



The Sky and Earth Touched Me: Sharing Nature® Wellness Exercises

Joseph Cornell

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Crystal Clarity Publishers is thrilled to announce the release of a new classic by the world-renowned and highly regarded nature educator and author, Joseph Bharat Cornell.

Cornell's classic bestseller, *Sharing Nature with Children*, sparked a worldwide revolution, connecting hundreds of thousands of educators and children with the renewing powers of Nature.

Now *The Sky and Earth Touched Me* will work similar wonders with adult nature lovers.

Grand Prize Winner for Non-Fiction, Next Generation Indie Book Awards

Winner Science/Nature/Environment category, Indie Book Awards

Gold Medal Winner for Best Environment/Ecology/Nature Book, IPPY Book Awards

This book takes the Sharing Nature exercises to a much higher level. It encapsulates a “Healing in Nature” program that can be used by individuals and professionals such as educators, naturalists, health practitioners, and religious leaders.

There is a tremendous power in these exercises. Those who practice them enthuse: “I felt euphoria, and that I was one with everything.” “It made me feel like I was actually a part of the sand and ocean. I was moving with the waves.” “I found myself expanding farther and farther into nature.” “The exercise slowed down my observations. It sounded so simple, yet it was so strong.” “I knew that I belonged to the forest. I could feel the tree breathing, and enjoyed a sense of unity with it.”

Reading *The Sky and Earth Touched Me* expands the self, and nourishes the soul. These exercises can take people beyond themselves, beyond their daily problems, and bring them to a higher level of consciousness.

Cornell is a master storyteller, with a gift for sensitizing others to the great outdoors. Readers are uplifted, and transported to lakes, canyons, and woodlands while reading his words. He weaves magic with science, poetry with instruction, with delightful serenity. He invites readers, through their senses and intuition, to launch their own exploration into a magical world.

To fully enjoy this book and its exercises, read *The Sky and Earth Touched Me* outdoors in a beautiful setting such as a garden, backyard porch, or nature park.

As readers practice each of the exercises, they will experience invaluable nature awareness principles. While Part One is designed for personal practice, Part Two contains exercises that can be shared with a friend or a group of friends.

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