

## Ecopsychology Practices

- Tell (or write down) the **story of your ecological self**. What is your story about how you first felt connected to Nature? What was your experience of Nature as a child? How have you maintained that connection? How have you lost that connection? What are some peak experiences you've had in Nature?

- **Place bonding**—find a special place in Nature to call your own. Visit it once a week minimum and spend quiet time there, just being. Introduce yourself to the rocks, trees, plants and animals and have a chat with them. Ask them questions.

“This is a practice reported to be followed by some Native Americans. They choose a particular tree or other plant to spend time with every day, becoming tuned to its energies and rhythms. Some report that they receive helpful messages—gifts from their particular plant-companion.”

—Howard Clinebell, Ph.D. “Ecotherapy” (pg. 198)

- **Deep Identification:** speak and then embody (stop and feel in your whole being) each of these statements:

“I am a human observing Nature.”

“I am a human being observed by Nature.”

“I am a human observing Nature and being observed by Nature.”

- **Guided imagery**— imagine a place in Nature, go there in your mind and relax, find solace, ask questions, hang out, thank the place and return.

- **Making images**—photography, drawing, poetry, music (however humble!) created by you in Nature.

- **Slow Walk in Nature with a Child**—let the child lead and let her teach you about wonder

- **Ritual and Ceremony;** time-honored (sweat lodges, wilderness rites of passage, etc.) or self-made.

“Ritual is a focused way we can both experience and express respect . . . during rituals we have the experience of neither opposing nature nor trying to be in communion with it. Instead, we have the experience of finding ourselves within nature, and that is the key to sustainable culture.”

—Dolores LaChapelle

- **Medicine Walk**—ritualized walk in nature: threshold departure, deep attention, everything holds meaning, threshold return, storytelling or recording.