



*100 Ways to Re-Connect
Deeply With Nature*

Simon Paul Harrison

100 Ways to Re-Connect Deeply With Nature

A deep relationship with Nature is life changing. It's simple - anyone can do it right now. And it's free. Here's 100 ways to do it! Let me know your experiences. My email address is here:

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I want to hear from you, this is my passion!

Why Re-Connect With Nature?

Oh boy, we could write a whole book just on this! But, here's my best attempt in one sentence: Because it puts us back in touch with who we really are, and when we experience that there's nothing left for us to do but express deep, deep peace.

And it's great fun, seriously satisfying, keeps us healthy and active, inspires creativity, reduces stress, keeps things in perspective and puts a smile on our face. Sorry, I just couldn't quite cram it all into one sentence!

It's Not About Facts & Figures.

Our relationships with nature have suffered largely because we think it's all about learning facts, figures and information. Most of us don't remember things well (I know I don't!), and also that type of relationship can be very boring and stale.

These activities require almost no knowledge of anything nature-related. In fact, for truly deep relationships, I urge you not to devote your time to learning things, but rather throw yourself into enjoying real, hands-on experiences.

Keep It Ridiculously Simple.

Nature is simple. The rivers flow and the birds sing. So the way to re-connect deeply is to keep our experiences so simple a three year old could copy us. Actually, I'll let you into a little secret here... We would make our nature connections very quickly indeed by copying the three year old!

My biggest piece of advice in re-connecting with nature is to keep it as simple as you possibly can. Don't think about it too much!

We're looking to strip away all notions of time, destination and expectation and get back in touch with something so basic and fundamental we can't adequately describe it to someone else. That's when we know we've got that relationship back. On one hand it's the simplest thing in the world, on the other hand, its indescribable.

It's Just About Free!

All the experiences are free, or cost just a few dollars to access. Most of them can be done in the middle of the wilderness or the middle of Manhattan. There's no doctrine, guru or rules to follow. Re-connect yourself, then pass it on. We're all in this together!

I put together this list in less than an hour - it's not even close to exhaustive. (Though it does include the ideas that are absolutely fundamental to re-connecting with Nature and expressing deep peace.) I'm absolutely positive you can add to it. And, if you do, I'd love to hear from you!

100 Ways To Re-Connect Deeply With Nature:

1. Sit in nature and watch the show.
2. Smell the fragrance of a wildflower.



4. Watch the sunrise.
5. Find all the colors of the rainbow in nature without moving.
6. Put a birdfeeder outside your window.
7. Watch the sunset.
8. Start a fire and tend it.
9. Make imaginary shapes from the clouds.
10. Make food from the wild edible plants in your area. (Just be sure you know exactly what you're eating!)
11. Get close enough to a wild animal you can touch it.

12. Get off the well-trodden paths.
13. Make a natural shelter from the forest and sleep in it.
14. Figure out what the birds are saying.



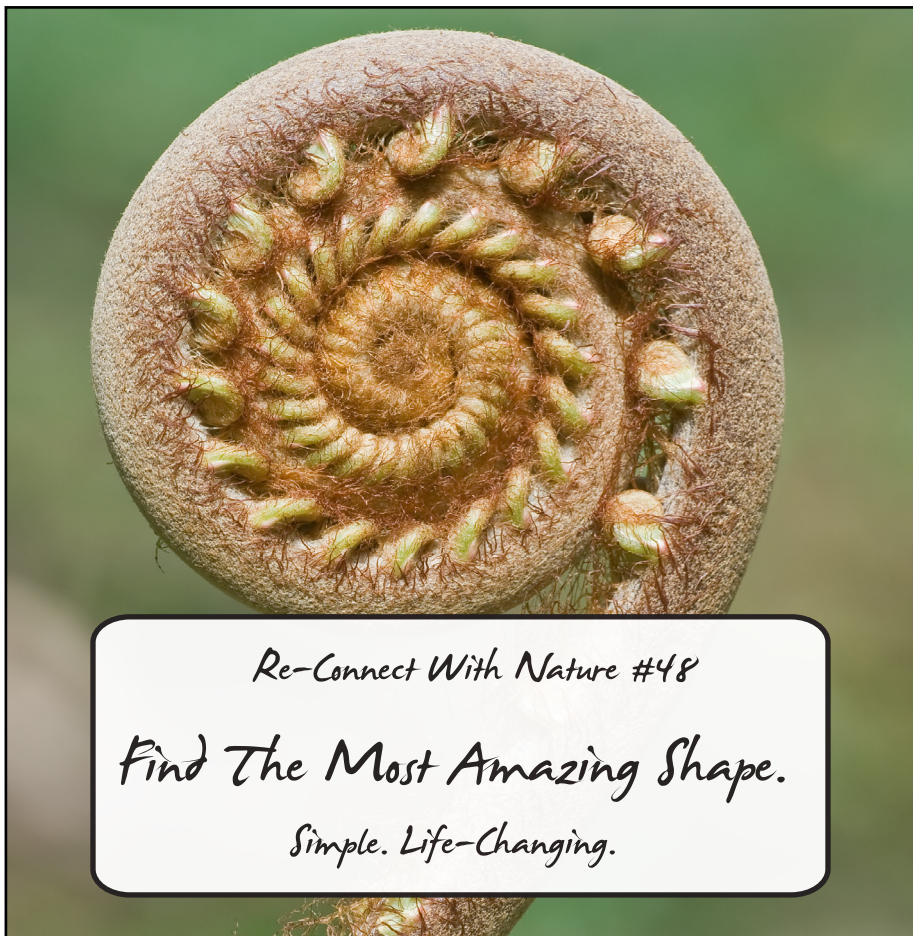
16. Close your eyes and feel the wind on your cheek.
17. Catch a snowflake on your tongue.
18. Sleep out under the stars.
19. Weave a basket from natural materials.
20. Find the craziest looking insect you can.
21. Catch nature in the act of change.
22. Find out how native people used the natural resources in your area.
23. Start a feather collection.
24. Skip stones.
25. Climb a tree and sit in it.

26. Create artwork from nature.
27. Identify the plants in your backyard.
28. Find animal tracks and follow them.
29. Watch the leaves on the trees blowing in the wind.
30. Show a friend or loved one something cool you found in nature.
31. Find the most disgusting smell you can.
32. Move like an animal.
33. Blindfold yourself and explore nature without your sense of sight.
34. Run your hands down the bark of a tree.



36. Throw the seeds of a wild plant into the air and watch them float on the breeze.
37. Play in the ocean.
38. Touch a river as gently as you can.
39. Press your cheek to moss.

40. Paint yourself with mud.
41. Imitate animal calls.
42. Light a fire with just one match.
43. Search for fossils.
44. Play games.
45. Start your own museum- bring back items from nature that inspire you.
46. Keep a journal of the weather.
47. Make a mobile from objects in nature.



49. Make a nature necklace.
50. Find a vein of clay and make a pot.

51. Run as fast as you can and feel the wind in your face.
52. Make tea from the wild edible and medicinal plants in your area.
53. Learn as much as you can about one animal just from your own observations. No books or internet!
54. Move one-quarter of your normal speed.
55. Find where nature is being born.



57. Play hide 'n' go seek.
58. Create a story using nature as your inspiration.
59. Throw a leaf into a river and watch it float away.
60. Peel back the bark from a dead tree and discover the world beneath. (Remember to put the bark back as best you can when you're finished).
61. Make sandcastles.
62. Feel the ground beneath your feet as you walk.
63. Find an animal track on a tree.

64. Gaze at the stars. (With an optional extra of feeling delightfully insignificant.)
65. Follow one plant through its entire life cycle.
66. Hunt for arrowheads, pottery and other artifacts.
67. Talk to a tree, say hello.
68. Pretend you've never seen nature before- get in touch with your child-like wonder.
69. Play "Pooh Sticks" on a river.
70. Let an insect crawl on you.
71. Mark out 1ft square area on ground and investigate everything in it on your belly.
72. Work out where something fits into the food chain.
73. See the interconnections of nature. For example, the tree drinks from the river, the river comes from the clouds, the clouds are pushed by the wind.



75. Lick raindrops from the leaves of trees after a thunderstorm.
76. Keep a nature journal.
77. Make a fire the old way, by friction.
78. Identify animal scat. (May be combined with #31!)
79. Walk without making a sound.
80. Make musical instruments from nature.
81. Stand outside in a thunderstorm and let the rain hit your bare skin. (Make sure you're in no danger of getting struck by lightning!)
82. Splash in a puddle.
83. Float down a river.



85. Discover where a river starts and finishes.
86. Hold up a single grain of sand and let the sunlight shine off it.

87. Figure out which direction the wind is blowing.
88. Using string, create a route through the woods, then follow the string blindfolded. Go slowly!
89. Have a partner slowly beat a drum, somewhere in the woods. You're blindfolded and have to reach the drum. Go slowly!



91. Take a walk in nature under a full moon.
92. Enjoy a nighttime sit-spot. - Find a place, sit down, watch the show!
93. Catch a frog.
94. Explore something in nature underneath a microscope.
95. Count the rings of a tree.
96. Find something that isn't moving.
97. Ask one question each day of nature. Why is this like this? Why does this do that? How did that happen?

98. Watch the seasons come and go.
99. Get your feet dirty.
100. And especially...



Rivers flow, birds sing.
The rhythm of Nature is simple and timeless.
In the simple experience we express deep peace.
In the timeless experience we express true freedom.

To Wrap Up For Now

Though it might seem too simple, everything you need to re-connect with nature and express deep peace is in these 100 activities. I promise you, the power is in the simplicity.

But if you need more help, get in touch. I'll be glad to hear from you.

I support people to **express their inner-peace** through **deep re-connection to nature. It's simple, and it's life-changing.**

Together, we'll work to cut through the illusions of modern society that create stress, disconnect and frustration and return you to both **experiencing and expressing deep peace.**

You can find out more about working with me by [clicking here](#).

In peace, and very excited for your new experiences,

Simon

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