

COMMON SENTIENCE



NATURE

*Divine Experiences with Trees, Plants,
Stones and Landscapes*

Featuring

ANA MARIA VASQUEZ

REV. ARIEL PATRICIA • KAREN B. SHEA • MARY E. MCNERNEY
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PART ONE

Understanding the Natural World

WHAT IS NATURE?



*C*ome outside, the natural world quietly beckons. See nature in all its wild splendor. Feel the breeze on your cheek. Smell the clean and fresh, earthy scent from the trees, the grasses, and soil. Hear the water flowing over and around the stones in the creek. Know that you are home, in the presence of an ancient ally.

Nature is a physical expression of life force energy embodied as a tree, a rock, a lake, a landscape. Some refer to life force energy as Source, Divine Intelligence, Creator, or God. I invite you to join me on this exploration of profound, mystical experiences in the natural world—you'll never look at nature the same again.

As humans, our belief in separateness has caused us to disconnect from the natural world, seeing it as a mere backdrop to our lives. Nature reminds us of a different way to move through our lives infused with rhythm and flow. There's more going on than meets the eye in the natural world. This is your invitation to uncover the wisdom that has been right in front of you all along.

The trees have told me often that humans spend a lot of time asking questions and looking for guidance, but very little time, if any, listening for

the answers. Quiet time in nature can activate this flow of inspiration that we so deeply crave and connect us to a channel of answers.

Nature has messages for us that we are energetically wired to receive—messages to help us with everyday situations. Opening us up to our highest potential, and supporting us in our expansion, nature is an easily accessible portal between the dimensions. Within these pages are some of my favorite ways to align with the natural realms and activate earth energy wisdom in our lives.

Something magical awaits each of us when we reconnect with the natural realm. Through the stories of profound personal experiences in nature shared in the pages of this book, you will remember how you can deepen your connection and understanding of the power of nature. I will also share tips and techniques to help you tune in to the messages and create an intimate relationship with the natural realm. Whether you've been a life-long nature lover or you're recently remembering the allure of the natural world, this book will evoke the curiosity and wonder that is your ticket into the mystical.

I often say, "Take it into your Listening." Instead of making an on-the-spot decision, go out in nature, sit on a rock or under a tree while looking at the landscape, and be still. As you're filled with the sights, smells, and sounds of the natural world, you're reminded of your connection to everything in the web of life. It is from this space that wisdom comes through and inspires you with new possibilities. Nature not only supports you in this endeavor, but the natural world amplifies this intention.

How would your decisions, and in turn your life, be more expanded, inspired, and on purpose if you connected with the wisdom of the natural world in a deeper way? I invite you to tune into the messages coming from nature, connecting with this ancient wisdom to remember how we can heal ourselves, and in doing that, how we can heal the planet. This is indeed Divine guidance.

HOW THE MYSTICAL TAKES FORM IN NATURE



How often have you gone to the mountains, the beach, or a park and spontaneously said, “Ah! I can breathe!” Or hiked through the woods or a wildflower field and received clarity on a life situation or a brilliant, creative idea? The wonder and mystery inherent in nature is happening all around us all the time, even though we may not see or hear it with our five physical senses. This is Mother Nature doing her magic. It is what connecting with life force energy *feels* like.

As humans, we have life force energy animating us. On top of that, we have guides, allies, and other helpers, both in physical form and in spirit. Trees, plants, stones, and landscapes embody this same energy from Source.

Because the natural realm is multidimensional, as we take our nature walk together through these chapters, we will talk about connecting with nature in two key ways. First, how we interact with the individual energetic signature of a specific tree, rose, lake, volcano, or canyon. And second, by aligning with the archetype or energetic signature guiding that plant species, landscape, or body of water. It is possible to connect on multiple levels at once.

Let's say, for example, you encounter a specific willow tree near a pond in your neighborhood. As you approach the willow and sit with your back on its trunk, you intuit the personality of this particular tree. It is refined and graceful, watching like a proud parent over the water lilies, frogs, fish, and other life forms in the pond. Turning around to look at leaves and branches, you notice some interesting protrusions on the trunk. A moment of observation reveals the shape of a human face, a male figure wearing a wizard's hat. You get the impression that the wizard is not only connecting you with this tree but also serves as the tree's guardian.

That evening, you research the archetypes of this tree species and learn that its energy represents magic, inner visions and dreams, past lessons, and maintaining emotional balance. You realize the tree's wisdom is affirming your own ability to bring grace, magic, and balance into your life and the lives of those you love.

To pay homage to all of these living energies of trees, plants, stones, and landscapes, we refer to them as beings. Stone beings. Tree beings. Plant beings. Seeing them in this way reorients us from thinking of the natural world as a backdrop, to seeing them as a crucial and participatory cast of characters we connect with while on this planet. When we bear in mind that the planet and all sentient beings on it, including us, are part of this greater life force, we begin to see the sentient nature of all things.

This doesn't mean that we are attuned to everything in the living world at all times. Given its complexity, that would be impossible. Yet, we can access pieces of this consciousness and draw on its wisdom in a way that is appropriate for us at any given time. Think about being in a shopping mall. You don't necessarily interact with every person that you see as you stroll through the mall, but you have the recognition that it's full of people. You can walk up to someone and begin a conversation if they're willing to connect with you, and they can do the same. Similarly, when you go into the forest or out in the ocean, you won't talk to every single bird, plant, mammal, rock, or

sand dune that you encounter, even though you know that all these beings are there. Our curiosity, wonder, awareness, and consciousness are what activates the mystical when we are in the presence of nature.

While the natural world is so multilayered that it's practically infinite, for our purposes here, I am dividing it into the following categories.

GAIA

Throughout history, peoples and cultures around the planet have referred to the Earth as alive. The ancient Greeks named her Gaia as they looked upon her as a goddess.

Energetic aspects of Gaia include abundance, fertility, cycles, creation, nurturing, balance, harmony, beauty, and power. Gaia energy reminds us to trust and surrender to the rhythm and flow of life. She is our interconnection to all of life, reminding us of our ability to create, nurture, and bring into balance the energy within our own lives. The feminine energy of the mother runs through Gaia. As a self-contained, self-regulating system that sustains all life, she emits frequencies and harmonics that direct life on this planet.

You may think of the natural realm as what you see all around you in this glorious physical world, but it's much more than even that. Nature is a form of consciousness, the life force energy that embodies the planet. That life force begins with Gaia herself, who formed from cosmic debris made up of the elements.

These same elements comprise our bodies too. Our beautiful planet is proof that energy can neither be created nor destroyed; it simply changes form. Heat and pressure were present when our planet was forming, and that energy is still in motion, embodied through her geology and biology. We see this in the energetic lines around and through the planet.


END OF EXCERPT PART ONE



PART TWO

*Divine Experiences with Trees,
Plants, Stones and Landscapes*

ERICA'S TREE

OOM ... boom ... boom ... boom . . . BOOM ... boom ... boom
... boom . . .

The four-beat rhythm of my deerskin drum thundered through the crisp winter air. As I sat on the cold stones of the landscaped wall, the drumming slowed down my mind and breath to mesh with the sentience of the tall Canadian cherry tree. My intention was to journey to the spirit of this tree in the lower world, where it was residing in the safety of the earth, protected from our cold Midwest winter.

Before beginning my journey, I asked permission from the tree's spirit to come visit and felt that the answer was yes. I wanted to formally introduce myself and thank him for his gifts to our family and to ask a special personal favor.

This Canadian cherry tree was planted in a large circle of earth when it was just a thin sapling. The mound of dirt was then surrounded by a short wall of gray paver stones. The tree has since grown to a towering 30 feet and is the striking focal point of our expansive front yard. Its glowing copper bark sheds paper-like curls from its massive branches, which arch downward as they cover a 40-foot diameter, shading the stone wall and grass beyond.

Thousands of oval, emerald-green leaves glow in the blazing sun like a Tiffany lamp. The broad shadow cast by the canopy is so dense that walking beneath it is like entering into a curtained room. In the spring, this tree is adorned by a cream-colored blanket of blossoms, which morph into tiny dark cherries in the summer months.

Our beloved Canadian cherry is a sentinel tree, the first tree at the entrance to our property. He guards our land and alerts his fellow trees to the presence of visitors and danger. To me, the most important contribution of this stunning tree is that it was a witness to my granddaughter's short life.

We now call this tree Erica's Tree, named after our little granddaughter who grew up under its branches. As a baby, her grandpa would bring her outside on warm Saturday mornings, their special time together, and lay her on a small quilt placed on the dewy grass under the tree's shade canopy. The outstretched branches hung low enough to be touched when he lifted her tiny body up to feel the smooth, cool surface of a soft leaf. Grandpa would entertain Erica with bright shiny toys that rolled or rocked and played happy sounds, as he talked to her with silly voices to coax her to smile and coo.

As Erica grew, she would determinedly crawl off the blanket towards the wall and pull herself up to bounce on her short legs, her almond-shaped, brown eyes sparkling with glee. Later, she took tentative sideways steps as her chubby baby hands gripped the top of the stones for balance. When her toddler legs became sturdier and her personality bolder, Erica climbed upon the wall and walked around the tree, holding my hand, laughing, and squealing with delight. As she neared her second birthday, Erica enjoyed picking up tiny twigs that had fallen off the tree and throwing them back to the trunk at the center of the stone ring. She so enjoyed this game that, of course, we doting grandparents retrieved the twigs for her to throw again and again.

In January, shortly after her second birthday, Erica contracted a mysterious illness. By early February, she had begun a grueling stay at a

children's hospital that lasted into April. The team of doctors were baffled as they tested her for all the usual childhood illnesses and the results yielded no definitive answers. We were devastated to helplessly watch our smart, active, happy two-year-old's brain fade away by unchecked inflammation. Each week, she declined physically and mentally until she was labeled comatose, and we brought her home into hospice care.

Yet even in her new silent state, Erica shared a connection with her tree, her lifelong playmate. When the snow melted and the late spring temperatures allowed, I placed her still and limp body into a soft-backed stroller and wheeled her into the shade of her tree. As I sat on the top of the stone wall, I told her about the weather of the day and the events in the neighborhood. I'd share nursery rhymes, read her favorite story books aloud, and sing songs in my faltering, off-key voice until it broke from sadness, and I could sing no more.

Because Erica was unable to move her body, I picked up tiny twigs and fallen leaves to place in her curled hands. When I did so, she slightly opened her eyes and seemed to acknowledge these familiar items. As the weeks passed and the illness progressed, her eyes no longer opened. Yet knowing this was a favorite place of hers to be, we visited the tree often.

As her conscious mind shut down, I felt certain that her soul continued to flit in and out of her body, and she knew when she was in the cool shade of her tree. Our precious Erica left us in late July, shortly before her third birthday.

BOOM ... boom ... boom... boom . . . BOOM ... boom ... boom ... boom.

The tones vibrated from my drum as I shifted into the slightly altered state that would allow my subconscious mind to begin the journey. It was the winter after Erica passed as I entered the lower world to find the spirit of the cherry tree. Once I had connected in, I thanked him for his gifts to our family

beyond shade and life-sustaining oxygen: comfort, protection, happiness, joy, and growth experiences for Erica.

The tree told me that he is known as Strong Heart, but knew that I call him Erica's Tree, and gave his approval. He appreciated that I recognized his responsibilities and importance as a sentinel tree. He understood his significance to our family and acknowledged his close relationship with Erica. He shared his own happiness at spending time with Erica and that he absorbed her sweet child energy, shared in our joy with her antics, and enjoyed being the cause of so much entertainment.

Strong Heart conveyed to me that Erica visits our family often and stops by to say hello and dance upon the wall beneath his branches. That is when I asked him for my favor: Would he allow us to relandscape the space within his stone wall into a memorial garden for Erica?

I waited a few moments, then distinctly felt a strong *yes*. Both relieved and elated, I again thanked Strong Heart, quickened the drum beat rhythm and began the return journey to my own world.

A few months later, in spring, we started the task of relandscaping. A few original shrubs had expired during the especially cold winter with little snow cover to insulate their roots from the deep frost. Grandpa carefully pulled out the dead shrubs and their roots without disturbing the cherry tree's own root system.

We prepared the soil to plant several patches of bright green phlox, perennials that would grace us each spring with pink and purple blossoms, Erica's favorite colors. I placed each plant's root ball into the rich earth, watering it with my tears. My overwhelming emotions served as fertilizer, feeding the plants with sorrow, joy, and gratitude.

She wasn't here on this earth for long, but Erica had an impact on many, including her tree friend. Erica's Tree lives here still and is an ongoing legacy to her short life. A small pink Adirondack chair gifted to us by a special friend sits as the focal point in her memorial garden. The chair is flanked by

ceramic animals representing those she loved most: squirrels, rabbits, frogs, and turtles. Behind the pink chair are solar lights in flower shapes, and a crescent moon with stars. As I look out the front windows of my home in the evenings, the glowing lights in the memorial garden comfort me. I feel that when Erica comes, she sits in her pink chair and visits with her tree and animals.

I often sit under Erica's Tree, on the little wall next to her chair and listen to Strong Heart share his adventures with her, his leaves softly rustling in the gentle breeze.

Cheri Eyjen

END OF EXCERPT PART TWO

A background image of two standing stones in a misty, foggy landscape. The stones are dark and weathered, standing upright. The fog is thick and white, covering the ground and the lower parts of the stones. The sky is a pale, uniform grey. The overall mood is serene and mysterious.

PART THREE

Deepening Your Connection with Nature

PRACTICES TO DEEPEN YOUR NATURE EXPERIENCES



The entry point for attuning more fully to the mystical forces of nature is paying attention to its nuances. Even if you traverse the same walking trail in your neighborhood on a regular basis or breeze by the same row of shrubs, rocky cliffs, meandering creek, or rural farms every day, nature is always willing to offer surprising and delightful new experiences. Depending on the time of day or season, its cycles are never static. Like a reliable best friend, you can always count on nature to provide caring support, guidance, and wisdom.

The more you connect with the natural realm and honor its bountiful gifts, the more it reveals to you. This is not some sort of mystical teaching, but rather a universal truth. The trees, plants, stones, and landscapes can become your powerful allies and unlimited sources of joy, energy, and inspiration.

As with other spiritual practices like meditation, prayer, chanting, yoga, and shamanic journeying, cultivating an ongoing devotion to nature will enable you to slow down and reflect on situations in your everyday life before responding to them. The following simple techniques can serve to move you into a state of presence, raising your vibration with grace and ease, so that you can receive clearer and more concise messages from Nature.

EARTHING

Our ancestors instinctually knew that walking barefoot and sleeping on the ground enabled them to sync with the earth's healing energy. The earth produces a constant flow of free electrons with a negative charge, and we need these electrons for our well-being. Even for us modern humans, establishing a foundational connection to nature is as easy as grounding.

Also referred to as earthing, this is the simple process of coming into physical contact with Gaia by walking barefoot on grass, sand, dirt, or rock. When your bare feet or skin touch the earth, these electrons are pulled up into your physical and energetic body. Considered nature's most powerful antioxidants, these electrons neutralize the electromagnetic fields and free radicals we're bombarded with in our 21st century lifestyle, from our mobile phones and microwaves to cell towers and synthetic materials in our homes and clothing. These EMFs and free radicals damage our tissues and cells, contributing to inflammation, aging, and disease. Counteracting them through earthing allows the body to naturally repair and heal itself. This is another incredible gift that Mother Earth provides to us and all living beings on the planet. For that reason alone, she deserves our gratitude.

To practice grounding, stand barefoot or lie on the grass or somewhere that allows your body to be in direct contact with the ground. Get comfortable, take a few deep breaths, and clear your mind. Offer a few words—silent or spoken—of respect to the earth, which can be as simple as *thank you*. Allow yourself to drop into a heart space to activate heart coherence with Gaia.

Stay in this space of receptivity for as long as you'd like. Earthing can be effective even if done for as little as five minutes on a regular basis. This may not sound like a long time, but consider you have 50,000 to 80,000 receptors on the bottoms of your feet absorbing this generous provision of earth energy.

Earthing allows us to sync up with nature's high frequencies, making it easier to connect to and interpret messages from nature.

TREE HUGGING

If you've never hugged a tree, I highly recommend doing it . . . and often! This simple ritual of making physical contact with powerful tree beings can greatly awaken your senses, release feel-good hormones like oxytocin and dopamine, and guide you into a calm state of presence. It's a full physical and spiritual body experience.

We all know how good it feels to hug a loved one or cherished animal. Now imagine being infused with love from the actual source that produces life-giving oxygen for you. Here is your chance to thank one of your tree brothers for this essential element—the gift of breath.

To begin, choose a tree in your backyard or at a local park. Approach the tree, observing it carefully. Ask permission to hug the tree. Once you sense an affirmative response, take a few deep breaths, wrap your arms as far around the trunk as they'll go, then lean in. Place your cheek gently against the bark and observe the warmth and currents flowing from this amazing being and into you. Close your eyes and take a moment to feel the bark with your hands and arms.

Continue hugging the tree for a minimum of 21 seconds, which is the time it takes for the feel-good hormones to be released in your body and to calibrate to the tree's frequency. As you connect with the tree, notice how it makes you feel. How does it smell? What do you hear? Open your mouth and see if you taste anything in the air. Touch a leaf if one is within reach.

If you have an intention, hold it lightly in your mind, then release all thought and allow for messages from the tree to come through. Be sure to hold the space for any needs the tree may have as well. When this process feels complete, step back from the tree. Thank it for raising your vibration and filling you with not only its energy but also the energy of Mother Earth. Journal any thoughts, feelings, or sensations that came to you while engaged in this shared process.

When it's too cold to be outside or during inclement weather, a great alternative is to put your hands on a houseplant. As you connect with different trees and plants over time, notice the variations in their energy and the messages you receive from them.

The truth is that you don't even have to physically hug the tree—simply being in the tree's auric field or even visualizing yourself there will allow for the connection to take place and your vibration to be raised.

STONE SITTING AND GAZING

Another simple technique for connecting with nature that yields tremendous results is stone sitting and gazing. How many times have you walked past a rock without being conscious of its energetic presence? This is a casual yet compelling way to connect with these solidly powerful beings.

Commence by asking a rock, standing stone, or boulder—either out in nature or one in your living environment—to work with you. Be mindful of choosing a rock that has enough surface to sit upon. Ask permission and use your intuitive senses to confirm a positive response.

Sit on the rock and consciously connect your tailbone to its surface, initiating the flow of energy. Alternatively, you can place your bare feet on the surface of the stone. Sit or stand quietly and begin to get curious about what the stone might want to impart to you—either messages or inherent qualities such as stability or steadfastness. What do you see, hear, or smell? Where is your attention drawn? How do you feel about all of it? Thank the stone for its insights and journal about the experience.

To engage with these beings through gazing, choose a stone, boulder, or rock formation. Sit quietly with your eyes open and breathe steadily. Soften your gaze and focus your attention on the rock. In your mind, take note of anything you see on the face of the rock or around it, like hawks flying

overhead or the sun cresting behind it. If you see any movement, shapes, or shadows, stay focused on the rock in front of you. Do this for as long as you feel comfortable, remaining open to any high vibrational communication.

When this feels complete, thank the rock for its alliance and journal about what you saw in your outer or inner vision. You can repeat the same exercise, asking a question beforehand, and then journal the answers you receive.

FOREST BATHING

When you do have more time to spend in nature beyond earthing, hugging a tree, or stone sitting, I recommend taking a leisurely walk in a wooded area and experimenting with the practice of forest bathing, a term coined in the 1990s by the Japanese Ministry of Agriculture, Forestry, and Fisheries.

While hiking is typically something you do with a destination in mind, forest bathing focuses on the journey itself. The aim of this meditative practice is to slow down and heighten your present-moment awareness enough to immerse yourself in the beauty of the natural environment to the fullest extent possible.

Once you've arrived at the locale for your forest bathing ritual, turn off your mobile phone, clear your mind, and begin walking in a contemplative fashion along the trail, river's edge, mountain pass, or wherever you are. Engage all of your senses as you observe everything in this untouched setting. Do you hear the singsong of birds leaping from branch to branch or the scurrying of squirrels up tree trunks? Run your fingers across tree bark or mossy stones. Take in the citrusy or floral scents emanating from nearby fruits and flowers. Feel the leaves crunching underfoot. Look with fresh eyes at the shapes of tree nuts, rocks, and the undulating ripples of the water in

the stream. Listen closely to what each of these living beings has to tell and teach you.

Give each glorious detail your full presence. How do you feel? Watch for patterns and keep a journal tracking your experiences. Forest bathing at dawn or dusk adds even more potency to the experience, as these are the times when the physical and spiritual realms intersect most easily.

At the completion of your walk, notice how you feel versus when you first set out. Express your appreciation to the forest, and when you depart from your excursion, honor it with a simple bow or prayer of thanks.

SACRED HERBAL STONE BATH

A simple herbal stone bath can raise your vibration, refresh your body and spirit, and strengthen your connection with nature. Before you luxuriate in this cleansing ritual, set the intention to connect deeply with nature and be open to all the possible ways that nature may creatively speak to you.

Ponder your intention as you quietly gather various stones, crystals, leaves, herbs, flowers or flower essences, pinecones, essential oils, twigs, and other natural elements that you feel instinctually drawn to. Remember to ask permission from each of these natural elements, assessing their willingness to collaborate with you during this sacred bath.

While running your water at a comfortably warm temperature, gently place your assembled items in a swath of cheesecloth or a cotton bandana, forming a makeshift medicine pouch. With your intention at the forefront of your thoughts, drop the pouch into the running water while thanking these nature playmates for their support.

Step into the tub, placing a comfy pillow behind your head for support, if desired. As you soak in the scented healing water for at least 20 minutes, notice how the frequencies from those natural elements infuse into your

auric field and physical body. Clear your mind of everything, including your intention, and remain in a mode of pure receptivity as the heat and steam rise from the water's surface. Notice any new sensations, feelings, or thoughts that bubble up. If you'd like, keep a notebook nearby so you can jot them down.

When you are complete, give thanks once more for the gift of water and the items in your medicine pouch. Wrap yourself in a warm, fleecy towel, and as you dry off, vow to release anything that isn't serving your highest good. As you empty the tub, consciously watch any worries or concerns swirl into the drain and down to the earth to be transmuted. Unravel your medicine pouch and place the items in a special place outside.

Rinse and repeat whenever you need a fresh boost from nature.

END OF EXCERPT PART THREE

MEET OUR FEATURED AUTHOR



ANA MARIA VASQUEZ is a multi-sensory animal and nature intuitive, and a shamanic practitioner. As a natural energy reader, she lifts the veil between what's occurring in the physical world and the energetic patterns behind it.

Through teaching, speaking, and remote sessions, Ana Maria's profound connection with the natural world sources her in helping others understand the spiritual messages coming from the animals and nature. She guides others in unpacking their intuitive skills so that nature can speak more clearly through them. Ana Maria is also a certified intuitive strategist and a Sacred Stories Luminary. She serves on the faculty of Academy for the Soul.

Learn more at intentiontraining.com

Ana Maria's wisdom empowers your relationship with nature and the magic that comes from this alliance.

—**Marilyn Alauria**, author, psychic medium, and founder of Soul Finder Academy

NATURE describes in detail how we can remember and deeply connect to the beings in the natural world. You will refer to this book often, enjoying the stories and finding inspiration to dwell more frequently with the world just outside your door!

—**Dr. Steven Farmer**, author of *Animals: Personal Tales of Encounters with Spirit Animals* and *Earth Magic*



Connect with the Ancient Wisdom of Nature

Come outside, the natural world quietly beckons. Enter the mystical as Ana Maria Vasquez leads you into the landscape of remembrance, the era of which ancient teachings have spoken. Read and revel as our sacred storytellers share their personal experiences with nature, the greatest teacher of all, including:

- healing joy received from a plum tree.
- rocks that transmute a woman's fear into peace.
- a sentinel tree witnessing a granddaughters' short life.
- loving messages from nature allowing a sister to let her beloved brother go.
- tree spirits that lift a man's heart and allow lightness and magic into his life.
- a water spirit that requests collaboration for healing of the waters.

Nature intuitive Ana Maria Vasquez encourages you to 'take it into your listening' and open to the sentient world you are a part of. Recognize you are nature and why it's important to have reverence, check your vibe, and ask permission to begin co-creating with the natural world.

Learn grounded processes that will move you into a state of presence, raising your vibration with grace and ease, so you can receive clear and concise messages from Nature. Practice forest bathing, stone gazing, sacred herbal baths, and work with a medicine wheel to deepen your relationship with our sacred allies.

NATURE will show you how to collaborate with the natural realm and discover the messages, magic, and healing that are waiting for you.



Ana Maria Vasquez is a multi-sensory animal and nature intuitive, and a shamanic practitioner. As a natural energy reader, she lifts the veil between what's occurring in the physical world and the energetic patterns behind it. Through teaching, speaking, and remote sessions, Ana Maria helps others understand the spiritual messages coming from nature.

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