

Life Lessons From Nature Classroom

8 LIFE LESSONS FROM NATURE
BY INGRID SNYDAL

"Nature does not hurry, yet everything gets accomplished"
Lao Tzu

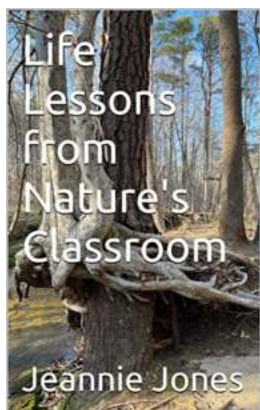
- 1 SMALL THINGS MAKE A BIG DIFFERENCE**
Things in nature make incremental changes every day. All these little changes add up to big changes over time. It's important to realize that although you feel that things are moving slowly, over time they will amount a great shifts. It's only in looking back that we can actually see how far we've come.
- 2 EVEN OUR ENEMIES MAKE US BETTER**
I'm reminded in early summer every year that although I don't really like ants...they are huge helpers in the garden. It was often believed that the tightly closed buds of the peony needed the dedicated ants to drink the sticky nectar in order for the flowers to bloom. Today, we know that is not true but ants do provide needed services to the earth.
- 3 PERSPECTIVE IS EVERYTHING**
This picture of a lupin from above looks completely different than the flower in full bloom. When you change your perspective, often a problem or challenge appear very different than you first thought. Try to look at issues with a positive perspective and you may find you don't have a problem at all!
- 4 PROTECTION IS AN INSIDE JOB**
This beautiful iris has it's own protective layers built into it's DNA. We too have to produce our own protection based on the experiences we have in life. What works as a boundary or a veil for you and your personality are unique to you and your life events. You have to make your own cape in order to release your superpowers!
- 5 IT'S ALL INSIDE YOU**
Nature never ceases to amaze me. What is contained in this tiny beginning of a strawberry holds all the information it needs to be a succulent, ruby red package of succulent goodness that will be on my table before long. All that you need is inside of you too!
- 6 BE PATIENT**
Nature is nothing if not patient. The long winter months when all is silent in the garden just waits for conditions to be just so to emerge and release its beauty and bounty to the world. Have faith that you will have the patience to be who you want to be and it will happen.
- 7 TAKE TIME TO REGROUP**
Perennials are so wonderful because they reemerge each year to bring beauty back to the garden. Every once in a while though, a plant will give just a few buds and then die off for another year. I think of this as regrouping. Give yourself a chance to step back, take a breath, and rethink your strategy. Maybe you need to wait until next time to bloom!
- 8 WONDERS COME EVERY DAY**
If you look close enough and if you are patient enough to really observe and admire what is in nature, you'll notice there are little miracles every day. A few buds come to a tiny plant. A flower becomes the beginning of a fruit.

<http://mysomethingwonderful.com>
Written and developed by Ingrid Snyder

When we think of classrooms, we often envision a traditional space filled with desks, whiteboards, and textbooks. However, some of the most valuable lessons in life can be learned outside of these four walls. Nature, with its infinite beauty and wisdom, can be a remarkable teacher. In this article, we will explore the life lessons we can learn from the nature classroom.

The Art of Patience

One of the first lessons we can learn from nature is the art of patience. In our fast-paced modern society, patience has become a rare virtue. However, observing nature can remind us of the beauty that unfolds when we allow things to happen at their own pace.



Life Lessons from Nature's Classroom

by Jeannie Jones (Kindle Edition)

★★★★★ 5 out of 5

Language	: English
File size	: 23814 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
Word Wise	: Enabled
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Lending	: Enabled



Take, for example, the process of a flower blooming. It doesn't happen overnight; it takes time. As we watch a bud slowly open its petals, we understand that good things come to those who wait. Nature teaches us to trust the timing of our own lives and have faith in the process.

The Power of Adaptation

Nature is the master of adaptation. It knows how to survive and thrive in various environments. From cacti in the desert to trees in the harsh tundra, every living organism has found a unique way to adapt to its surroundings.

Similarly, we can learn to adapt and embrace change in our own lives. Just like a tree bends with the wind but remains grounded, we can learn to be flexible and resilient. Nature teaches us that change is constant, and by adapting, we can continue to grow and flourish.

The Value of Interconnectedness

When we step into the nature classroom, we realize that everything is interconnected. Every living being plays a vital role in maintaining the balance of ecosystems.

By observing the delicate dance between pollinators and flowers, we learn the importance of symbiotic relationships. Each organism depends on another for survival, emphasizing the value of cooperation and community.

Just as bees and flowers rely on each other, we also thrive when we foster connections with one another. Nature teaches us that we are not solitary beings but part of a greater whole.

The Beauty of Imperfection

In the nature classroom, perfection does not exist. Every plant, every animal, and every landscape bears the marks of imperfection.

However, rather than being flaws, these imperfections add to the beauty and uniqueness of each creation. Just like the gnarled branches of an ancient tree or the colorful patterns on a butterfly's wings, we too have our imperfections that make us who we are.

Nature reminds us that it is our quirks and scars that give us character and make us remarkable. Embracing our imperfections allows us to value ourselves and others for our individuality.

Rest and Rejuvenation

Nature also teaches us the importance of rest and rejuvenation. In the hustle and bustle of daily life, we often forget to take a moment to pause and recharge.

Observing animals in their natural habitats, we notice how they prioritize rest and self-care. Whether it's a lion basking in the sun or a bird preening its feathers, they understand the value of slowing down and taking care of their well-being.

From nature, we can learn to incorporate moments of rest into our own lives. Taking time to connect with nature, breathe in fresh air, and appreciate the beauty around us can bring about a sense of calm and rejuvenation.

The nature classroom is a treasure trove of life lessons. It teaches us patience, adaptation, interconnectedness, the beauty of imperfection, and the importance of rest and rejuvenation. By observing and connecting with nature, we can gain valuable insights that can enrich our lives and help us navigate the challenges we face.

So, next time you have the opportunity, step outside and embrace the teachings of the nature classroom. You may be surprised by the wisdom it has to offer.



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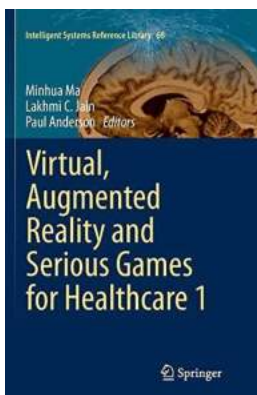
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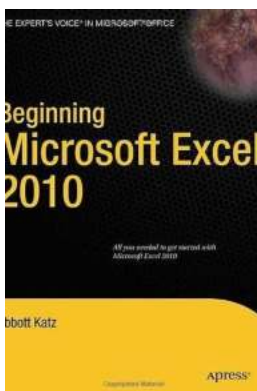
Join the author for a poignant yet witty walk through the woods and marvel at nature's metaphors for life. A novice photojournalist, Jeannie Jones invites you to join her on her pilgrimage into nature's classroom. Along the way, she'll share life lessons as revealed through thought provoking metaphors that parallel her career and life.

She hopes that this book will inspire you to take pause and explore your own backyard with a newfound appreciation and a curious mind.



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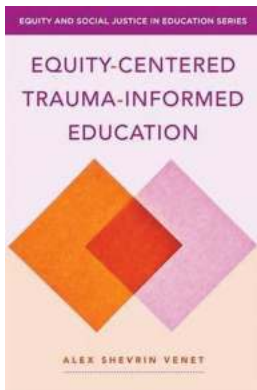
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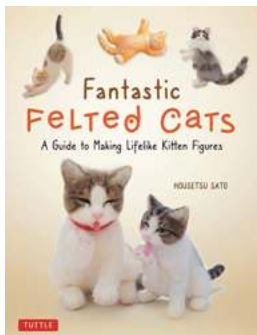
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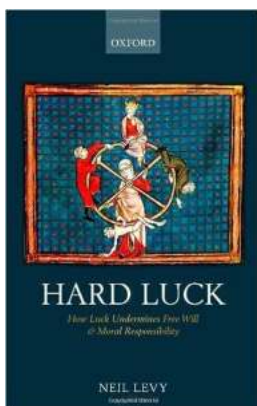
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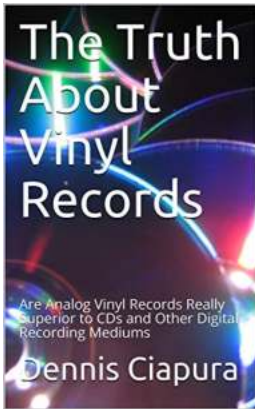
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