

Humans In Nature

The Nature Place: *Where Amazing Things Happen*

What are the benefits we gain by holding our trainings, meetings or reunions in a location where we are surrounded by the natural world? Where the songs of birds wake us in the morning? Where a deer crosses the path as we walk to breakfast? Where we can wander for an hour among the Ponderosa Pines and Aspen groves and immerse ourselves in the sights and sounds and smells of the wild world? Where can we wonder at the night sky, glittering with stars that seem close enough to touch?

Spending time in nature reduces stress and evokes calm; it helps us to put our lives and our organizations into perspective. The natural world inspires creativity and helps free our minds to explore grander thoughts and to develop more meaningful ideas. It helps us to learn the value of diversity and teaches us that all things are interconnected. It provides a place for us to stretch our legs as well as our minds. It opens our senses and reintroduces us to joy and wonder.

As Richard Louv says in his book “Last Child In the Woods”, there is a growing body of evidence indicating that direct exposure to nature is essential for physical and emotional health, and to reduce stress. Hartig, an Associate Professor of Applied Psychology, in Uppsala University, Sweden, demonstrated that nature helps the people recover from normal psychological wear and tear and that nature also increases the capacity to pay attention. “The Human Relationship with Nature”, by Peter Kahn, points to the findings of over 100 studies that confirm that one of the main benefits of spending time in nature is stress reduction. And someone said that American creativity comes largely from our freedom, our physical space, and our mental space. America’s genius has been nurtured by nature. And in “The Place No One Knew”, it is said that “you want a place where you can be serene, that will let you contemplate and connect two consecutive thoughts, or that if need be, can stir you up as you were made to be stirred up, until you blend with the wind and water and earth you almost forgot you came from.”

The Nature Place is this place—the place to disconnect so that you can reconnect.

There is no separation that is more pervasive in this age of anxiety than our disconnection with the natural world. *Theodore Roszak, Author and Psychologist*

As human beings, we need direct natural experiences. We require fully activated senses in order to feel fully alive. *Richard Louv, Author*

“I think that we are all children of nature. As a species, humans have grown up in the natural world and, though people in modern times are often trapped in human systems like cities, they continue to see meaning in the outdoors.” *Roger A. Sanborn, Co-Founder, Colorado Outdoor Education Center*