

Nature Nurtures the Soul

Dr Andrew Tresidder

Our bodies and brains developed on the planet over hundreds of thousands of years, against a backdrop of greens and blues, sky, sea and land, trees, plants and flowers, weather and wind. We are designed to be aware and attuned to nature and its cycles – that's the history of our software development!

Contact with nature is known scientifically to increase natural T killer cells in the immune system, to change our rate of breathing towards parasympathetic, and to decrease the number of days in hospital post-operatively (if you could see a tree, you stayed a shorter time). It has effects upon our heart rate, blood pressure and state of relaxation.

We exercise in nature. Whether walking, swimming, playing or more vigorously, we feel supported by nature around us. Great artists such as Turner, poets such as Wordsworth sought inspiration in nature.

Love of Nature ranges from time outside, to looking at a flower, to tending plants and vegetables, to spending time at the sea, in a wood, in a park, observing blossoms and leaves, to receiving flowers, to watching birds and animals, to creating art inspired by nature. Our food sources come from nature, which helps explain the popularity of city and vegetable gardens. We rely on Nature's balance and wisdom to keep our planet stable, and to sustain all Life.

Healing from nature comes scientifically from antibiotics, digoxin and many other pharmacological derivatives from nature – in 1945 Britain 75% of a doctor's prescriptions were herbal. Many cultures prize the use of herbs and spices as support to our nutrition (garlic, turmeric and cinnamon are said to be three of the most important).

There is a long tradition of herbalism: many of our great-grandmothers and further back would have known herbal approaches to minor ailments, often collecting their own herbs and plants for family use. They might have made nettle soup, collected garlic mustard and dandelion leaves for salads, and dried certain herbs for winter use. They would have known which poisonous plants to avoid eating. Aromatherapy is another discipline using extracts from plants to bring about changes through smell and action on our systems

The three principles of Restoring Health apply all life forms:

1. Get the Environment Right (warmth/cold, safety/freedom from predators and threats, exposure to / freedom from adverse weather)
2. Strengthen the Organism (nutrients, herbs, address deficiencies)
3. Heal the Wound

So much of current medical and other practice focusses on 3 – healing the wound – whilst taking for granted 1 (optimising the environment) and 2 (strengthening the individual),

whilst down the ages healing traditions have all emphasised 1 and 2. Nature Gets the Environment Right!

Patterns in Nature are derived from precise mathematical and geometrical principles, and act as tuning forks to still our soul – using the physics principles of Harmony, Resonance and Entrainment. Nature provides harmony and peace, showing us ‘smooth’ patterns compared to ‘jangly’ patterns often present in modern life. In a similar way, harmonious music brings soothes the soul

Nature calms the soul and frees the mind - allowing our minds to reflect, explore and become both curious and creative, being in the present. So often we are busy and stuck in our left brain, analysing detail, problem solving, or worrying about the future or regretting the past. Our right brain, however, brings inspiration, creativity and being able to see the big picture. Of course, both sides of mind need to in balance. We also need to bring balance between mind and heart, to the processes of thinking and intuition. Our intuition, our in-tune station, our inner tutor, is so important for our guidance and contact to our inner knowing and to the flow of life.

‘Connection to the Wonder and Energy of Life’ is William Bloom’s definition of spirituality - what better way to do this than to connect to Nature and spend time being nurtured!

You might enjoy this seven and a half minute YouTube clip ‘Drops from Nature’, which looks at nature in general, and shares some reflections on deeper aspects of how we interact with nature, including Bach flower essences

<https://www.youtube.com/watch?v=5WpxH2jJsH4>

It invites us to be curious about our relationship with nature, and is set in Somerset and the Lake District. ‘O do not step upon the flower, but listen what she says’

Take time to connect, notice, and interact with nature – and refresh your soul!

Go well

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