

The Practice of Nourishing Nature



Photo: Cédric Le Bars/Unsplash

- Where do you feel most nourished in nature? How does nature nourish you?
- In what ways do you nourish or give back to the natural world?
- How do you live in alignment with the rhythms of the earth? How do you know you are in (or out of) alignment with the earth's rhythms?
- Describe one of your favourite natural places? How do you feel when you are there?
- What has your family and culture taught you about nature?
- What sort of connection do you have to the land on which you live? To the land or lands of your ancestors?

In the spring, at the end of the day, you should smell like dirt.

Margaret Atwood

The more I can connect with species other than my own, the more human (in the best possible sense) I become. Loving the natural world, seeing it and trying to protect its diversity and difference, expand my heart and soul.

Lorna Crozier

To love nature and to hate humanity is illogical. Humanity is part of the whole. To truly love the world is also to love human ingenuity and playfulness. Nature does not need to be cleansed of human artifacts to be beautiful or coherent. Yes, we should be less greedy, untidy, wasteful, and shortsighted. But let us not turn responsibility into self-hatred. Our biggest failing is, after all, lack of compassion for the world. Including ourselves.

David George Haskell

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