



Belonging in Nature Exercise

Do this exercise to experience *philia*, or belonging.

Take a walk in nature.

Find a place to sit down, rest, and pause from thinking as best you can.

Invite your eyes to rest in everything they observe. Close them if you'd like and listen to the sounds. Sense your belonging.

Stay as long as you wish.

As you leave, thank this spot in nature as you might thank a good friend or relative who welcomes and takes care of you.

