

Team 007 Day 4 GPC 2020

CONNECTION WITH NATURE

"In nature, nothing is perfect and yet everything is perfect. Trees can be contorted, bent in weird ways, and they're still beautiful." – Alice Walker

1. Jot down notes responding to the following:

- What makes you feel connected to the natural world?

All the landscapes, the animals and the sounds they emit, the smell of wet earth, the sound of the rain, the colors of the flowers.

- How does this connection influence the work that you do?

It inspires me to preserve the environment, I think that I would not get used to seeing buildings landscapes, not being able to see all sunsets because the sky is gray from so much pollution, and not being able to hear the singing of birds due to the sounds of cars , it would be unpleasant if all those things replaced nature

- As you observe the space around you, what sensations arise?

When I go to my place of origin which is on the beach, it generates a lot of relaxation for me, listening to the sound of the waves, the sea breeze, the fresh air and the sun's rays, my house is in an urban place, but in the morning you can hear the birds singing, and it is a very beautiful feeling, because sometimes you think that those sounds are in your dreams, when they are really in reality.

2. Now try to focus on only one sense at a time (sight, sound, touch, feel, taste) and feel what comes through.

When I concentrated, the first thing I felt was the wind, then the sounds of the birds were heard, I lowered my hands and the grass felt damp, as soon as I open my eyes a ray of sunlight hits my face, but there are also shadows by the trees, my leather feels relaxed and at peace after a long day of school, we do not deserve nature, because we are only killing it.

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3. Create a representation of your main takeaways from this experience, either a journal entry or a drawing.

This activity made me see how nature does not need us, how we are destroying it and everything that we are missing, as well as reflecting on the damage we have done over the years, connecting with nature, relax and listen and feel all its components is really extraordinary, my drawing represents the connection I had in meditation today, it is really impressive.

