gall with snail crawling on it, etc.; follow wonder

## ENERGY WORK (INCLUDING CHAKRA WORK AND CHANTING)

- NCT 220. Exchange energy with nature
- NCT 221. Exchange energy with the ground - allow earth energy to come in with an inhale and your energy to go into the ground with your exhale
- NCT 222. Breathe: exhale energy into earth or sky, and inhale earth or sky essence
- NCT 223. Tune and listen to, as well as feel, the sounds as they resonate through the landscape and through your body
- NCT 224. Put your hand on a tree, put your third eye on the hand, and then allow images to come
- NCT 225. Chant
- NCT 226. Chant “ohhhhh” with arms down, chant “ahhhhh” with hands on heart, chant “eeeeee” with arms up; then “eeeeee”, “ahhhhh”, and “ohhhhh”; then repeat again and again as long as desired
- NCT 227. Send energy down into a tree’s roots
- NCT 228. Tune to activate energy centers in the body
- NCT 229. Let energy from the Sun, Earth, or river move through, clear, and/or nourish your chakras and tan tien(s)
- NCT 230. Give Reiki to soil, rock, streams, trees, and other nature entities
- NCT 231. Change speeds during a walk to shift how energy is experienced
- NCT 232. Use specific postures and mudras

- NCT 233. Use appropriate movements and/or postures from Qi Gong, Yoga and other systems of energy work
- NCT 234. Show slides or images of nature entities, discuss their aspects, and hail or toast them in a ceremonial fashion

## WORKING WITH ENERGIES OF THE LANDSCAPE

- NCT 235. Sense and work with lines of power in the landscape
- NCT 236. Send energy, intentions, or prayers from “noses” in the upland landscape
- NCT 237. Notice and work with concave and convex areas in the landscape
- NCT 238. Do healing work in amphitheater or bowl shaped spaces in the landscape
- NCT 239. Work with one or multiple energy conduits in the landscape

## INSPIRATIONAL METAPHORS, WORK WITH METAPHYSICAL PROPERTIES, EMPOWERMENT THROUGH CULTURAL AND TRADITIONAL ASSOCIATIONS

- NCT 240. Inspirational metaphor
- NCT 241. Work with inspirational metaphors in nature
- NCT 242. Sit at the confluence of two rivers and be inspired to bring two aspects of your life together
- NCT 243. Work with talismans made with nature objects, essences, and/or energies
- NCT 244. Work with the potential in buds
- NCT 245. Work with appropriate power animals, trees, and other beings to inspire resourcefulness, perseverance, strength, vision, sustainability, health, compassion, and other desired qualities
- NCT 246. Explore and work with metaphysical properties of nature energies and entities
- NCT 247. Wrap ritual tools with essences of animal spirits
- NCT 248. Use essence of black walnut to open portals

- NCT 249. Enhance the power of healing modalities by using traditional and/or believable symbolic properties of appropriate nature entities and energies
- NCT 250. Compound the effect of an aspect of nature (e.g., converse with a living plant, carry its dried leaves as a talisman, ingest a tincture of the plant, chant its Latin name, and otherwise engage with it)
- NCT 251. Feel water from upstream coming into you (potentially symbolizing nourishment, where you came from, or what you have), then look downstream to sense where you are going [your direction(s)]  
*This technique was shared with me by Becca Martensen during a river workshop in 2015.*
- NCT 252. Draw inspiration from trees growing around obstacles like nails, signs, and fences

## WORKING WITH SPIRITS AND ARCHETYPES

- NCT 253. Work with deities, archetypes, and/or divine inspirational metaphors as nature connection aids
- NCT 254. Connect through deity
- NCT 255. Sense how the Earth Mother feels different in one place than she does in other places
- NCT 256. Invoke a global tree spirit
- NCT 257. Invoke different trees
- NCT 258. Meet divinities at places within the landscape
- NCT 259. Find and work with the “old ancestors” of the landscape (e.g., the bedrock, fossils, a grandfather tree, a grandmother tree, an old river, etc.)
- NCT 260. Share and process your feelings with nature allies
- NCT 261. Request or invoke protection from nature allies
- NCT 262. Recognize and work with guardians in the landscape
- NCT 263. Be aware of and connect with sentinels in the landscape
- NCT 264. Recognize and engage with ancestral heritage trees in the landscape

- NCT 265. Bring together nature objects to serve as a sacred center or constellation of magic during spiritual practice, at worship sites, or in the home
- NCT 266. Connect with a tree through connecting with a power animal
- NCT 267. Work with black walnut as a gatekeeper (portal regulating) tree
- NCT 268. Invoke nature beings, essences, and/or energies
- NCT 269. Work with old, dead standing trees as gates

## CHANNELING AND ROLE PLAYING

- NCT 270. Channel a nature spirit, being, or essence
- NCT 271. Make and wear a mask, or full costume, of a nature entity or energy

## RITUAL, CEREMONY, MAGICAL WORKINGS

- NCT 272. Ogham circle call or cast
- NCT 273. Singing in the ogham
- NCT 274. Transform yourself into another type of living being and navigate the landscape the way that being would
- NCT 275. Call and honor the directions
- NCT 276. Invoke nature spirits in ritual
- NCT 277. Group invocation by shouting out a nature energy that inspires you.
- NCT 278. Invoke the four directions, the earth, the sky, and the spirit within
- NCT 279. Make a ceremonial approach to a sacred place using meditative or shamanic walking
- NCT 280. Chant to mark and/or accompany a ceremonial approach to a sacred place in the landscape
- NCT 281. Chant to encourage connections with particular entities or energies
- NCT 282. Chant to mark oneness and connections
- NCT 283. Call upon natural phenomena to inspire protection



- NCT 284. Make a “spirit plate” as a group activity: put bits of food from a group dinner onto a plate and then place this plate outdoors
- NCT 285. Include local nature spirits in ceremonies
- NCT 286. Group ecosystem role playing exercise
- NCT 287. Have a group collect sticks as part of a ceremony or workshop and then use the sticks in a rune cast
- NCT 288. Have a group vocalize inspiring aspects of nature (possibly during a gratitude circle and/or associated with direction or horizon work)
- NCT 289. Sharing circle featuring techniques that the participants use for connecting with nature
- NCT 290. Group poetry derived from inspiration acquired during group deepening periods
- NCT 291. Sharing circle of what nature experiences mean to folks
- NCT 292. Sharing circle after a group “deepening with nature” exercise
- NCT 293. Group discussion of techniques

## SURVIVAL, GARDENING, FARMING, HUNTING, NOURISHMENT, MEDICINE

- NCT 294. Grow plants
- NCT 295. Graze wild edibles
- NCT 296. Hunt and gather

## INTEGRATION WITH LIFE, WELLNESS, HEALING, ALCHEMY, GROWTH

- NCT 297. Incorporate nature connection techniques into daily life
- NCT 298. Use the techniques of your religious practice: offerings, myths and legends, prayers, hymns, symbologies, meditative postures, etc.
- NCT 299. Use your talents and spiritual methods to connect and work with nature
- NCT 300. While standing, sitting, or laying down in the river, allow the water to cleanse you physically and visualize it cleansing you spiritually

- NCT 301. While in a creek or river, visualize water flowing through and bathing your cells
- NCT 302. Intentionally receive nourishment from the land
- NCT 303. Incorporate nature connection techniques into rituals and ceremonies
- NCT 304. Feel the cleansing power of strong wind
- NCT 305. Feel the wind ushering in new dynamics, phenomena, or energies
- NCT 306. Include local nature spirits in ceremonies
- NCT 307. Allow the river to carry away emotions, concerns, or strivings that you are finished with
- NCT 308. Utilize the power of the Sun to support healing, centering, clarity, inspiration, surrendering, acceptance, trust, and other work

## SERVICE

- NCT 309. Environmental service
- NCT 310. Compost your organic waste
- NCT 311. Make changes to your lifestyle to make it more environmentally friendly (e.g., use fewer natural resources, pollute less, support land uses that are healthier for ecosystems, and more)
- NCT 312. Protect trees that others want to cut down
- NCT 313. Participate in and/or otherwise support conservation efforts
- NCT 314. Discourage the spread of foreign invasive species
- NCT 315. Support local food production (e.g., support farmers markets, CSAs, do your own gardening practice, buy locally grown food from stores, etc.)