



The Sky and Earth Touched Me: Sharing Nature® Wellness Exercises

Joseph Bharat Cornell

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Wild seashores and woodlands calm and refresh our spirits. Contact with nature enhances our wholeness and well-being. The powerful, compelling exercises in this book can help readers become immersed in nature's joyful and healing presence. Read *The Sky and Earth Touched Me* in a garden, backyard, or park. Part One is designed for personal practice; Part Two can be shared with a friend or a group. Practice these exercises, and discover invaluable nature awareness principles.

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