



**Heartwood Path  
Introductory Experience**

**Don Pierce**

# **Try Out The Heartwood Path**

## **A Greeting From Heartwood Path Creator Don Pierce**

Welcome to the Heartwood Path! May your time here allow you to find uncommon happiness and a sustainable environment.

Begin your involvement with the Heartwood Path by reading the text and doing the activities at the following six introductory points of interest. You will find them to be both informative and transformative. Enjoy this pleasurable route to becoming an enduring helper of others.

## **Feel The Good Vibrations**

The Heartwood Path helps one feel expansive, harmonious, and fulfilled.

The Heartwood Path helps one feel the joy that comes from arriving a “place” where one’s need for happiness meets the world’s great need for environmental sustainability.

Absorbing the rhythms of nature helps one feel a satisfying lack of suffering and the satisfaction that comes by being able to solve personal and planetary problems.

Being compassionate, as one is taught to be along the Heartwood Path, raises oxytocin levels in the body, which heightens pleasure and facilitates bonding.

*To begin to feel the benefits of going down the Heartwood Path, find a natural being that is attractive to you, a being that most draws your attention, a being that you feel comfortable in its presence.*

## **Feel The Good Vibrations**

### **How does it feel to go down the Heartwood Path?**

The way it feels to head down the Heartwood Path stems from the way it works. As one continues through the courses one soon begins to feel expansive, harmonious, and fulfilled.

These feelings begin as one repeatedly enters into optimal states of functioning, learns about one's self and the world, expands one's horizons, and becomes ever more compassionate. As one reads the text and does the activities, one becomes more easily driven to help others without crashing and feels the elation of uncommon fulfillment—a happiness that is authentic, abiding, and abundant. By going down the Heartwood Path, one feels the joy that can only come by moving beyond the ordinary to a “place” where one's need for happiness meets the world's great need for sustainability.

The Heartwood Path leads to a happiness-producing sense of responsibility for the care of others. This building of compassion occurs as one finds attractive natural beings and learns how to commune with them using over fifty natural senses—one's that we humans and nature use to function in the world; relate to fellow natural beings; and obtain healing, information, and guidance. These

benefits come as one stops at informative waypoints along the Heartwood Path and learns how to absorb the rhythms of nature the way we humans did before our lives became dominated by pervasive indoor distractions such as the television, reading the news, and spending long nights on the computer. Once the skill of absorbing the rhythms of nature is rekindled one can begin to feel a satisfying lack of suffering and the satisfaction that comes by being able to solve personal and planetary problems.

One can find these wonderful feelings along the Heartwood Path in two ways:

1. by wandering in nature without a predetermined agenda and, thereby, allowing nature to give you what you need; or,
2. by stopping at Heartwood Path Waypoints, complete with informative text and enjoyable activities. All of these waypoints help participants become effective helpers of others.

The good feelings and increased effectiveness that comes from following the Heartwood Path do not just come from reading the text and doing the activities. They also come as subtle and warm feelings that emerge as a result of the unifying awareness that is established as one engages in the following process:

1. entering into positive relationships with attractive natural beings,
2. taking in the attractive beings' appeal,

3. offering gratitude for the experience, and
4. making sense of the resulting positive feelings through dream analysis, journaling, receiving trained guidance, and sharing with others.

The visceral results of going down the Heartwood Path include:

1. a pleasurable reduction or elimination of suffering,
2. the elation that comes from finding a noble purpose,
3. the gratification of relating to an attractive natural being,
4. the expansiveness that comes by awakening to one's Greater Self that includes both one's individual self and nature,
5. the pleasurable lack of frustration that occurs as one functions more optimally, and
6. the happiness that comes from wise acts of compassion.

Being compassionate, as one is taught to be along the Heartwood Path, slows the heartbeat and expands the secretion of the hormone oxytocin, which heightens pleasure and facilitates bonding.

To Natural Attractions . . .

**First Introductory Heartwood Path Activity:** *Learning How To Find Attractive Natural Beings To Help You With Your Heartwood Path Activities.* With pen and journal in hand, go to an attractive natural area and, in a spirit of appreciation, look around you to find something that is attractive to you. Once you find an aspect of nature that is attractive to you continuously for at least ten seconds, use the optimal functioning you receive along with your continued attraction (which can be thought of as your consent to do this activity with the help of the attractive natural being) to learn how to find an attractive natural landscape and a local natural attractive being, living or nonliving, outdoors. To do so, pay attention to the being and landscape that most draws your attention, ones that you find appealing in some way, ones that you feel comfortable in their presence. This activity is simply for preparation and practice. It will be the first of hundreds of requests to find your attractive natural being in an attractive natural landscape.

Write down your impressions of this activity in your journal. Afterwards, share your interpretations with others, using as many of the following suggested components as you see fit.

1. Three Learnings —writing down three things you learned from this activity;
2. Self-esteem & Trust —writing down how, if at all, this activity changed your self-esteem or trustfulness of Nature;
3. Changes To Self —writing down what aspects of your self were changed by this activity;
4. Honor Yourself—praise yourself and your commitment to making another stop along the Heartwood Path good for yourself and the world.

5. I'm A Person Who . . . —writing down three different so-called G/G Statements using the following format “This connection experience tells me that I am a person who \_\_\_\_\_;”
6. Feelings If Activity Taken —writing down a sentence about how you would feel if your ability to experience this connection experience was taken away;
7. Two-Word Summary—writing down two words that summarize your response to this activity.
8. Share Your Impressions With Others—talking with others in your Heartwood Path Course, discussing your impressions with trusted family members or friends, or posting a summary of your impressions in the forum below and/or on our Facebook Page. **To see what conversations you can inspire, share your photos and impressions about anything pertaining to your journey down the Heartwood Path on your Facebook, Instagram, and other social media accounts. If you like, include “#heartwoodpath” wherever pertinent.**
9. Have fun.

## **The Reason**

People are naturally drawn to attractions in nature. The survival-inspired attractiveness of natural beings draws the attention of those humans who seek out the beauties of nature and become environmental advocates out of appreciation and gratefulness.

Doing for others makes one feel a sense of accomplishment, a feeling that cannot be matched through conspicuous consumption or routine entertainments.

The Heartwood Path helps one become saint-like in one's helping of others and find a positive course that leads to uncommon personal happiness and environmental sustainability.

*To receive information, guidance, and healing from Nature, learn the six components of every being's natural life: Namelessness, living in the Now, self-organized Intelligence, Aliveness, Attraction, and Love (in short, NNIAAL).*

## **The Reason**

### **Why do people take Heartwood Path courses?**

People are drawn to attractions in nature. They are attracted to learn more about what they come across in the natural environment, which is beautiful and diverse because the beings in the natural landscapes are attracted to be and behave in ways that enhance their chances of survival by drawing other beings to them who will form positive relationships with them. This survival-inspired attractiveness draws the attention of those humans who take the time to purposefully remove themselves from their indoor spaces, seek out attractions in nature, and become allies of the natural beings and their habitats out of appreciation and gratefulness.

Those who participate in the Heartwood Path come to enhance their awareness of attractions outdoors. In time, their attractions often turn to strong feelings of love. While spending time in nature is soothing, the unavoidable witnessing of environmental problems make people fearful, concerned, and attracted to protect what they have come to love. When they better see how their beloved beings and natural landscapes are endangered, their compassion, which

may have previously been limited to their own family or to their own tribe, grows to include all sentient beings.

With practice, those who go down the Heartwood Path are able to enhance their skills of compassion. This doing for others makes them feel a sense of accomplishment, a feeling that they cannot match through conspicuous consumption or routine entertainments. As they do more to protect natural attractions, they become saint-like in their helping of others. To this end, the Heartwood Path puts one's attractions on a positive course that leads to uncommon happiness and environmental sustainability.

To The Benefits . . .

**Second Introductory Heartwood Path Activity:** *Learning How To Commune With Nature For Information, Guidance, and Healing.* With pen and journal in hand, go to an attractive natural area and, in a spirit of appreciation, look around you to find something that is attractive to you. Once you find an aspect of nature that is attractive to you continuously for at least ten seconds, use the optimal functioning you receive along with your continued attraction (which can be thought of as your consent to do this activity with the help of the attractive natural being) to learn how to commune with nature for information, guidance, and healing. Really get to know nature by finding a natural attractive being outdoors,

sitting with it for a few minutes, perceiving the surrounding natural environment, and then begin trying to become aware of each of the following aspects of the universe:

1. the lack of words/namelessness/the non-literate aspect of nature;
2. the consciousness of now, the eternal present aspect of the appealing relationships in nature;
3. the self-organizing, homeostatic, wisdom nature uses to create attractive, healthful optimums of life?
4. the earth is alive;
5. beings in nature do what they are attracted to do and, in the process, become appealing; and
6. love is dominant over meanness in nature.

Write down a few words about what you see in nature that illustrates any or each of these aspects of every being's natural life.

Write down your impressions of this activity in your journal. Afterwards, share your interpretations with others, using as many of the following components as you see fit.

1. Three Learnings —writing down three things you learned from this activity;
2. Self-esteem & Trust —writing down how, if at all, this activity changed your self-esteem or trustfulness of Nature;
3. Changes To Self —writing down what aspects of your self were changed by this activity;
4. Honor Yourself—praise yourself and your commitment to making another stop along the

Heartwood Path good for yourself and the world.

5. I'm A Person Who . . . —writing down three different so-called G/G Statements using the following format “This connection experience tells me that I am a person who \_\_\_\_\_;”
6. Feelings If Activity Taken —writing down a sentence about how you would feel if your ability to experience this connection experience was taken away;
7. Two-Word Summary—writing down two words that summarize your response to this activity.
8. Share Your Impressions With Others—talking with others in your Heartwood Path Course, discussing your impressions with trusted family members or friends, or posting a summary of your impressions in the forum below and/or on our Facebook Page. **To see what conversations you can inspire, share your photos and impressions about anything pertaining to your journey down the Heartwood Path on your Facebook, Instagram, and other social media accounts. If you like, include “#heartwoodpath” wherever pertinent.**
9. Have fun.

## Course Benefits

Easy and enduring assistance of others can lead to individual maturity and environmental sustainability.

The Heartwood Path does not lead to the “common” temporary satisfactions that come from the momentary indulgences of everyday entertainments and conspicuous consumption.

The Heartwood Path will lead you to find “uncommon happiness;” that is, happiness that is abundant, abiding, and authentic.

Participants can either wander in nature without a predetermined agenda or use their nature-inspired optimal functioning to go through the specific text and series of activities.

*To avoid undue struggles, in nature learn these principles: everything's mental; as above, so below; all is in vibration; everything's dual; everything flows; everything happens according to law; everything has its masculine and feminine aspects; and be the change you seek for the world.*

## **Course Benefits**

### **Here's What You Will Receive:**

In this sample of the experience of going down the Heartwood Path you will learn what to expect from your involvement in our courses. We say that your participation will yield “uncommon happiness” because the Heartwood Path does not lead to the “common” temporary satisfactions that come from everyday entertainments and conspicuous consumption. Instead of these momentary indulgences, the Heartwood Path will lead you to find “uncommon happiness;” that is, happiness that is abundant, abiding, and authentic.

The “Triple A” happiness that is found along the Heartwood Path courses arises from a very specific three-part circularity: a circle of outcomes where any one part leads to the other two parts. In this way along the Heartwood Path:

1. environmental sustainability leads to individual maturity and easy and enduring assistance to others;
2. personal maturity leads to both environmental sustainability and easy and enduring assistance to others; and
3. easy and enduring assistance to others—leads to individual maturity and environmental sustainability.

These benefits sound a bit serious and heavy; but, as you will discover in this introduction, getting to them is very pleasurable and fun.

One way or another—by allowing nature to carry you where it may or by following the specific text and series of Heartwood Path Activities—those who follow the Heartwood Path will be moved beyond the ordinary and become uncommonly happy. The world will become better off because you are making the necessary effort.

To No Longer Swimming Upstream In Life . . .

**Third Introductory Heartwood Path Activity:** *Learning About Universal Principles In Nature.* With pen and journal in hand, go to an attractive natural area and, in a spirit of appreciation, look around you to find something that is attractive to you. Once you find an aspect of nature that is attractive to you continuously for at least ten seconds, use the optimal functioning you receive along with your continued attraction (which can be thought of as your consent to do this activity with the help of the attractive natural being) to learn about universal principles in nature. Go out in nature and find examples of the following principles that govern the universe. Do not worry about totally understanding or accepting these principles now. You will learn more about them in a following Heartwood Path

course. Just do your best and later look back to see how much you have learned.

There are many principles but we will limit ourselves here to eight main ones:

1. everything is mental—focus not on nature as separate physical entity nor as an unrelated figment of your imagination but on your awareness of attractive beings and landscapes;
2. as above, so below—look for ways that yourself or other beings are microcosms of the larger universe or how you function the same way the universe functions;
3. all is in vibration—pay attention to comings and goings, repeated patterns, sounds, and the rise and fall of your own feelings;
4. rhythm compensates—note the “beat” and the “space” between the beats, as in breathing in, delay, and breathing out; or the onset of morning bird sounds, then relative quiet at night, followed by the return to morning chatter;
5. everything is dual—note examples that show, for example, how for every beginning there is an end;
6. every cause has its effect and every effect has its cause—notice how, for example, compassionate acts are both a means and an end, or how happiness is both a means and an end,
7. everything has masculine and feminine characteristic— look for how females can exhibit the masculine characteristics of strength and aggression just as

males can exhibit the feminine characteristics of relaxing, rejoicing, intuiting, receiving, and feeling; and

8. one needs to become the change one seeks in the world—think about what you want to see occur in the world and how you will have to be to evoke your improved image of a better world.

Write down your impressions of this activity in your journal. Afterwards, share your interpretations with others, using as many of the following suggested components as you see fit.

1. Three Learnings —writing down three things you learned from this activity;
2. Self-esteem & Trust —writing down how, if at all, this activity changed your self-esteem or trustfulness of Nature;
3. Changes To Self —writing down what aspects of your self were changed by this activity;
4. Honor Yourself—praise yourself and your commitment to making another stop along the Heartwood Path good for yourself and the world.
5. I'm A Person Who . . . —writing down three different so-called G/G Statements using the following format “This connection experience tells me that I am a person who \_\_\_\_\_;”
6. Feelings If Activity Taken —writing down a sentence about how you would feel if your ability to experience this connection experience was taken away;
7. Two-Word Summary—writing down two words that summarize your response to this activity.
8. Share Your Impressions With Others—talking with others in your Heartwood Path Course, discussing your impressions with trusted family members or friends, or posting a summary of your impressions in the forum below and/or on our Facebook Page. **To see what conversations you can inspire, share your photos and impressions about anything pertaining to your journey down the Heartwood Path on your Facebook, Instagram, and other social media accounts. If you like, include “#heartwoodpath” wherever pertinent.**
9. Have fun.

## **General Suggestions:**

Spend more time outdoors with an attractive natural being.

Go into nature as a child would, with a fresh perspective, a sense of wonder, and a spirit of playfulness.

Focus on your experiencing more than on your thinking.

*To commune with nature, find an attractive natural being, show your appreciation and gratitude, obtain the consent from the natural being, wander freely in nature or set an intention, turn off the chatter in your mind, open up to the natural senses, wait for insight, and record and share your inspirations.*

## **General Suggestions: Tips For Having A Successful Pilgrimage**

1. Go into nature as a child would, with a fresh perspective, a sense of wonder, and a spirit of playfulness.
2. Take the time to read the text at each Waypoint. After your time in nature, do not wait for you to be psychologically recaptured by word-obsessed civilization to record your experiences in writing. Do not begin your journaling so soon that you prematurely kill nature's high. With practice, you will be able to strike the proper balance.
3. Focus on your experiencing more than on your thinking.
4. Create a trigger to remind you to go outside and do the next Heartwood Path Activity. You can set whatever pace works well for you. It is recommended, however, to do one Heartwood Path activity per day, with the occurrence of dreaming and tending to dreams before starting the next activity. Your trigger could be an alarm clock or something else in your environment. Lately, for example, I have been doing most of my nature communing during my walks to work. The early morning church bells down the hill from where I sleep outside every night are my trigger to begin my nature communing. If possible, keep your triggers enjoyable or non-irritating.

5. Before you leave each waypoint along the Heartwood Path, be sure to write down your impressions in your journal. When making a journal entry, use as many of the suggested journal components as you see fit.

To Becoming An Enduring And Effective Helper of Others . . .

**Fourth Introductory Heartwood Path Activity:** *Learning To Wander Freely Or Set An Intention During Heartwood Path Activities.* With pen and journal in hand, go to an attractive natural area and, in a spirit of appreciation, look around you to find something that is attractive to you. Once you find an aspect of nature that is attractive to you continuously for at least ten seconds, use the optimal functioning you receive along with your continued attraction (which can be thought of as your consent to do this activity with the help of the attractive natural being) to learn how to commune with an attractive natural being. This activity begins as all activities do along the Heartwood Path: you are encouraged to leave your everyday indoor setting and search for an attractive natural being in an attractive natural landscape outdoors and begin the following Eight Step HumaNatureConnect Sequence that you will use repeatedly along the Heartwood Path.

**When you hear the words “commune with nature” at the waypoints along the Heartwood Path, know that, in this short phrase, I am encouraging you to get the most out of the activity by heeding the following steps precisely:**

Step One: **Find An Attractive Natural Being.** Such beings can be in your backyard or in the backwoods.

Step Two: **Offer Your Appreciation and Gratitude.** When you find this being and its surrounding environment, breathe in as you appreciate the attractiveness of your being and landscape and breathe out as you offer gratitude for the gifts this being and landscape are about to bestow upon you. The appreciation that emerges along with the inspiration of air happens in the act of you admiring the qualities of the being and landscape, using your five everyday senses and some of the fifty-four natural senses identified subsequently. The gratitude that occurs with the out-breath comes as you offer to repay the debt you have with this being and landscape, which may soon be giving you recreation, inspiration, solace, healing and guidance. The gratitude can be as simple as pledging to do what you can to keep the being and landscape (or other beings and landscapes in their stead) free from harm.

Step Three: **Obtain Consent.** After you find your attractive natural being, sit with it (or stand, kneel, or lie down) for at least ten seconds to determine if it remains attractive to you. If it does not, simply offer your appreciation and move without regret to another attractive being. If this being remains attractive to you for at least ten second, consider this attraction to be that beings “consent” for your to use it for your own healing, information, or guidance.

Step Four: **Wander Freely In Nature Or Set An Intention.** Decide to either go with nature’s flow and see where it guides you or to set an intention. Along the Heartwood Path you are always allowed, even encouraged, to set a simple intention of letting nature teach you whatever you need to learn at any given moment. In this activity, however, you will be intending to open yourself up to more inspiration in your workings with others, either at home, at church, at work, or in social settings. Your intention is to allow nature to help you become more insightful, energetic, creative, or whatever you need. If on other occasions you choose to wander freely in nature do not feel like you are wasting your time. By wandering unencumbered of any agenda in nature you are allowing nature to work its magic on you without your own itineraries getting in the way.

You may have experienced how in the tumble of everyday life, at home or at work, you seem on occasion to be blocked in your energy and creativity. By setting the simple intention of having nature open yourself up to the flow of ideas, or of

having nature help you empty the clutter that builds up in your mind, and holding that intention loosely like a weak gaze rather than like a determined stare, you will find that ideas and energy return to you after your time in nature. This renewal occurs most readily when you do the next two steps.

**Step Five: Turn Off Your Clever Mind.** While being thankful that your mind drove you to doing this activity, it is important when you commune with nature as part of these activities to turn off the chatter in the mind. Doing so will create some space for the development of new energy and ideas. The reduction of mental chatter while you are communing with nature makes it possible for your mind to work in a fresh way on new discoveries and improved insights. In the space created by shutting off mental chatter, put in an openness to the present moment as described next.

**Step Six: Open Up Your Senses To The Experience Of Being In and With Nature.** While in the presence of your chosen attractive natural being and its surrounding natural setting take some deep breaths. If attracted to do so, move around, going wherever nature leads you. Follow your curiosity. Use your eyes, nose, ears, tastebuds, and body, plus any of the fifty-four natural senses mentioned next to increase your awareness:

### The Radiation Senses

1. Sense of light and sight, including polarized light.
2. Sense of seeing without eyes such as heliotropism or the sun sense of plants.
3. Sense of color.
4. Sense of moods and identities attached to colors.
5. Sense of awareness of one's own visibility or invisibility and consequent camouflaging.
6. Sensitivity to radiation other than visible light including radio waves, X rays, etc.
7. Sense of Temperature and temperature change.
8. Sense of season including ability to insulate, hibernate and winter sleep.
9. Electromagnetic sense and polarity which includes the ability to generate current (as in the nervous system and brain waves) or other energies.

### The Feeling Senses

10. Hearing including resonance, vibrations, sonar and ultrasonic frequencies.
11. Awareness of pressure, particularly underground, underwater, and to wind and air.
12. Sensitivity to gravity.
13. The sense of excretion for waste elimination and protection from enemies.
14. Feel, particularly touch on the skin.
15. Sense of weight, gravity and balance.
16. Space or proximity sense.
17. Coriolis sense or awareness of effects of the rotation of the Earth.
18. Sense of motion, body movement sensations and sense of mobility.

### The Chemical Senses

19. Smell with and beyond the nose.
20. Taste with and beyond the tongue.
21. Appetite or hunger for food, water and air.
22. Hunting, killing or food obtaining urges.
23. Humidity sense including thirst, evaporation control and the acumen to find water or evade a flood.
24. Hormonal sense, as to pheromones and other chemical stimuli.

### The Mental Senses

25. Pain, external and internal.
26. Mental or spiritual distress.
27. Sense of fear, dread of injury, death or attack.  
(25-27 are attractions to *seek additional natural attractions* which support and strengthen well-being).
28. Procreative urges including sex awareness, courting, love, mating, paternity and raising young.
29. Sense of play, sport, humor, pleasure and laughter.
30. Sense of physical place, navigation senses including detailed awareness of land and seascapes, of the positions of the sun, moon and stars.
31. Sense of time.
32. Sense of electromagnetic fields.
33. Sense of weather changes.
34. Sense of emotional place, of community, belonging, support, trust and thankfulness.
35. Sense of self including friendship, companionship, and power.
36. Domineering and territorial sense.

37. Colonizing sense including compassion and receptive awareness of one's fellow creatures, sometimes to the degree of being absorbed into a superorganism.
38. Horticultural sense and the ability to cultivate crops, as is done by ants that grow fungus, by fungus who farm algae, or birds that leave food to attract their prey.
39. Language and articulation sense, used to express feelings and convey information in every medium from the bees' dance to human literature.
40. Sense of humility, appreciation, ethics.
41. Senses of form and design.
42. Sense of reason, including memory and the capacity for logic and science.
43. Sense of mind and consciousness.
44. Intuition or subconscious deduction.
45. Aesthetic sense, including creativity and appreciation of beauty, music, literature, form, design and drama.
46. Psychic capacity such as foreknowledge, clairvoyance, clairaudience, psychokinesis, astral projection and possibly certain animal instincts and plant sensitivities.
47. Sense of biological and astral time, awareness of past, present and future events.
48. The capacity to hypnotize other creatures.
49. Relaxation and sleep including dreaming, meditation, brain wave awareness.
50. Sense of pupation including cocoon building and metamorphosis.
51. Sense of excessive stress and capitulation.
52. Sense of survival by joining a more established organism.
53. Spiritual sense, including conscience, capacity for sublime love, ecstasy, a sense of sin, profound sorrow and sacrifice.”
54. Sense of homeostatic unity, of *natural attraction* aliveness as the singular essence-diversity attraction dance of all our other senses (NNIAAL).

(Cohen, website: <http://www.ecopsych.com/insight53senses.html>).

These natural senses will be explained in greater detail later in the course. For now, just do your best to use as many of them as you can. During the Heartwood Path activities, do your best to refrain from judgments. Be in the moment and let your allurements dominate your attention. Do not force new directions or improved insights to come to you. Just focus on your senses. In shutting off your mental chatter and turning up your sense of allurements you are doing exactly what you need to do at this time. You can always do the next step upon returning to the man-made world.

**Step Seven: Wait For Your Insight And Avoid Losing It By Recording It In Your Journal For Sharing With Others As You Deem Appropriate.** Give thanks for your time with your natural being in its natural environment. Revisit your intention to become more insightful, energetic or creative. In time, perhaps when you least expect it, or maybe in your dreams, you will find your insight, you will feel the return of energy, or you will rekindle your creativity. Keep the insight alive by doing the last important step.

**Step Eight: Record Your Inspiration and Share It With Others.** When inspiration happens, record it in your journal and share your experience with

others. If you like, post a note about it on the Heartwood Path website. Here, you will find congratulations for your persistence and feedback from others.

Write down your impressions of this activity in your journal. Afterwards, share your interpretations with others, using as many of the following suggested components as you see fit.

1. Three Learnings —writing down three things you learned from this activity;
2. Self-esteem & Trust —writing down how, if at all, this activity changed your self-esteem or trustfulness of Nature;
3. Changes To Self —writing down what aspects of your self were changed by this activity;
4. Honor Yourself—praise yourself and your commitment to making another stop along the Heartwood Path good for yourself and the world.
5. I'm A Person Who . . . —writing down three different so-called G/G Statements using the following format “This connection experience tells me that I am a person who\_\_\_\_\_;”
6. Feelings If Activity Taken —writing down a sentence about how you would feel if your ability to experience this connection experience was taken away;
7. Two-Word Summary—writing down two words that summarize your response to this activity.
8. Share Your Impressions With Others—talking with others in your Heartwood Path Course, discussing your impressions with trusted family members or friends, or posting a summary of your impressions in the forum below and/or on our Facebook Page. **To see what conversations you can inspire, share your photos and impressions about anything pertaining to your journey down the Heartwood Path on your Facebook, Instagram, and other social media accounts. If you like, include “#heartwoodpath” wherever pertinent.**
9. Have fun.

## **The Experience**

Doing HumanNature Connect Activities allows nature to work its magic on you.

Finding a natural being that is attractive to you continuously for at least ten seconds can be thought of as that being's consent for you to receive its magic.

You are free to take in nature's intelligence either by engaging in the numbered waypoints or by being unencumbered by any predetermined path.

*To see what nature has in store for you when your are agenda-free, wander around in a landscape you find attractive, follow no course, have no predetermined purpose, but make sure you write down any feelings, thoughts, or dreams that you witness during or shortly after the experience.*

## **The Experience**

**Here's a brief description of what you will be doing.**

Along the Heartwood Path series of courses, you will be encouraged hundreds of times to move outdoors to commune with nature in a specific way, as previously described. Doing so will allow nature to work its magic on you, a charm that is missed by the vast majority of people who live most of their lives indoors.

As you continue, you are free to either:

1. take in nature's intelligent guidance unencumbered by any predetermined path, or
2. use your nature-induced optimal functioning to better understand the prepared text and to do hundreds of predetermined activities aimed at helping you become an enduring and effective helper of others.

Either way, after your activities, you will be directed to make a journal and share your impressions with others in person or through our interactive website.

To Letting Nature Works Its Magic On You . . .

**Fifth Introductory Heartwood Path Activity:** *Wandering Unencumbered By Any Itinerary In Nature.* With pen and journal in hand, go to an attractive natural area and, in a spirit of appreciation, look around you to find something that is attractive to you. Once you find an aspect of nature that is attractive to you continuously for at least ten seconds, use the optimal functioning you receive along with your continued attraction (which can be thought of as your consent) to learn how to wander unencumbered by an itinerary in nature. Just see what nature has in store for you by wandering around in a landscape you find attractive. Use no map, have no agenda, have no schedule, and have no predetermined purpose. Afterwards, write down any unusual thoughts, feelings, vibes, or dreams that you witness within the next three days or so.

Write down your impressions of this activity in your journal. Afterwards, share your interpretations with others, using as many of the following suggested components as you see fit.

1. Three Learnings —writing down three things you learned from this activity;
2. Self-esteem & Trust —writing down how, if at all, this activity changed your self-esteem or trustfulness of Nature;
3. Changes To Self —writing down what aspects of your self were changed by this activity;
4. Honor Yourself—praise yourself and your commitment to making another stop along the Heartwood Path good for yourself and the world.
5. I'm A Person Who . . . —writing down three different so-called G/G Statements using the following format “This connection experience tells me that I am a person who\_\_\_\_\_;”
6. Feelings If Activity Taken —writing down a sentence about how you would feel if your ability

to experience this connection experience was taken away;

7. Two-Word Summary—writing down two words that summarize your response to this activity.
8. Share Your Impressions With Others—talking with others in your Heartwood Path Course, discussing your impressions with trusted family members or friends, or posting a summary of your impressions in the forum below and/or on our Facebook Page. **To see what conversations you can inspire, share your photos and impressions about anything pertaining to your journey down the Heartwood Path on your Facebook, Instagram, and other social media accounts. If you like, include “#heartwoodpath” wherever pertinent.**
9. Have fun.

## **The Courses Are About You**

Before beginning these courses, which contribute to one's happiness and environmental sustainability, get to know who you are by picking a totem animal from the list at Introductory Waypoint Six, the unabridged version.

Course One: Kosmos is an overture to the Heartwood Path.

Course Two: Logos describes the origin and structure of integrity, information vital to the avoidance of constant struggles in life.

Course Three: Egos anchors one's individual gifts, and enables each participant to put their own stamp on the creation of a magnificent future.

Course Four: Ecos connects one to the whole and helps one benefit from the intelligence of nature.

*To make great strides towards your own happiness and environmental sustainability, determine who you are by picking your totem animal; that is, choose an animal that you believe has spiritual significance and can serve as an emblem for you.*

## **The Courses Are About You**

**Here's how the series of courses help to tell you who you are:**

A specific purpose—one's happiness and environmental sustainability—determines

the route of the Heartwood Path. Follow its length to a better future.

Course One: Kosmos is an overture to the Heartwood Path. Important prerequisite information is found [here](#).

Course Two: Logos describes the origin and structure of integrity. This information is vital to the avoidance of constant struggles in life.

Course Three: Egos anchors one's individual gifts. Doing so enables each participant to put their own stamp on the creation of a magnificent future.

Course Four: Ecos connects one to the whole, a source of infinite wisdom and creativity. This course helps one improve relationships, make good associations, and benefit from the intelligence of nature.

In its entirety, the Heartwood Path improves the Self so you that you can make a positive difference in the world. You can do it on your own, you can join with others online, or you can sign up for professional guidance. With or without assistance, begin by getting to know yourself better. One very good way to

accomplish this important task is to determine your totem animal, as in the following activity.

To Anchoring Your Individuality . . .

**Sixth Introductory Heartwood Path Activity:** *Learning That You Have An Individual Self Determines Your Uniqueness In The World.* With pen and journal in hand, go to an attractive natural area and, in a spirit of appreciation, look around you to find something that is attractive to you. Once you find an aspect of nature that is attractive to you continuously for at least ten seconds, use the optimal functioning you receive along with your continued attraction (which can be thought of as your consent to do this activity with the help of the attractive natural being) to make an initial choice of your totem animal that represents your personality type. If you find this activity difficult it only demonstrates the need for you to continue heading down the Heartwood Path. After learning more about your personality type in the Egos Course, you may decide that the choice you make here is no longer suitable. By picking a representative animal now, however, you will begin a wonderful process of self-discovery that continues through all the Heartwood Path courses. With that said, choose your Animal Totem now. Choose an animal from the following choices that has spiritual significance and can serve as an emblem for you. It will be helpful during your initial guidance sessions and

discussions with others. Only a choice of one of the sixteen choices is allowed for this activity. You can always change it later.

Which one animal totem do you choose?

Are you the monarch of the jungle, like a lion (and 1.8 percent of human population)?

Are you charming and clever, like a macaw (and 3.2 percent of human population)?

Are you strict and aggressive, like a wolf (and 8.7 percent of human population)?

Are you subtle and opportunistic, like a hyena (and 4.3 percent of human population)?

Are you loyal and affectionate, like a dog (and 2.5 percent of human population)?

Are you spontaneous and creative, like an orangutan (and 8.1 percent of human population)?

Are you gentle and caring, like an elephant (and 12.3 percent of human population)?

Are you fun and entertaining, like a dolphin (and 8.5 percent of human population)?

Are you a solitary hunter, like a tiger (and 2.1 percent of human population)?

Are you wise and calm, like an owl (and 3.3 percent of human population)?

Are you slow but tough, like a snapping turtle (and 11.6 percent of human population)?

Are you secretive and unpredictable, like a snake (and 5.4 percent of human population)?

Are you rare and fascinating, like a panda (and 1.5 percent of human population)?

Are you free spirited and kind, like an otter (and 4.4 percent of human population)?

Are you territorial and protective, like a rhinoceros (and 13.8 percent of human population)?

Or

Are you harmless and sensitive, like a kitten (and 8.8 percent of human population)?

(Care2.com) & (myersbriggs.org)

Write down your impressions of this activity in your journal. Afterwards, share your interpretations with others, using as many of the following suggested components as you see fit.

1. Three Learnings —writing down three things you learned from this activity;
2. Self-esteem & Trust —writing down how, if at all, this activity changed your self-esteem or trustfulness of Nature;
3. Changes To Self —writing down what aspects of your self were changed by this activity;
4. Honor Yourself—praise yourself and your commitment to making another stop along the Heartwood Path good for yourself and the world.
5. I'm A Person Who . . . —writing down three different so-called G/G Statements using the following format “This connection experience tells me that I am a person who \_\_\_\_\_;”
6. Feelings If Activity Taken —writing down a sentence about how you would feel if your ability to experience this connection experience was taken away;
7. Two-Word Summary—writing down two words that summarize your response to this activity.
8. Share Your Impressions With Others—talking with others in your Heartwood Path Course, discussing your impressions with trusted family members or friends, or posting a summary of your impressions in the forum below and/or on our Facebook Page. **To see what conversations you can inspire, share your photos and impressions about anything pertaining to your journey down the Heartwood Path on your Facebook, Instagram, and other social media accounts. If you like, include “#heartwoodpath” wherever pertinent.**
9. Have fun.