

6 Ways to Connect to Nature

K, I don't love rules, but there is one rule: it is to turn off all electronics.

If you are going to get all serious about loving yourself and nature, (and if you are still reading, I'll assume this is what is happening) cell phones will only distract and disconnect you further from.

That's it, go on. Turn it off. It's ok. Put down the cell phone. There. Oh hi.

1 LIE ON THE GRASS

If you live in the city, this one's a goody and you won't look like a crazy person like #2 + #4 might. This is easy because it is socially acceptable to go to the park and lie on the grass. Bring a book if you like or just watch the clouds roll on by. Feel yourself be totally supported by the ground and notice how the sky keeps changing and the earth keeps spinning and you don't even have to do a thing. People, say hello to nature.

2 STAND IN THE RAIN

Not the rain! It is cold. And wet. And cold. Being one with nature means appreciating it all – rain or shine. Next time it rains, go outside and plan on getting wet. At the very least, turn your head up to the sky and let the rain fall on your face. At the very most take off all your clothes, dance and be FREE!! Please tell me if you do this, because you win.

3 PUT YOUR FEET IN THE WATER

No not bath water. Not side of the curb water. River water, or ocean water, or lake water. Water water. Bare feet too. You can get all tribal and earthy with these activities, pretend you live off the land and you are simply going to get some water to bring back to your home. Too far? Too far is living 4 stories from the ground. That's too far.

4 HUG A TREE

Go on, be that guy. If you live on the west coast, this looks like a semi-normal every-day thing to do. But others are probably cringing at the thought. Too shy? Ok, go find one that is really hidden somewhere, where no one will see you - at night. But I promise you won't regret it. I once did a 40 Day Tree Hugging Challenge (seriously) and it changed my life (seriously).

5 GET DIRTY

Oh you. Not that kind of dirty. The real kind of dirty. One great option is to grow a plant from seed. Think of a plant that you like, it can be a herb, a veggie plant, a flower and head on over to a garden store, get the things you need. And then plant it, right in the dirt. Say nice things to your plant, water it and give it the best conditions you can for it to thrive. You two will become besties real soon.

6 WATCH THE CLOUDS

This one is great if you 'don't have time' to venture outward because you can do this one from the cozy comfort of your own home. Hopefully you can see the clouds from your window. (Tell me you can see the clouds from your window!) Just sit and stare at them. Watch them move (for longer than a minute) Extra points if you combine this with number 1.