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Instagram



Biomimcry

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What makes you feel connected to the natural world?
Being anywhere except my house. Even if it is sitting on my back porch or going on a little nature walk, i instantly reconnect with nature and feel safe.

How does this connection influence the work that you do?
Being on a computer all day, I sometimes forget there is a world besides school and my room. Being in nature reminds me of why i'm doing all of the work.

As you observe the space around you, what sensations arise?
Peacefulness. It is a moment away from work and all of the distractions that make up my daily life. It feels good to let go of my struggles and upcoming assignments and test and to just enjoy myself and the space I occupy.



[lindseywolf_pgc](#) Day 7 Greener. By just simply sitting outside under my tree, I instantly reconnected with nature. I've been disconnected for so long because school keeps me inside just about the entire day. I've never noticed how so much takes after biomimicry, now learning about it I am spotting things that I've never even noticed. This was definitely one of the most important challenges yet for me. I am now at peace with myself and was able to slow down my never ending thoughts, even for a few minutes, and reconnected not only with nature, but myself. @turninggreenorg @biomimicryinstitute #pgc2020

4 seconds ago



The header features the title 'Journal Entry' in a white serif font, centered on a light blue background. The word 'Journal' is on the top line and 'Entry' is on the bottom line, which is underlined. Four autumn leaves in shades of orange and red are scattered around the text, with two on the left and two on the right. A white curved line is visible on the right side of the header.

Journal Entry

Sitting here, I feel at peace. I am currently sitting in my backyard on my ENO hammock looking up at the bright orange leaves that are beginning to fall. The wind blows the leaves and the branches back and forth in a calming rhythm. I hear my neighbors wind-chimes, they are really beautiful. Being on my computer probably 12 hours a day allows me to forget about what is outside the 4 walls of my home. Fall has always been my favorite season, so much goes on, my birthday (this sunday), football games, leaves falling, and the weather changing. Usually, I experience these simple joys during school (leaves falling while I drive to school, watching people change from shorts to jeans, etc.) This tree that I am sitting under can be seen from my bedroom window. I have watched this tree go through an entire cycle while I've been quarantined. When we began in March, the branches were bare, spring came along and the leaves began to fill out and be beautiful and green, now the leaves are falling and it is becoming bare.



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