



## Remembrance for Lost Species

### Greensong Guidelines (Natural System Thinking Process)

These steps foster deep receptive and responsive relationships within our natural world

☀ This symbol is a reminder to pause and reflect ☀

#### 1. SEEK A NATURAL ATTRACTION

- Seek an attraction in nature when you feel you are in a safe & comfortable place.
- Engage in this space with respect, curiosity and mindfulness to be receptive and responsive. ☀

**This natural attraction (NA) sensation may feel like you are drawn to something, or as if you are being called...**

*Your thoughts influence your body's reactions and responses. If thoughts, reasoning, logic, judgements, or planning are clouding your senses or blocking the sensory experience, gently say 'thinking' to yourself and bring yourself back to 'feeling' Perhaps imagine you are playing a game... this is a sensory exploration.*

*What is your NA?*

#### 2. CONSENT

- Access Nature with respect and mindfulness by obtaining permission to interact and learn. ☀
- Breathe slowly and deeply, with open curiosity and mindfulness. ☀
- Be conscious of being receptive and making a connection, wait about 10 seconds.
- If the place, space or natural entity *feels* 'attractive' to you, continue. Tune into your 'gut-feeling.' If it doesn't *feel* attractive, give thanks and repeat until you find an attractive area or natural entity that *feels* like it is giving you consent. ☀
- Sense thankfulness as a sensation in your body for being granted permission to interact. ☀



***What does asking for consent feel like?***

#### 3. EXPLORE

***We have 54 noted senses and sensitives we can explore... Spend some time being mindful, curious and playing with your sensory perception.***

- Pay attention to what you see, hear and other sensations on and in your body, and surrounding you. ☀
- Close your eyes if you feel safe and comfortable to do so and explore senses other than visual for a few minutes. ☀
- Open your eyes and notice colour, your aesthetic senses, including creativity and appreciation of beauty, form, design.
- Bring your awareness to the feelings on your skin... what do you notice? Can you feel the temperature, pressure of the air, humidity, rain, warmth, coolness, shade, sunshine?
- Allow the ***feelings and sensations*** to flow.

***Can you identify and take note any senses and sensations? Can you sketch this felt experience?***

#### 4. CONTEMPLATE

***While in this receptive state, imagine a sensory conversation with your NA/Nature... ask for consent or guidance on any questions, thoughts or concerns that you are contemplating from the practice self-inquiry prompts.***

- Take some deep, slow breaths. Gently observe your breath going in and out of your body. Notice your breath coming into your body gifted by the environment that supports your life.
- Feel the connection, your relationship with this NA entity/place... what do you love and appreciate about his space?

- Feel how your love and appreciation connects you with the various life forms here, how this space feels fulfilling, how you feel rewarding sensations within your body... ☀
- Notice how you are part of the many lifeforms interacting within this space. Notice the life, the aliveness.
- Observe around you also at the same time there are signs of decomposition, composting, transitions, impermanence. What do you sense? Can you sense an aliveness in their evolution? ☀
- Use your breath to anchor you with all these life forms in their various stages of evolution...
- Notice also the how the breath anchors us; do you feel grounded and supported, a sense of belonging...? ☀

***Are you receiving any insights, life-affirming messages, images or senses? Is there a message for you going forth?***

## 5. GRATITUDE

- Celebrate your relationship with Nature. Thank Nature for the experience you have had by feeling sensations of gratitude within your body. ☀
- Continue to breathe slowly and deeply for a few minutes with the focus on deep gratitude then extend this gratitude out from you towards your NA and into our world ☀ sense gratitude for the many gifts freely given.
- You may wish to ask or consider; how can I reciprocate or how can I serve you? ☀

***What does appreciation or gratitude feel like in your body and where in your body do you feel it?***

## 6. CREATIVE EXPERIENCE

**Creatively express this whole experience in any way that feels good to you...**

Imagine this experience has been a ritual: a sacred space in your life honouring your intuition, yourself, your connections, all your feelings, all the beings and life, and your sense of belonging within our world.



**REFLECTION SURVEY:** Complete your session with the Reflection Evaluation to consolidate your experiences, make sense and meaning, and provide feedback about this experience. Open QR code or <https://forms.gle/QPKTqh7fSdayhwwd9>

**GALLERY:** Please share your image/s and a short reflection for our gallery acknowledging of our collective grief in honour of lost species. **REFLECTIONS & ECO-ART WORK MUST BE SUBMITTED BY NOVEMBER 15th**

Post on GREENSONG KINSHIP FB page <https://www.facebook.com/groups/992140507927167/> or via email to [greensong.info@gmail.com](mailto:greensong.info@gmail.com)

**Please include:**

1. One or two images or a URL link for performances, music, song or dance... of your creative expression.
2. Your name (or leave anonymous if you prefer)
3. A reflection from your experience (up to about 250 words)
4. Optional contact link to be embedded in your name for on the gallery website. (I.e. a website link, your social media page)

These guidelines are gratefully been adapted and condensed from the Natural Systems Thinking Process (NSTP) with permission by Dr. Michael Cohen of Project NatureConnect.

Please respect that this practice is intended for you, you may share with your family and friends only.