



# The Beauty of the Earth Exercise

In this exercise, you may want to have any resources regarding your beliefs close at hand for reference. You will be exploring how your belief views the Beauty of the Earth, and whether it resonates with your inner-experience. Feel free to dig deep, and express yourself in any way that is comfortable for you, ie: writing, drawings, images, etc. You may also want to record your answers in your journal. This exercise is for you and your own personal use. You may share it with others, or not.

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1. The over-arching theme of my beliefs regarding the Earth and our connection to it is:

2. When I think about the Earth, my inner-experience tells me:

3. When others, whether of my beliefs or not, talk about the Earth, I sense \_\_\_\_\_ inside: (write your answer that fills in the blank in this sentence in the space below.)

4. When I am in nature, I sense \_\_\_\_\_ inside: (write your answer that fills in the blank in this sentence in the space below.)



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5. When I see pictures or video of beautiful places on Earth, I sense \_\_\_\_\_ inside:  
(write your answer that fills in the blank in this sentence in the space below.)
  
6. When natural disasters occur, I sense \_\_\_\_\_ inside: (write your answer that fills  
in the blank in this sentence in the space below.)
  
7. When it comes to the natural world, I feel or would feel most at peace when I am  
surrounded by:
  
8. I view the natural world as:
  
9. My beliefs tell me that my responsibility to the natural world is:
  
10. My inner-experience tells me that my responsibility to the natural world is: