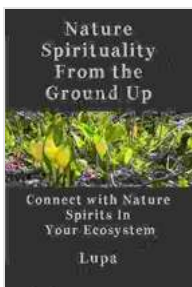


Nature Spirituality From The Ground Up: A Practical Guide to Cultivating Your Connection to the Earth

Nature spirituality is a practice that emphasizes the sacredness of the natural world. It acknowledges that all beings are connected, and that we are all part of a larger web of life. Nature spirituality can take many forms, but it often involves practices such as spending time in nature, connecting with natural spirits, and honoring the cycles of the seasons.



Nature Spirituality From the Ground Up: Connect With Nature Spirits In Your Ecosystem by Lupa

★★★★☆ 4.5 out of 5

Language	: English
File size	: 2203 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
Word Wise	: Enabled
Print length	: 243 pages
Lending	: Enabled
Paperback	: 174 pages
Item Weight	: 8.5 ounces
Dimensions	: 6 x 0.4 x 9 inches



In *Nature Spirituality From The Ground Up*, author Sarah Jane Moon explores the basics of nature spirituality and offers practical tips for cultivating your own connection to the Earth. This book is a comprehensive guide to nature spirituality, covering topics such as:

- The history and traditions of nature spirituality
- The different ways to connect with nature
- How to create a nature altar
- How to perform nature rituals
- How to use nature for healing and personal growth

Whether you are new to nature spirituality or are looking to deepen your connection to the Earth, *Nature Spirituality From The Ground Up* is an invaluable resource. This book will help you to develop a deeper understanding of the natural world, and to find ways to incorporate its wisdom into your daily life.

About the Author

Sarah Jane Moon is a practicing nature spiritualist and the author of several books on the subject. She has been teaching workshops and leading nature-based retreats for over 20 years. Her work has been featured in numerous magazines and newspapers, including *The New York Times*, *The Washington Post*, and *The Guardian*.

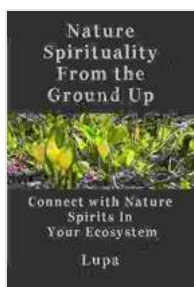
Endorsements

"*Nature Spirituality From The Ground Up* is a beautifully written and comprehensive guide to nature spirituality. Sarah Jane Moon has a deep understanding of the subject, and her writing is both clear and inspiring. This book is a must-read for anyone interested in deepening their connection to the Earth." - **Starhawk**, author of *The Spiral Dance* and *Dreaming the Dark*

"Sarah Jane Moon's *Nature Spirituality From The Ground Up* is a timely and important book. As our world faces increasing environmental challenges, we need to find ways to reconnect with the natural world. This book provides a practical guide to doing just that." - **Bill McKibben**, author of *The End of Nature* and founder of 350.org

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