



THE HEALING POWER OF NATURE!!

Two years ago, I was entering into my 18th month of severe depression, immobilized by such a debilitating fear that I spent most days shut in my bedroom, and rarely left the house. I thought my life was over, that I was too old, and it was too late to realize any of my dreams.



I started hiking. I had hiked a little before, but now it seemed that was the only thing that kept me breathing. And, the only thing that held any interest because I found that if I hiked long and hard enough, my “monkey mind” would finally quiet, and the fear would subside. That was when I started noticing something... I could sense a deep peace untouched by all of the chaos in my life, and I wanted to touch that feeling more often.

A friend asked me to take her on a hike, and that grew to others who were not familiar spending time outdoors. Eventually, I revived the adventures I had done sporadically before to places I loved so much; Botswana, and Baja, both places where I had lived in the past, and delighted in introducing to others.

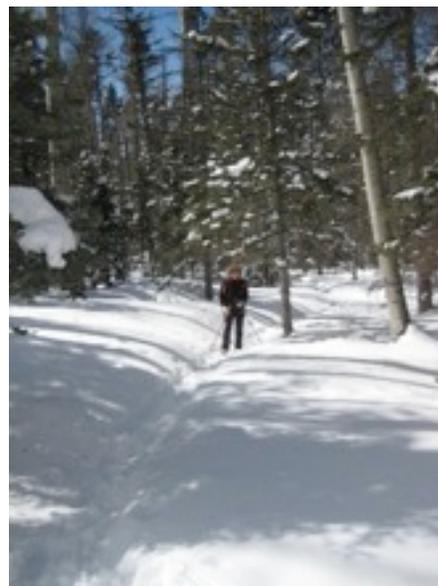
Today, I am living my dreams, and it is hard to believe that less than 24 months ago I had absolutely no idea how to do anything about the predicament I had put myself in. The truth is, not knowing was a powerful place to be in because I finally gave up trying to solve my problems. I believe that connecting to nature had everything to do with my healing. And, it just keeps getting better and better!

I have been told, without knowing it, spending time in nature was the most important thing I could have done - better than any anti-depressant! “It is like a miracle drug!” says Qing Li, Ph.D., one of many researchers who are backing up the theory that nature can lower your blood pressure, fight off depression, beat back stress - and even prevent cancer (to see the Outside Magazine article about this - [click here](#)).

Tom Maguire, Director of Santa Fe Cultural Tourism, told me when we were discussing the types of adventures I design and facilitate for others, that I was following [The Navajo Way of Beauty](#). I think he is right. I take people to places that seem to have no beginning and no end because of their great beauty, solitude, and joy...they are truly timeless, and have had a healing effect not only on me, but also on those that I introduce them to. We take a part of that back home with us and it seems to plant a seed...slowly transforming our lives into more peace, balance, and beauty - if we nurture it.

Whether you go with me on one of the adventures I plan, or you just start taking a walk in the woods a couple times a week, the benefits of spending time in nature are cumulative, and the curative effects vastly underestimated. I know it can help anyone - it certainly changed my life! ~ Deborah

www.timelessjourneys.net



We still have one space available on our Baja Cave Painting trip this December, a couple spaces on our whale trips next Spring, and three spaces on

the Africa trip next June. Contact me if interested; they fill up fast!

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