



The Inner Nature Sanctuary

*“Imagination is more important than knowledge.”
-Einstein*

Suggestion: Read what follows before engaging in the practice.

Take three slow deep breaths, filling the belly then the lungs, breathe out all the tension and negative sensations you may be experiencing. After three “cleansing breaths” close your eyes and begin breathing in a normal manner, bringing your awareness to your heart center, directly behind the sternum (breast bone). Imagine that you are breathing in and out of the heart center.

Continue this gentle breathing pattern throughout this practice. After about a minute or so, with your awareness centered in your heart, begin to imagine one of the most beautiful places you have been in nature, maybe it’s the beach at sunset, maybe it’s the moon reflected in a placid mountain lake; just simply the most beautiful place you have ever been or imagined. Let the image emerge gently.

Allow the image to fill your awareness within your heart center. Notice how beautiful it is here; mentally and emotionally acknowledge the beauty present. Slowly see yourself in this beautiful place, feel the beauty of this place waft over you and through you.

After a minute or two of bathing in the beauty, begin to offer gratitude and appreciation for this place, your inner nature sanctuary. Breathing through your heart, as you inhale breathe the beauty of this place inside you, let it flood every cell of your body. On the exhale, gently breathe out your appreciation and gratitude for this place. Spend a minute or two, maybe fifteen if you can, gently breathing in the beauty and out with appreciation.

Leaving part of your awareness in your heart, open your eyes and very slowly return to your normal activities. This is your inner nature sanctuary, the more you do this practice, the more effective and profound it can become.

You have changed your biochemistry with this simple Ecotherapy practice, with continued practice you will begin to notice its profound healing effects on the body, heart and mind. Over time your inner nature sanctuary will become as easy to access as a deep breath and a turn of your attention. As the inevitable stresses of daily life mount and you can’t get out for a walk in nature, simply retreat to this place, the beauty of nature in your heart.