

# Welcome

*Breakout Session:*

**Building Authentic Connection —**

**The Stories from our Past Weave a Vision for the Future**

**Peter Johnson, Jon Young, Lonner Holden**

# Remembering

*“We live because 100 years ago our ancestors dreamed us.”*

- Gene Tagaban, Indigenous Tlingit Elder

**Based on the Fred Talk & Slides from**

**Fostering Resilience & Love in Family Systems**

# Arriving

- ▶ Wiping off road dust
- ▶ Gratitude

# The Journey

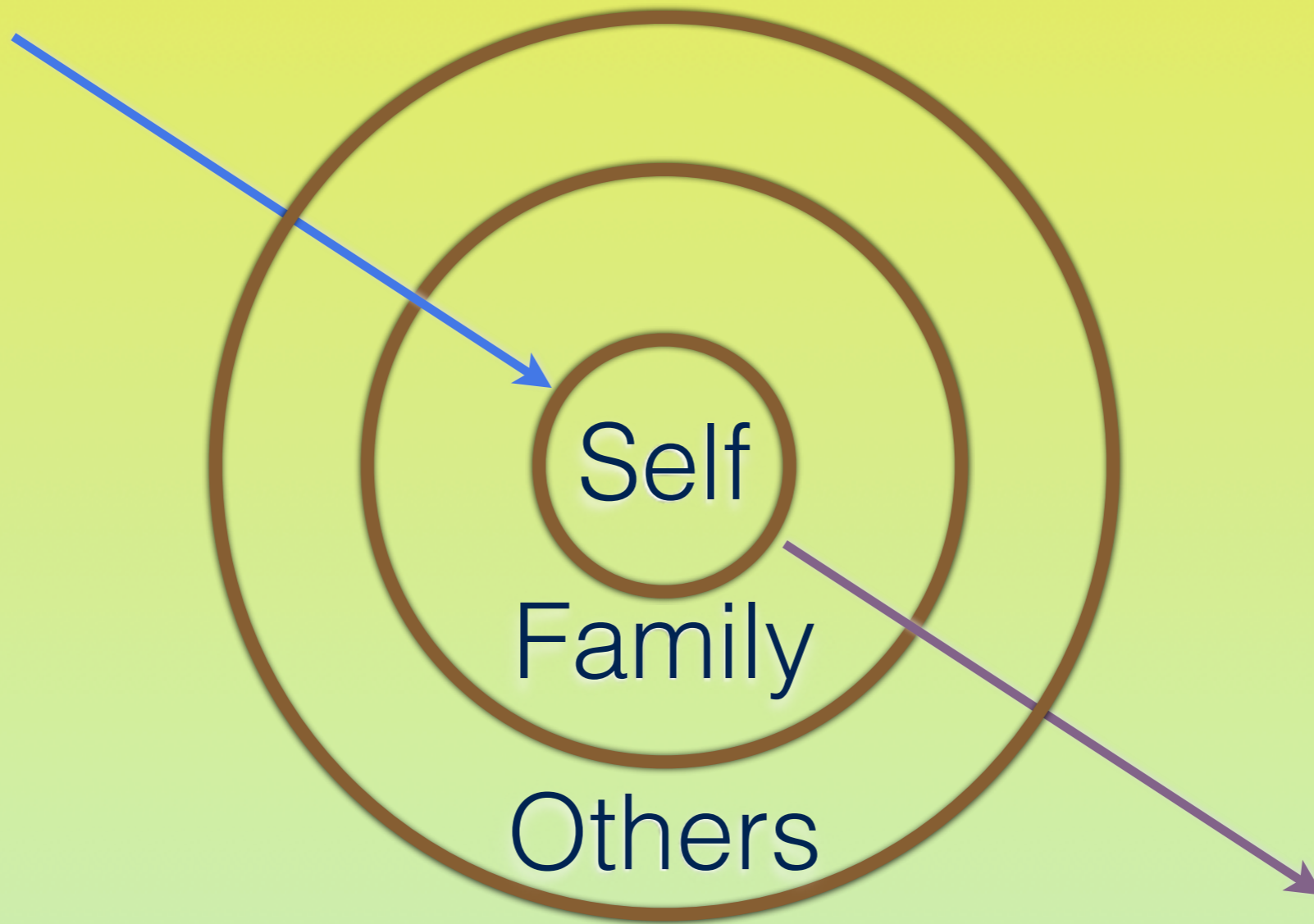
Legacy to Nature and Back

# Intention

- Leave you with a clear understanding and tools to access what's possible for you and your clients in the vast world beyond words and ideas:
  - Normalize Connection Challenges
  - Introduce Interpersonal Neurobiology
  - Provide Access Through Simple Connection Practices

# *5 Realms of Human Life*

Ancestors



Unborn

This is about love passing through:  
Ancestor <————> Us <————> Unborn



**What *IS***

**Deep Nature Connection?**





# First Exercise

- ▶ #1: Early Life Landscape Meditation
- ▶ A place you went regularly when you were young where you felt:
- ▶ Safe, alive, senses awake, imagination free, sense of freedom, timelessness, belonging;
- ▶ A landscape can be wild, rural, urban, social

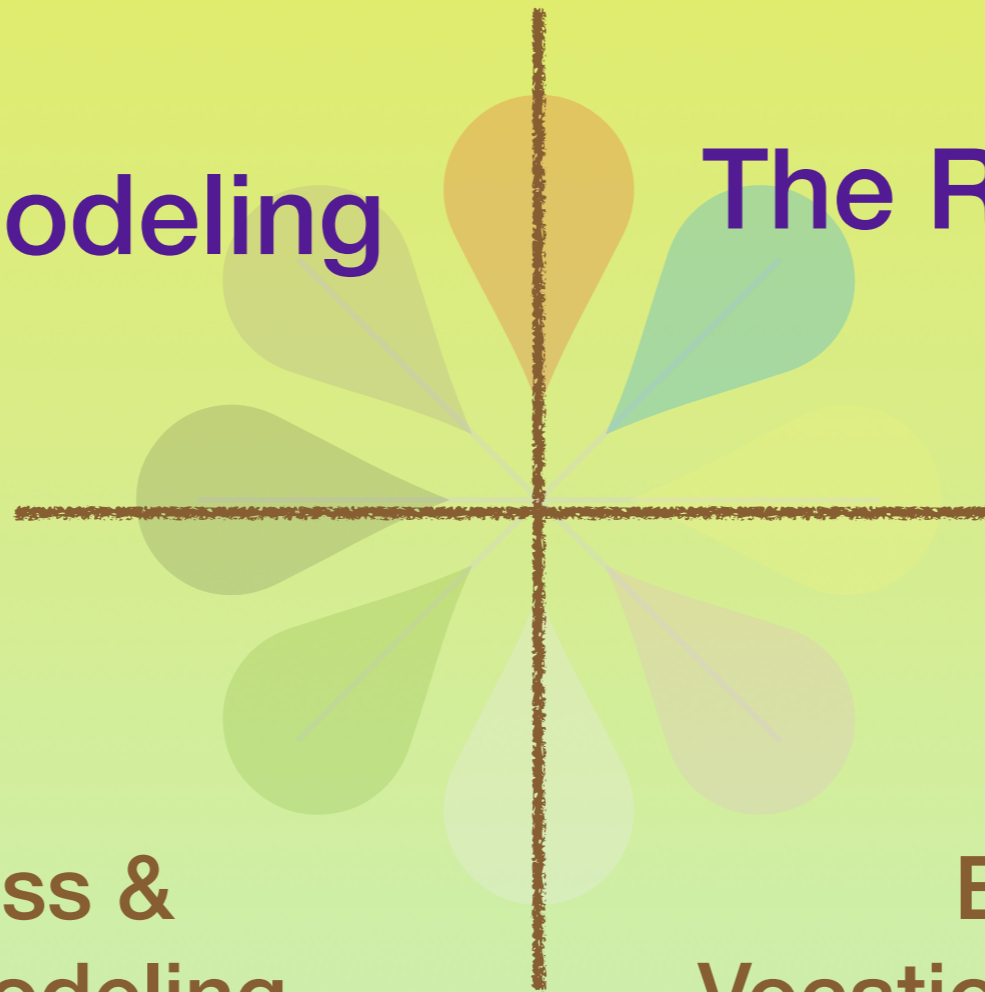
# 4 Types of Relational Modeling...

Connection Modeling

The Role of Culture

Health, Fitness &  
Recreational Modeling

Education &  
Vocational Skills Training



**What are the benefits of  
Deep Nature Connection?**

# ***ATTRIBUTES OF CONNECTION***

**Love**

**Aliveness**

**Presence**

**Visionary**



**Happiness**

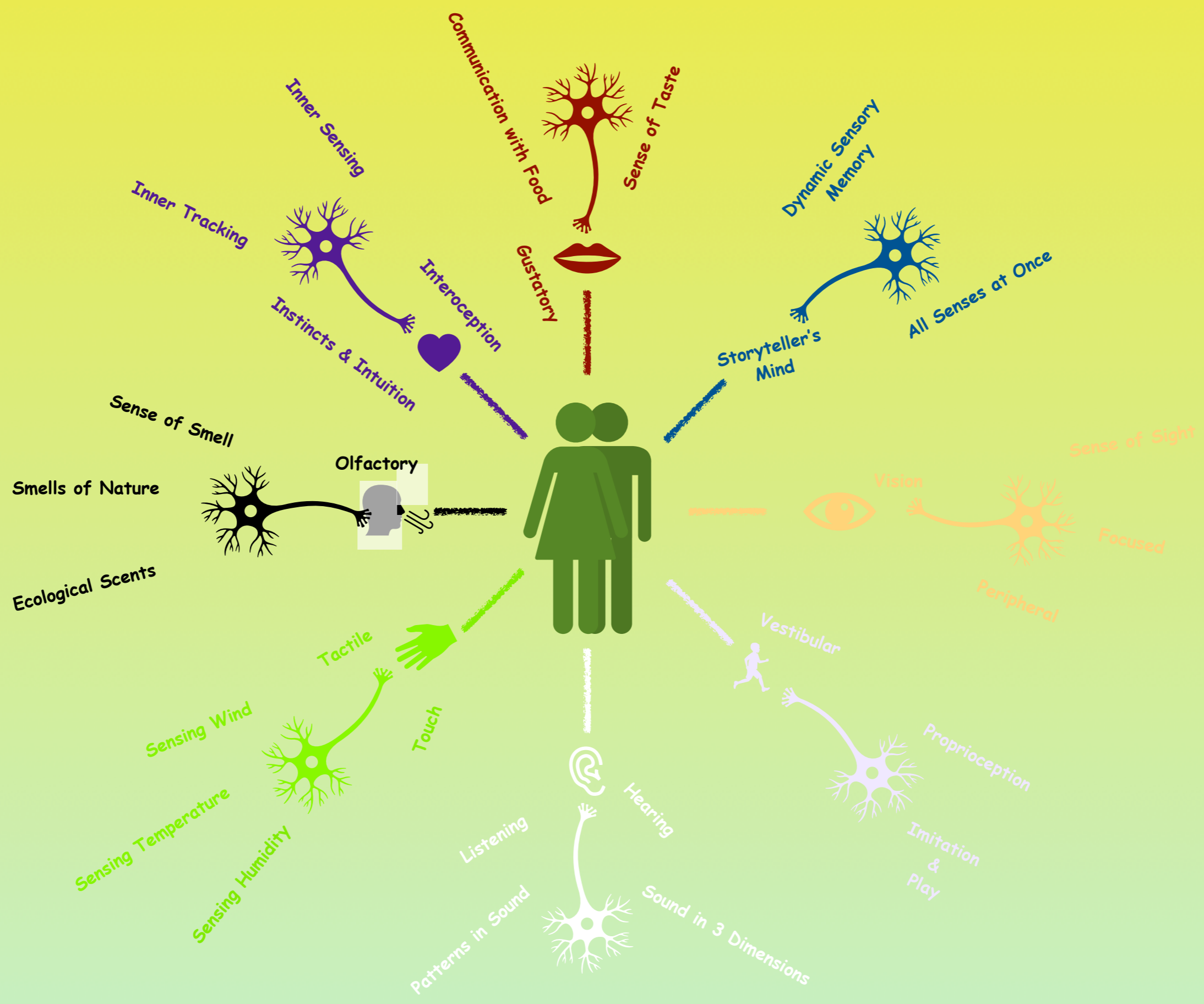
**Empathy**

**Vitality**

**Focus**

# How do we get to Deep Nature Connection?

- *Resilience*
- *Capacity*
- *Love*



Smells of Nature  
Ecological Scents

Sensing Wind  
Sensing Temperature  
Sensing Humidity

Listening  
Patterns in Sound  
Sound in 3 Dimensions

Imitation & Play  
Proprioception

Vision  
Sense of Sight  
Focused  
Peripheral

Vestibular  
Proprioception

Storyteller's Mind  
All Senses at Once

Dynamic Sensory Memory

Interoception  
Instincts & Intuition

Inner Tracking

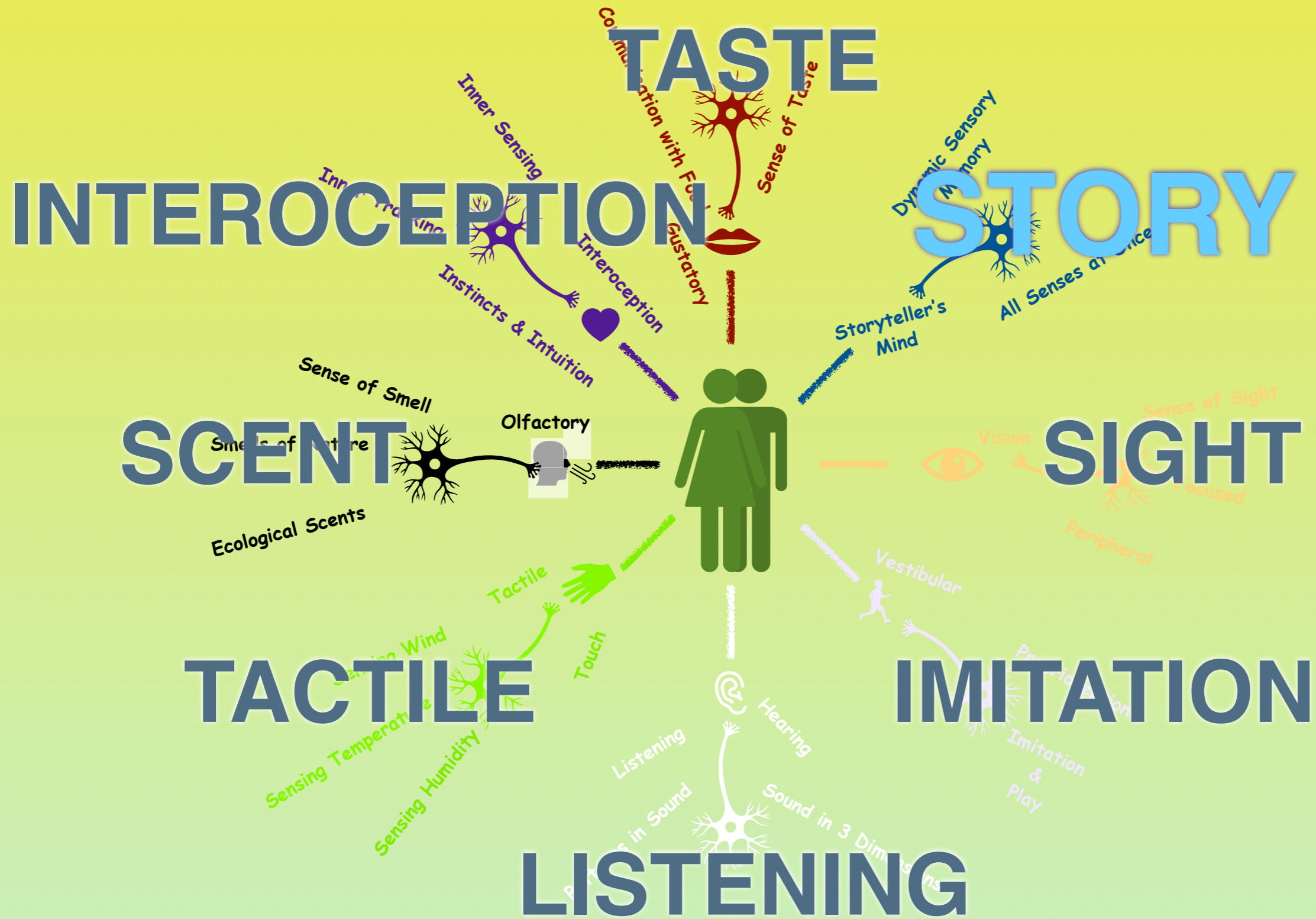
Inner Sensing

Communication with Food  
Sense of Taste

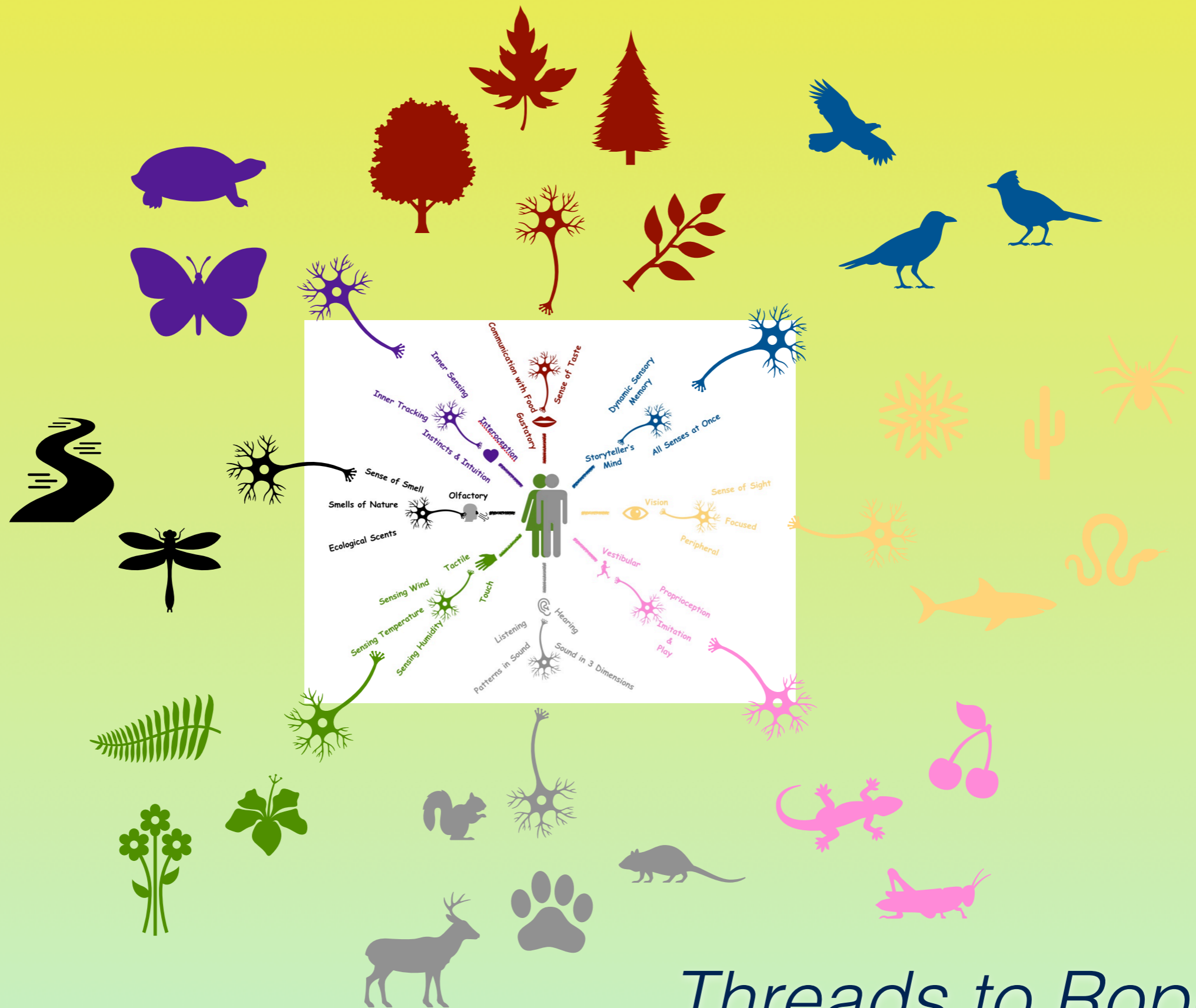
Gustatory

Tactile  
Touch

Olfactory

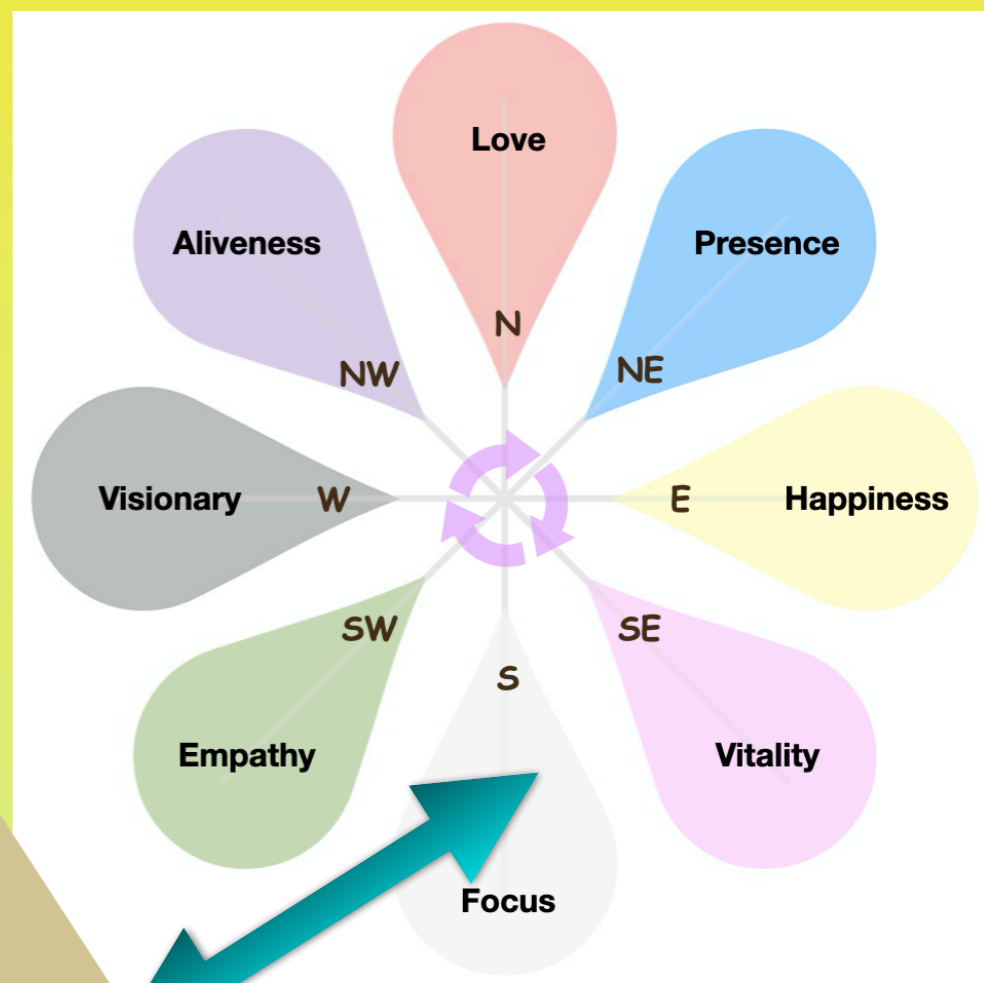
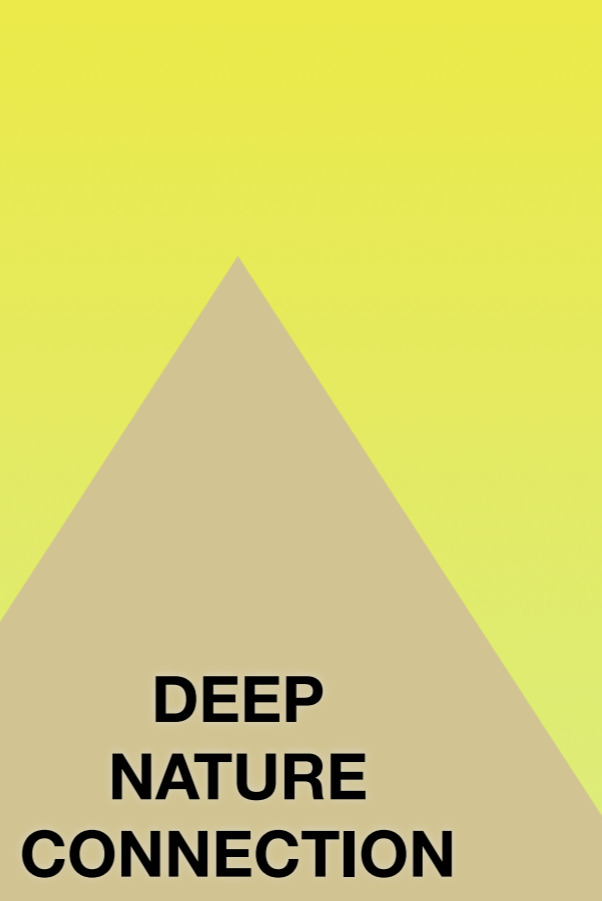
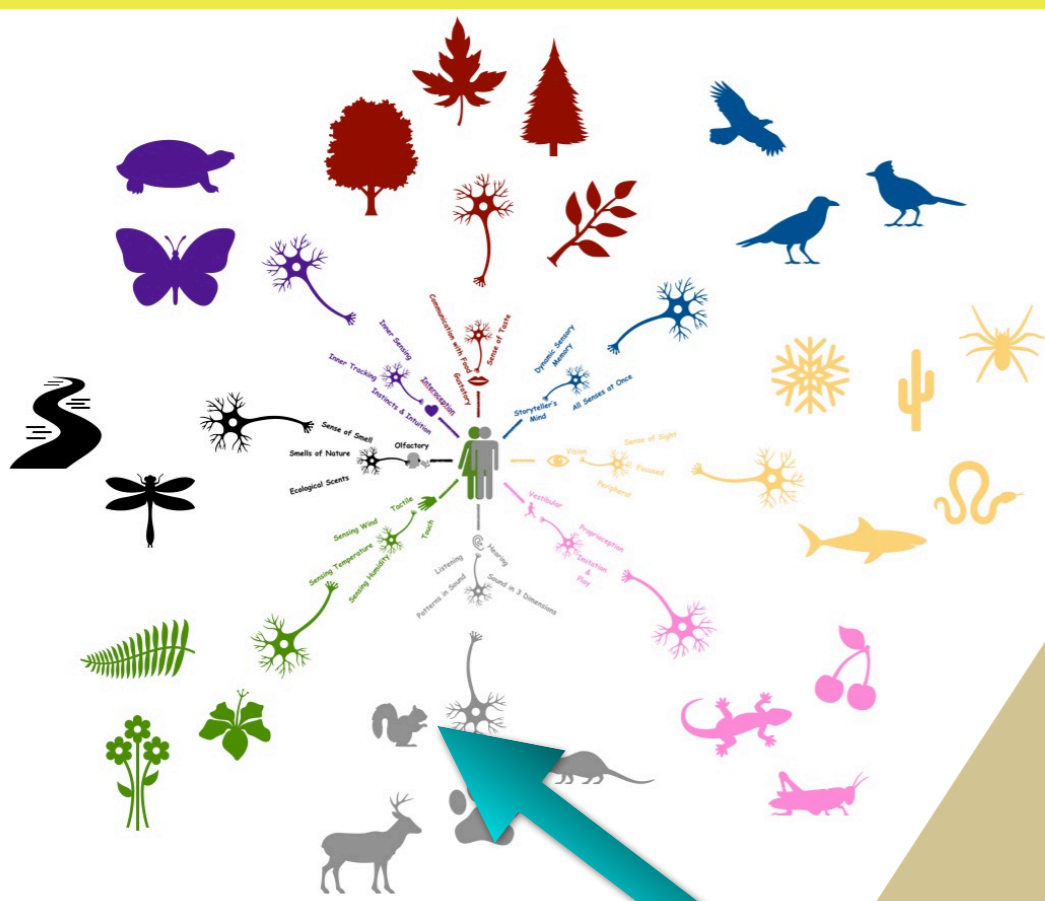


# RELATIONSHIPS & BONDS



*Threads to Ropes...*





**DEEP  
NATURE  
CONNECTION**

**SENSES AWAKENED & INTEGRATED  
BONDS WITH NATURE & PEOPLE**

**CAPACITY FOR CONNECTION, LOVE & RESILIENCE**

***People Journey***



***Nature Journey***

# Second Exercise

- ▶ Exercise: Most memorable impact on client
- ▶ Goal: to activate the energy of their professional client deep connection relationship & to realize they can influence family / client culture in a positive direction (the gift of contributing in being human)

# ***Greetings & Welcoming***

***Wiping Off Road Dust***

***Culture of Allowance***



***Gratitude***

***Unconditional Listening***

***Finding Gifts in Others***

A basket to

Support

Sharing

Stories &

Integrating

Senses

*“We live because 100 years ago our ancestors dreamed us.”*

- Gene Tagaban, Indigenous Tlingit Elder

**Can you remember how?**

**Who dreamed or helped you?**

**Who you have helped?**

**“Out beyond ideas of wrong doing and right doing,  
there is a field. I’ll meet you there.**

**When the soul lies down in that grass,  
the world is too full to talk about.**

**Ideas, language, even the phrase ‘each other’  
doesn’t make any sense.”**

**~ Rumi**

Thank you!

*Join Peter, Lonner, and Jon for*

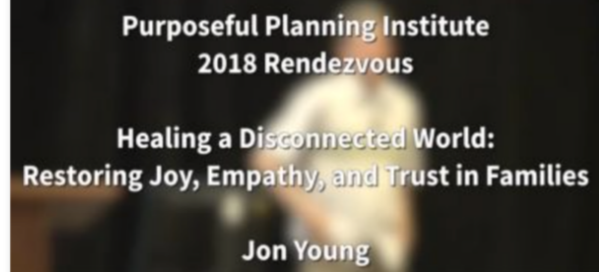
Our Free Webinar:

***Nature Connection Essentials***

August 19, 2020 @ 11:00am

## Building Authentic Connection

The stories from our past weave a vision for the future.



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