

# RESOURCES FOR FURTHER EXPLORATION OF NATURE RELATIONSHIP

## BOOKS/MAGAZINES/WEBSITES

- **Nature Connection Science/Research**
  - The Nature Fix by Florence Williamson
  - Your Brain on Nature by Eva M. Selhub & Alan C. Logan
  - The Hidden Life of Trees by Peter Wohlleben
  - Any of Richard Louv's books (Last Child in the Woods, etc.)
  - Article from Positive Psychology summarizing [The Positive Effects of Nature on Your Mental Well-Being](#)
- **Right Relationship, Exploring human/nature connection**
  - Braiding Sweetgrass by Robin Wall Kimmerer
  - [Language of Animacy article/interview](#), also Robin Wall Kimmerer
  - Spell of the Sensuous by David Abram
  - Sacred Instructions by Sherri Mitchell
  - Any books by Joanna Macy
  - [Emergence Magazine](#)
  - [Orion Magazine](#)
  - [Center for Humans and Nature](#)
- **Well-being practices grounded in neuroscience (not necessarily related to nature connection)**
  - [Greater Good in Action](#) is a site out of UC Berkeley, offers several specific wellbeing practices with step by step instructions and scientific rationale.
  - [Rick Hanson's Just One Thing Practices](#)--from a well known neuropsychologist; suggested practices and the relevant science to develop qualities like peace, mindfulness, wisdom, etc.
  - [The Science of Gratitude](#) Executive Summary from John Templeton Foundation
  - [The Science of Awe](#) Executive Summary from John Templeton Foundation

## LOCAL ORGANIZATIONS/ACTIVITIES

- [Songs of Seeing](#)--Nature based images designed for pleasure, healing, comfort and peace (from a Mainer!)
- [Renewal in the Wilderness](#) is a small, Portland based non-profit dedicated to supporting encounters with wild nature that contribute to a culture of compassion.

Offerings in Covid times include several short videos of 'trailside practices' to deepen your relationship with wild nature, thoughtful blogs and newsletters, and occasional book groups and courses.

- [Elemental Counseling Blog](#) has several nature based healing practices you can do at home, I'm trying to add a couple new ones a month.
- [Ecopsychology Initiative](#) is based in Maine and provides both individual and organizational consultation around ecopsychology principles.
- If you haven't already, explore the trails in your **local land trust**. If you don't know your local land trust, google your town and 'land trust'. Chances are good there are several beautiful spots right near you that you haven't discovered!
- [Maine Trail Finder](#) and [Maine by Foot](#) are great guides to finding new places to explore in Maine--everything from 4000 foot mountains to easy, local walks.

## INDIGENOUS AWARENESS/LEARNING

- [Native Land](#) is a wonderful place to start learning about the indigenous inhabitants of your region. Interactive map full of information
- [Maine Wabanaki-Reach](#) is a Maine based nonprofit committed to enhancing Wabanaki self-determination. Offering in Covid times are limited, but keep an eye out for updates. This group works directly with the Wabanaki community. They also offer films and workshops that support education and awareness about land and heritage for white residents of Maine.
- [Midcoast Indigenous Awareness Group](#) is Maine based and offers a variety of classes, book groups, and links to an abundance of Maine specific indigenous awareness resources.



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