



School Of
Light Alchemy

Nature & Spirit Connection

Connecting with nature can be a significant spiritual experience. This worksheet is designed to guide you through intentional, careful observation in a natural setting, helping you recognize the connections between nature and spirit. As you engage in this activity, open your heart and senses to the wonders of the natural world and its spiritual resonance.



Nature & Spirit Connection Observation Worksheet



Complete this activity weekly, or as often as you feel comfortable doing so. Each time, you'll have a vastly different experience.

Location: Choose a natural setting that resonates with you, such as a forest, park, beach, or garden. Find a comfortable spot and sit or stand in a relaxed posture.

Briefly describe your location.

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Date and Time: Record the date and time of your observation. Different times of the day and year can offer unique experiences in nature.

Weather and Conditions: Describe the current weather conditions, including temperature, sky (cloudy, sunny, etc.), and any other relevant details.

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Preparation: Before you begin, take a few deep breaths to center yourself. Set your intention for this observation: to connect with the spirit in nature.

My intention is:

Observation:

1. Sensory Perception:

- **Sight:** Take a few moments to observe what you see around you. Pay attention to colors, shapes, and the interplay of light and shadow.

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Sound: Listen to the sounds of nature. What do you hear? Birds, rustling leaves, water flowing?

Touch: Reach out and touch the elements around you. How does the earth, plants, or water feel?

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Smell: Inhale deeply. What scents are carried by the breeze or the surroundings?

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2. **Natural Elements:**

- Identify and list the various natural elements you observe, such as trees, flowers, rocks, water, or animals. Note any that particularly draw your attention.

3. **Signs of Life:**

- Pay attention to signs of life in the area. Do you see animals, insects, or any traces of their presence, like tracks or nests?

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4. **Patterns and Synchronicity:**

- Are there any noticeable patterns, repetitions, or moments of synchronicity? Observe how different elements in nature seem to harmonize.

5. **Feelings and Emotions:**

- Reflect on your emotional state. How does the environment make you feel? Are there moments of wonder, peace, or awe?

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6. Reflections:

- Write down any insights or reflections you have during this observation. What do you sense about the connection between nature and spirit? How does this observation deepen your understanding of the world around you?