Spiritual Moments in and with Nature

Many research studies have been conducted on nature's impact on human development. Kindness, respect, empathy, harmony, and being welcoming to others, are just a few of the benefits children engage in as they experience the natural world. As they explore the outdoors with nature, nature is also brought indoors for close-up exploration. Spiritual life begins with a sense of wonder, and one of the first windows leading to wonder is the natural world. In general, nature is an amazing source for wonder, awe, joy, inner-peace, and relationships. It eventually provides an environment for the emergence of big questions.

Go for a walk outdoors and look for moments that touch you spiritually.

- Why do you think this is happening?
- Try to put words to your feelings.

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