

Nature as a reflection of our Inner Landscape

Nature gives us the opportunity to observe change on a continual basis. We are surrounded by a constant which is beneficial to our well-being. This constant is experienced differently by everyone. We often have different experiences of nature which can be reflective of our own emotions.

Here are a few ideas to explore:

Growth

One of the joys of nature is watching growth, whether this be a seedling growing into a plant, the blooming of shrubs or the blossoming of flowers. These processes are often slow and unobservable, it is not until the plant has grown or the spring flower has blossomed that we give it appreciation. The growing of ourselves as people is similar, we pass through many emotions on our journey of growth and change. We feel the changes, the joys, hopes or frustrations but often these remain part of our inner world, not necessarily visible to others who observe us.

Healing

The felt experience of nature is often experienced as healing to the mind and body. A beautiful sunrise or sunset, a refreshing coastal breeze or an impromptu shower can enliven and awaken the senses. Nature also heals itself, perhaps after a strong storm or gale the landscape begins to regrow. Some of our own healing is like this too - we are more resilient than we think.

Learning from Nature

Nature is often observed as a cyclical process with the changing of seasons. Changes which can often be experienced as enriching. Sometimes the cycle of emotional changes that we experience within ourselves can mirror the seasons. There may be times of flourishing, predictability, stability, and harmony and at other times signs of release, letting go and resting.

Extremes of Nature

Floods, avalanches, cyclones, and earthquakes represent the extremes of the natural world. Their unpredictable nature and catastrophic consequences evoke strong emotions, perhaps like the days we experience when life hits us hard in some way.

Climate Change

Nature does not always function in a natural way. The effects of pollution and human intervention have altered the way we now experience seasons. These changes have impacted on us to respond and change the way we interact with the environment. Life is often like this too, we must change and adapt, as for instance during the recent pandemic. Although change like this can be unsettling it can also lead to positive new ways of thinking or being. Our perceptions of ourselves can shift as we handle new situations.

These are just a few ideas....as with any theme our creativity and imagination stimulate new inspirations, so please feel free to explore your own.