

Psychological processes facilitating self-evaluated transformation through nature connection:

1. Paying attention, being open, receptive, and surrendering to nature (e.g., tree, mountain, habitat, badger, sunset, stars, mystery), sometimes purposefully
2. Identification with nature as a way of self-knowing or other-knowing
3. Experiencing nature as guide and enabler
4. Embodied felt sense experience of non-separateness with nature
5. Experiencing a range of feelings, mostly uplifting (e.g., awe), and sometimes dropping (e.g., sadness) or restful
6. Experiencing nature as sacred
7. Feeling safe in nature
8. Experiencing nature as healing
9. Experiencing unitive, nondual, peak, flow states of consciousness
10. Experiencing nature as both inner (e.g., dreams) and outer
11. Adventurous responding to a heart-felt longing to connect with nature's biodiversity

Wilson, M. (2012). *Coming to our senses: An intuitive inquiry into the transformative effects of nature connection*. Liverpool John Moore University; unpublished MSc Research.