**Spiritual Ecology: Nature and Creativity for Soul Nourishment**

This interactive event offered participants simple ways to incorporate nature-based and creative aspects into everyday spiritual practice. It was designed so that participants were guided through the various activities with opportunities for question/answer, sharing, and discussion. Each day we focused on a different topic including: contemplative writing, gratitude, nature mandalas, compassion, service. This was not a sectarian offering; it was intended to support people of all faiths in finding and deepening their own relationship to self, nature, and others through peaceable, interdisciplinary practices that they create consistent with their specific beliefs. Some participants joined one day, a few attended some of the days, and a core group of folks attended all five days that this event occurred. We gathered each day (Monday Feb 1st – Friday Feb 5th) on Zoom from 10:00 – 11:00 AM Pacific Time/United States. Participants were kindly asked to bring any of the following that they had available: paper, writing pens, colored pens or paints, photos of nature, objects from nature (leaves, cones, flowers, shells, rocks, soil, water, etc.). Everyone was welcome. We had participants from Germany, Canada, England, a dozen states across the U.S., and other locales.

Washington, Bainbridge Island

Jennifer Wilhoit/*TEALarbor stories*

**Video links:**

2/1 Monday (Contemplative Writing): <https://www.youtube.com/watch?v=40QeYydxv9Q&t=6s>

2/2 Tuesday (Gratitude): <https://www.youtube.com/watch?v=hfztJ3W9Mik&t=4s>

2/3 Wednesday (Beauty & Nature): <https://www.youtube.com/watch?v=VLgpsOhHHys>

2/4 Thursday (Compassion): <https://www.youtube.com/watch?v=yjve9G3lUNE&t=3s>

2/5 Friday (Service): <https://www.youtube.com/watch?v=Ni4HK-kletc&t=4s>

**Participants comments:**

“I appreciate this time and sharing.” L. James

“Thank you. It was great!” M. Tran

“Wonderful healing experience.” S. Shepard

“I think it’s wonderful the way that Dr. Jennifer can create community in such a short and rich

manner.” G. Heer

“Thank you for the week. It was a great experience!” A. Hase

“Thank you. So wonderful to meet you and share this experience of community and connections

with nature.” F. van Wissen

“Thank you. It was a pleasure to meet and share these beautiful spiritual nature sessions.” J.

Hockley