

## Connecting to the Earth

Would you like to connect to Nature? Would you like to live in harmony with the Earth? It's not difficult to do. Just follow the text below.

Nature contains the 'DNA' of all creation and many people, including Pagans, try to live their lives with Nature, as they feel that their spirit is more content and they know where they fit in to the great scheme of things.

Here is a method, created by an American Pagan named Raven Grimassi that will help you align yourself with the Natural World.

Connection Through Plants One thing you can try in order to align with Nature is to build up a 'relationship' with plants. The easiest way to do this is to get involved with gardening. Perhaps you could ask your parent if you could have your own little patch within the family garden. You could even do it with some potted plants indoors.



In your garden plot, or on the windowsill, you could grow some plants from seed. Find out about the soil you'll need for good growth. What temperature will your plants need? How much water and light? Grow your plants on to see their full life-cycle. Spend a few minutes each day with your plants and watch the new growth and the changes the seasons bring. By caring for your plant, you will have put yourself into the natural flow of Nature. This is a link to Nature that you can follow for many years.



**If you are out in the countryside**, you can connect to Nature in other ways. Find a spot where you will not be disturbed. (**Don't go into the countryside alone, though! Always tell someone where you are going and what time you intend to return.**)

Sit with your back to a tree and lay the palms of your hands lightly on the ground. Try to imagine that you are a part of the tree, and that your palms have roots extended down into the ground. Allow your mind to be open to any thoughts that enter your head.

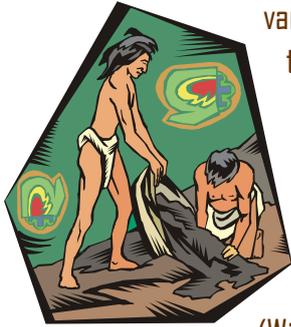
Try this: Sit quietly, with your palms on the ground. Take in a deep breath and let it out slowly. Repeat this a few times until you are still and calm. Now rest your hands in your lap and look carefully at the landscape around you. Carefully look at everything in the scene. Look at the variety of living and non-living things in front of you. Think carefully about how they are all joined together in the balance of Nature.



Now you should be aware that you are also a part of Nature. It is important for all of us to realise that we belong in the natural order.

But what about the animal kingdom?

Connection through Animals For many centuries, Pagan people have formed relationships with animals. This goes back to the Stone Age, when drawings were made on the walls of caves to show various scenes, and animals were carved and painted. The people thought that these were magical.



One of things they believed, and many Pagans still do, is that a spirit animal belonged to their group as a power animal or animal guide. These animal spirits linked the people to the spirits in Nature.



(Witches' cats are also a similar idea.)

All Pagans want to keep a bond with Nature and to live their lives in partnership with the natural world. All wild animals and some of our pets too, are much more aligned with the flow of Nature than we are. Making a connection to them brings us closer to Nature.

You could try feeding the birds, especially during the winter, when food is scarce and the days are cold. (Look up how to do it properly.) Don't forget to provide water.



How about bird boxes around your home, so that they have a safe place to breed?

Why not build a hibernaculum in your garden? (Look it up.) This would allow small animals to survive the winter in your garden.



Tie spider loops in your trees. Just tie thin branches into loops to allow spiders to build their webs there.

You could join 'Wildlife Watch', the children's arm of the Wildlife Trusts. <http://www.wildlifetrusts.org/wildlife-watch> Look it up and see if it would suit you. There are many other wildlife groups for children. Do a search on the internet.



One thing you could do is to keep a pet. It can be any animal, as long as **you** do the caring, and not just leave it to the grown-ups!

In many animals the senses of hearing, smell and sight are much better than ours. (A badger can smell you from  $\frac{1}{4}$  of a mile away, if the wind is in the right direction!) We also think that their psychic senses are also much better than ours. (You try creeping up on an animal, even when its back is turned! Some people say that, when watching animals, you shouldn't stare – keep looking away – as a stare can be felt.) It might be that, if we can connect more closely to the animal world, our powers will improve too.

You might want to choose a guardian animal of your own. It's up to you to choose. (I suppose mine would be the badger.) You might choose a British wild animal or even a foreign one, such as the wolf. It really doesn't matter. You can then live your life in the spirit of your animal guide.

## The Three Kingdoms

The three kingdoms to which the Pagans seek to be joined are Plant, Animal and Mineral. As a link to these realms, Pagans often choose a plant, such as a herb (Dry the plant by pressing it between two sheets of paper and laying heavy books upon it for a while. Plants with glossy leaves will probably be best), and a stone that means something. (It could be one you've picked up on the beach on a lovely day out.) These are kept in an animal hide pouch.



In addition to the Three Kingdoms, there are the Three Worlds. These are the Starry Heavens, the Earth or Middleworld, and the Underworld.

The Heavens are the home to the Moon, Sun, stars and planets. In ancient times, these were thought to be the home of the Gods.

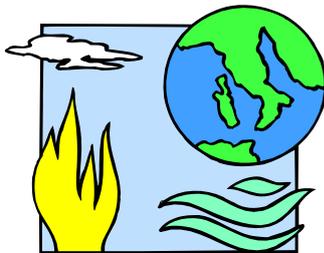


The Middleworld is the world in which we live, along with all the plants and creatures of Nature.

The Underworld is the world to which all living things go when we die.



One way to link to each of these is to keep something else in your hide bag. For the Heavens, you could keep a nice feather you have found, to symbolise the air. For the Middle-world, choose a stone and for the Underworld, a root (dried).



Pagans believe that the spirits live within the forces of Nature. The spirits represent the four ancient creative forces of Nature – Earth, Air, Fire and Water.

It is a bit more difficult to keep something from this list in your hide bag!

Pagans believe that, when we are in the Middleworld (alive), we are spirit wrapped in flesh. They say it is important to keep a balance. We do not come into life knowing all of life's mysteries. If we did, there would be no point in being here. We should use the life we have been given to learn as much as we can about everything.

You could learn to live your life with the spirit of Nature running through you. It's not hard.

Research from: 'Connecting with Nature' by Raven Grimassi from 'Exploring the Pagan Path'. (We make no profit from this website. It is purely for the cause of education.)