

Aligning with Nature

The Urban Chaos and Nature's Harmony

The day starts with a beautiful morning hike. On one side, there's the chaos of the urban city, with its endless traffic and noise. On the other side, there's the serenity of nature. Today's reflection is on alignment with nature.

Aligning with nature doesn't necessarily mean being in a park or surrounded by greenery. **It involves tuning into a sense of balance and harmony within oneself, recognizing the interconnectedness of body, mind, and spirit. This might mean cultivating mindfulness, fostering gratitude for life's simple pleasures, or finding stillness amidst the chaos of daily life.** While parks offer fresh air and beauty, the real alignment happens from within.

The Problem with Modernity

Modern life keeps us caged indoors, under fluorescent lights, spending too much time in the dark. To break free, the solution is simple: spend as much time as possible outside in open spaces with fresh air.

Open spaces provide my life with more meaning. They align my body and mind with nature.

Our visual perception shapes our reality. While thoughts and memories influence us, they are not entirely within our control. What we can control is how we respond to these thoughts.

Control Over Mind and Body

Aligning with nature starts by recognizing what is within our control. We have the power to position ourselves under the sun, to step outside the four walls of a room.

You have the decision, the free will, the freedom of choice to step out the door.

Spending time in open spaces allows the mind and body to connect. By perceiving the world's beauty and learning to quiet the mind, we regain control over our thoughts.

The Bombardment of Modern Life

We are constantly bombarded with news, celebrity gossip, and endless streams of information. This can lead to anxiety, dwelling in the past, or worrying about the future.

Eliminating certain thoughts, foods, or habits is the path to alignment with nature and your natural self.

Through the process of elimination—be it fasting, reducing indoor time, or cutting out distractions—we create space for clarity and alignment.

Simple Steps to Align with Nature

1. Visit an elevated space.
2. Spend time in parks or open areas.
3. Get outside under the sun.

Aligning with nature is not only physical but also mental. Recognize the connection between mind and body.

When fasting, the mind becomes sharper and clearer. With no food digesting, there's a laser focus that aligns the body with the mind. Sluggishness disappears, and clarity takes its place.

Experiencing the World

Life is short, and we all must die. Yet, the simplest joys—feeling cold, crisp winter air or watching a bird in flight—are often overlooked when we stay indoors.

Let's get out of the cave. Let's go outside and enjoy the fresh air.

Staying inside with the heater blasting or watching shadows flicker on a TV screen pales in comparison to the beauty of the real world. The choices we make define how aligned we are with nature.

The Evolutionary Journey

As humans, our goal is to evolve. The more out of alignment we are with nature, the more our evolutionary journey—on a DNA and cellular level—regresses. Let's strive to:

- Go up instead of down.
- Smile instead of frown.

*The less aligned we are with nature, the more we lose touch with our humanity.
Let's align with nature, both within and without.*