Find a patch of nature. Anything from vast wilderness to a small garden is in continuity with mother nature. This part of nature, like you, is part of the whole; a whole which is everything and which you contribute to bringing forth. To understand and experience the whole is to be fully within any of its parts. To go within this space and be fully within it, is to be fully within yourself. BE fully connected and fully sensitized, and, by doing so, BE health.

- Stand before this part of nature and feel the invitation to move forward and go within.

- Remove any footwear and let your bare feet feel the earth and air. Feel the texture, firmness, softness, and temperature of the ground. Feel the ground touching and sensing your feet. Contemplate how insulated we keep ourselves from our surroundings, and how little we actually touch the world and are touched by the world.

- When you feel the urge to move, let yourself slowly move around this space, and let your senses freely roam.

- What do you hear? How many sounds do you hear? Now leave these sounds without names or labels, hearing with stillness of mind, only hearing. Now let the sounds weave into your senses as a single sound, a soundscape.

- What do you smell? How many plants can you smell? Their names are not important, by sensing them you truly know them. They join you through the air as one, just as they do through the soil beneath your feet. The plants, the ocean, the clouds, and the entire earth’s atmosphere join you in your breath.

- What do you see? How did you see it? As a set of dimensions, proportions, colors, and patterns? Or simply as it is? Move closer to what catches your gaze and let its vibrancy become your energy. Let this part, in intense focus, be your view of the whole connected earth. Perceive its connections to more parts, and to more parts, continuing deep within and around the earth, all hanging from this very part.

- Pause and sense your body. Feel your posture and the weight of the earth upon your legs. Feel the energy pushing up through your feet which allows you to move. Take a slow deep breath in and then out. Feel your skin with the skin of your finger. Feel the relaxation in your muscles, the sensation of release. What messages are present in your body’s sense of self. Is it one of hunger, thirst, fatigue, or energetic vitality? Nourishment, rest, and the freedom to move freely are all around you.
-Let your body move freely, and find yourself before a plant or tree with a presence you feel. Do the leaves or fruit appeal to you? Do you find yourself tasting it without having tasted it? Pick a leaf or fruit. Feel its shape, texture, and weight. See its colors, patterns, and shapes. Smell it. See it as the flesh of nature. Then just perceive it all at once, as it is… experience it. Taste it and let it nourish you if you wish, or take it for later. It has within it, what you need.

-Feel yourself connected within this space as if everything was a single fluid entity. As you move, as anything moves, everything moves. Even your subtest movements create a unified sway and seamless dance around you.

-Dwell within this space as long as you wish, sensing this wholeness or oneness. And carry this awareness, this sensitization, with you when you leave for whether you sense it and let it move you through life or not, this connection is always present.