

# Nature

## THE PHYSICAL MANIFESTATION OF THE MIND OF GOD

By Linda Dierks

Photo by Yevhenii Chulbatskyi

*And forget not that the earth delights to feel your  
bare feet and the winds long to play with your hair.*

— Kahlil Gibran

One of my great fortunes was being raised in rural Vermont in a family that loved the outdoors. My memories are a kaleidoscope of campfires, roasting marshmallows, fishing, picnics, picking apples, sleigh rides, cutting our own Christmas trees and the sweet spring-time smell of boiling maple syrup.

The four generations of ancestors before me were farmers, living with the continuous rhythm and heartbeat of the land. Nature and the earth are at my core, my genetic material.

My bond with nature carried into adulthood when I became an avid hiker. Each morning, I top off my meditation with a hike, creating a gentle transition between the ethereal and physical worlds. Mountain mornings remind me that everything around me is the manifestation of a divine plan. When you experience nature, you experience the face of God.

### NATURE'S SPARK OF THE DIVINE

Nature has no concept of time; it merely runs in cycles, a steady rhythm that creates perfect balance and harmony. Nature constantly renews in continuous cycles of death and rebirth, decay and harvest. Nature teaches that we, personally, create growth from change, and transformation comes when we let go and become renewed again. The word *nature* comes from the Latin *natura*, and in ancient times it meant "birth."

Spending time in nature allows you to see the greatness of the universe and expand into its timelessness. When we become part of it and take a broader view, we see nature's enduring archetypes. I remember my mother and I, side by side, weeding the garden with quick, practiced fingers, like centuries of women before us, interweaving in a primal pattern. All of us are a part of this infinite pattern.

The next time you're in nature, close your eyes and quiet yourself. Let yourself fall away from the physical and see yourself as part of something greater. You'll find symmetry between your inner wholeness and your outward expansion as part of the divine plan. Stay in this stillness and you'll feel oneness with the fauna and flora as you lose your physical boundaries and join in the infinite universe.

God expressing through nature is endlessly fertile. Every spring the world re-creates in billions





of individual expressions to create a bountiful whole. The streams open, bringing nourishment to the plants and animals, each attuned to the other in perfect relationship and right order, the wellspring of our Creator's endless abundance. My grandfather's eyes would beam when he spoke of God's grace made manifest in his raspberry plants "laden with fruit."

Nature offers a boundless opportunity for discovery and spiritual expansiveness, opening new aspects of and appreciation for yourself, and a greater connection with your source. The wonder of discovery feeds this expansion when you find physical treasures and see their beauty. Among my treasures are the skeletal jawbone of a coyote, bird's nests and a precious eggshell from a red-tailed hawk. I've seen the sun rise and the moon set simultaneously, and double rainbows over my house. These are the source of my inspiration.

Try this: The next time you're out in nature, become aware of how the wildlife pause and notice you. Then sit quietly and still — lose yourself in the one mind — and you'll notice how the rabbits and birds return to their normal activity when you become part of the flow.

Ralph Waldo Emerson said, "The physical world was purely symbolical of the spiritual world." As you look for divine qualities in nature, your own consciousness expands. Many paths to higher expression exist, but creating a relationship with nature provides a shortcut. Seek out the beauty of the physical world. Interact.

Nature is always in balance, in rhythm, a perfect pattern in constant motion. Nature is a sense of coming home, exploring and coming home again.

### CONNECTING WITH OUR CREATOR IN NATURE

Nature is Vitamin N — organic, readily available, fast-acting and free, manna for your health and well-being. Time in nature soothes the mind and repairs the body. It elevates your mood, boosts your immune system, increases creativity, relieves stress, releases trauma and makes you feel more alive and vital. Deepak Chopra affirms that nature "restores, refreshes and invigorates you."

Nature is a place of solitude and spaciousness that connects us with our Creator. It brings us back to our true selves and our innate perfect wellness, that spark of the divine that can't be touched by pain or suffering. It is a place of purity, joy and beauty where you can

get your brain out of the way, free from people, jobs and pressure. Your natural environment provides instant mindfulness to alleviate stress and anxiety, raises your frequency and boosts intuitive skills.

Interact with nature, and claim this abundance. Hike, stroll, do walking meditation. Merge nature with your creative expression — paint, take photos, sing outdoors. Grow something. Get your hands dirty in the soil; smell its earthiness.

### NURTURE NATURE WHEREVER YOU ARE

If you spend hours in an office environment, take breaks to look out the window or step outside and refresh yourself by looking at the sky, the clouds, the trees. Create nature biomimicry in the workplace with full spectrum lighting or paintings or photographs of natural scenes. Incorporate natural wood or stone materials into your office or building. Bringing natural aesthetics into the workplace boosts mood and increases creativity and productivity.

City dweller? No problem. Play bird songs in the background and watch the sunset. Grow vegetable gardens on windowsills, terraces and fire escapes. Keep fresh flowers in the house. Grow mint, basil and other herbs that you can incorporate into your diet to absorb



their prana life force. Visit public parks. Put your bare feet in the grass and feel the energy of a tree. Your body is porous to your energetic environment. *Shinrin-yoku* (or forest bathing) and “earthing” (or grounding) are becoming cornerstones to health and healing by allowing you to absorb Earth’s energies.

In ancient times, we were constantly connected to the Earth through our bare feet or leather-soled sandals. But today’s shoes and building materials insulate us from the Earth’s enriching energy. This energetic environment, known as the Schumann resonances, vibrates at the same frequency as our hearts and brain, so when you synchronize with these frequencies, you come into harmony with yourself and the universal field.

Grounding to the Earth is essential in today’s environment where we are exposed to an ever-growing amount of toxic electromagnetic frequency. Our perpetual attachment to cell phones, computers, WiFi and microwaves has been linked to fatigue, cancer, depression and anxiety. Earthing mitigates this pollution by transferring beneficial electrons to the body. Spending any amount of time in the Earth’s field is beneficial, but 20 to 30 minutes a day is optimal.

During my personal dark ages of cancer and depression, my mountain wanderings became my sanctuary, solace and the toe-hold up and out. They provided communion with the Earth and a calming fellowship with a higher presence that allowed me to release the trauma, relieve my depression and, ultimately, restore my health. I am proof positive.

### RESPECT OURSELVES AND OUR EARTH

*Faith knows that the universe is a Spiritual System,  
that man is part of this system.*

— ERNEST HOLMES

To accept that we are one mind is to accept that we are inseparable from our physical environment. To accept that we are one with our source is to offer our environment the same reverence and respect with which we treat ourselves.

We view nature as self-renewing and self-cleansing — but we’re straining the system. The United Nations reports that our environment is at its most vulnerable state ever. We are



inextricably intertwined with our natural resources and depend on them for our very existence. We must value and nurture our environment if our planet is to remain sustainable. That which sustains us should not be taken for granted.

Our natural resources are our life’s supply chain, from the water we drink to the food we eat and the warmth from the sun. Think holistically and minimize your footprint on the landscape. Every time you recycle, eliminate single-use plastic or pick up litter, you are engaging in a spiritual act.

Emerson said, “Nature always wears the colors of the spirit,” and it’s no coincidence that our Creator painted nature green, the color of our heart chakra, to constantly remind us of its love. Return that love. Let nature be your place of worship. Each morning, returning from my hike, I encounter the footprints I left on the way out and know that I am a different person from the one who left them: much wiser and richer for this time with my Creator.

Let nature fill you with spiritual abundance, and it will overflow into all areas of your life. ✿

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