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My reflection:

I've been feeling especially disconnected from the outside world and from nature recently as I have been inside and on electronics most often due to the corona virus outbreak. Today I practiced relaxing outside and listening to the harmonies of the planet. I sat in my backyard and observed the view, I can see a mountain range as well as tall trees from here. All the trees surrounding my house are filled with birds. I could hear them chirping a multitude of melodies and songs. The harmony of their simple songs and the vastness of the noise brought me inner harmony and calmness as well. I felt more at peace when I could hear these birds, nature provides us with songs just like the radio does. Essentially, sitting in nature and just experiencing it is a free therapy session. Especially when there are breezes blowing onto you and you can feel warmth from the real sun, it's such a nice change from artificial light and harsh air conditioning inside. One thing I really admired was not feeling held down by anything. I've obviously been outside in nature before, but this time I felt more free, not held down by a roof or walls or a house, I was part of the planet and its atmosphere. Pretty neat. The colors are more vibrant when they are natural instead of artificial, the green hues specifically widen my eyes for some reason. The colors and the activation of my senses leads me to feel more alive than ever. This means to me that I actually feel like a living creature on a living planet. The fact that you are alive is just even more evident in the outdoors. Overall, I have learned from this experience that I need to make time to hike, to stargaze, to be part of nature more often because it is a healing and enlightening experience no matter how many times you see it.

learning to reconnect

It can be hard to make the time to simply go outside, but once you start implementing nature into your life, it's hard to stop.

By going on weekly hikes, stargazing, birdwatching, or simply laying in the grass at the park or in your yard, you can hear the sounds of nature, breath in fresh air, ground yourself onto the planet, and reconnect yourself with the other beings of the world



connecting with the great outdoors:)

Nature is a free source of clarity and therapy. Immersing yourself in the natural world can heal your mind and body.



Corona virus has made it so that we spend all day inside. I have rarely stayed outside for long periods of time. When you breath in real air that isn't blown at you from the AC and when you look at the world through the light of the sun instead of the straining artificial light a sense of relief and clarity go through you body. Like a headache you didn't know you had suddenly disappeared.



cami_pgc The coronavirus has cooped up the human species inside their homes. It is so important now more than ever to make time for nature. Today I spend time meditating in my backyard to the breeze and to the sounds of birds chirping away. I felt real sunlight and breathed in fresh air while seeing a beautiful landscape. We tend to forget that nature can be a medicine for the mind soul and body and it's something we really should connect with! I am going to reconnect with nature after such a long time apart from it because it makes me feel so calm and happy! ❤️❤️❤️
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