

Nature Relaxation

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This is **My Article**:

- **Nature Relaxation**

*It is **About**:*

Relaxation

*A **Thing** that is
Dear To Us All*

We All **Know**:

- **Relax**

Whether it is:

At Home

At Work

Or

***Visiting** A Distant Place*

*We All **Know***

Relax

I **Think** What:

- **Relax Really Means**
- Is
- To **Return To Peace**

After:

*Getting Our **Work** Done*

*We **Relax***

Relax is Important To Us

When We:

Do Relax

We Usually

***Choose A Place** for it*

One **Possible:**

- **Place To Relax**
- Is in **Nature**

Whether We Are:

*Relaxing At **Home***

*At **Work***

Or

***Visiting** A Distant Place*

We Could

***Relax** Also*

*While **Visiting** Nature*

The **Idea** of:

- **Nature Relaxation**
- We **Know**

In

Nature Relaxation

*We Can **Recall***

*Nice **Things***

To Visit Nature

People **Like:**

- To **Visit** Nature

In The:

*Various **Reasons***

*To **Visit** Nature*

*Sometimes We Choose **Nature***

*For **Relaxation***

To Visit **Nature:**

- For **Relaxation**
- We Already **Know**

*To **Visit** Nature*

*We Usually **Like***

*Nature is **Positive***

A Time For Relaxing

Everybody Has:

- **Work To Do**

*We **Work**:*

*At **Home***

Or

*Out in **The World***

And We **Know** that:

- Everybody Who **Works**
- Wants To **Finish** Their **Work**

Well:

*After **Work***

*During **The***

Course** of Our **Day

We Want

*To **Relax***

Relaxing After Work:

- Is A **Common** Thing

*To **Relax** After Our **Work**:*

*We Look **Forward** To*

*Finding **Time** To **Relax***

*Is **Positive***

*When We **Do** Relax*

We Usually

***Choose** A **Place** for it*

So:

- **Relaxing** in **Nature**
- Is **Known** To **Us**

*This is **What**:*

***Nature Relaxation** is*

*There Are Many **Ways**:*

*To **Relax**
And **Here** We Wish To **Discuss**
Relaxing in Nature*

Nature Relaxation:

*Is A Great **Way**
To **Relax***

During Our Busy Day

*As I **Say**:*

- Everybody Has
- **Work to Do**

Whether We:

*Work At **Home**
Or Out in The **World**
We Get **Busy** During Our **Day***

*During Our Busy **Day**
We **Work***

Some Work examples

*Look At **This Story***

Maybe We Are:

*Having A **Busy Day**:*

*There were **chores** to do
We had to **go** to our job
Somebody **called** and wanted **help**
Or maybe it was
Hard to **put out** the cat*

*Let Us **Say**:*

*That We **Had** A Busy **Day***

So:

- After **This**
- The Busy **Day**
- We Might Just **Want**
- To **Relax**

Relaxation We Need

*Finding **Relief**
After **Work**
Does Make **Sense***

*We Get **Busy**
During Our **Day***

*To **Relax:***

*After Our **Work**
We Look **Forward To***

Finding **Time To Relax:**

- Is **Positive**

*When We **Relax**
We Usually
Choose A Place for it*

Nature Relaxation:

*Is A Great **Way**
To **Relax***

Our Usual Relaxing

During Our **Busy Day:**

- We **Need To**
- **Relax** Some

*We **Need:***

*To **Relax**
In Order To
Keep **Going***

For **Relax:**

- We Could:
- Sit in A **Chair**
- Put Our **Feet** up
- Read A Good **Book**
- Or Also
- We Could **Go**
- And
- **Visit Nature**

To:

Visit Nature

Is

A Way To Relax

To:

Visit Nature

Is Known To Us

In Nature:

There Are

Many Beautiful Sights To See

So:

- Besides Our
- **Usual** Relaxing
- Like
- **Sit** in A Chair
- Put Our **Feet** up
- **Read** A Good Book

We Could Go

And

Visit Nature

To Relax

The Idea of:

Nature Relaxation

Is A Great Way

For Finding Relief

Thinking About Nature

We All **Know A Lot:**

- About **Nature**

And:

*The **Idea of**
Visiting Nature
Is **Known to Us***

Well:

- When We
- **Think About Nature**
- We Can **Start**

We: Can:

***Think of Things** like:*

*Beautiful **Mountains**
Green **Valleys**
The Coastal **Beaches and Scenes**
Or
A Quiet **Meadow***

These Are Just:

*A **Few of The Things**
To **Find in Nature***

If We:

- **Visit Nature**
- Like
- For **Relaxing**
- We Usually
- **Choose A Place** for it

*Most **Places**
That We **Think of**
In **Nature**
Are **Positive***

*There Are Many **Things**
To **Find in Nature**
And One **Thing is Relaxation***

About Nature

In Nature:

- It is **Peaceful** and **Refreshing**

We Love The Air in Nature

So:

- It Could Be
- **Possible**
- To **Relax** There

Nature Offers Us:

- So Many **Ways** to **Relax**

In This Article:

- **Nature Relaxation**
- We **Wish** To **Talk** About
- The **Benefits** of
- **Relaxing** in Nature

Also, We Can See:

*How To Make
The **Best** of Our **Time** There
Visiting Nature*

We Pine for Nature

Nature is Natural

In Nature:

*The **Air** is Always **Fresh***

So, it is **Natural** for Us:

- To **Pine** for **Nature**

*We **Like** Nature:*

*The **Outdoors***

*It is in Our **Human Instinct***

*We **Yearn** for:*

*The Great **Outdoors** (Nature)*

And

*We Get **Relief** with*

Nature

*In **Nature**:*

*We **Find***

*The Vibrant **Scenes***

*And **Fresh Air***

*So, it is **Natural** for Us:*

*To **Pine** for **Nature***

*We **Like** Nature:*

*The **Outdoors***

*It is in Our **Human Instinct***

Nature Freshness

Maybe The **Best** Thing About:

- **Being** in **Nature** is:
- How it **Relaxes** Us
- and How **Rejuvenating** it is

So:

*The **Idea** of*

***Visiting** Nature*

Can Be

On Our List

Nature **Freshness**:

- We **Know**

*People Have Written **Books**:*

*About **Nature Beauty***

In **Nature**:

- With it's **Beauty**
- We **Find**
- The Nice **Settings**

When We:

Visit Nature
We **Want To**
Be **with** it

It is **Fun**:

The Vibrant **Scenes**
And Fresh **Air**

So:

When We Really **Want**
To **Relax**
Then We **Know** that
We Can **Do** it in **Nature**

It is **Natural** for Us:

To **Pine** for **Nature**

Ways To Relax in Nature

When We:

- **Go** to **Nature**
- We Usually
- **Choose To Go** There

For example, We **might**:

Make A Plan
Which **Place** will We Go
What should We **bring**
Do We **need** the car
Or
Should We **bring** food

Also:

- We probably **Wonder**
- What We will **Do** There

*There Are Many Ways
To **Go To Nature***

We Will **Discuss**:

- **Talk A Little** About
- Some Main **Ways**
- Of **Relaxing** in **Nature**

The Idea Of Nature Breathing

One of The:

- First **Lines**
- That We **Think** of
- About **Going** to **Nature** is
- To **Get A Breath** of **Fresh Air**

There Really is:

*No Better **Air** to **Breathe**
Than in **Nature***

We All **Know**:

- Our **Breathing**

Breath** is **Life

***Breath** is:*

*The Most Basic **Thing**
In Our **Life***

There is:

*No Better **Air** to **Breathe**
Than in **Nature***

So:

- **Breathing** Fresh **Air**
- In **Nature**
- Sounds **Positive**

*Most of **Us**
Already **Know**
Good **Air** in **Nature***

So:

- In **Nature**
- We Can **Remember**
- **Nature Breathing**

*We **Remember** that:*

*In **Nature***

*We **Must***

Fit in

For example:

- In **Nature**
- We Don't **Breathe The Same**
- In Different **Settings**

*At The **Beach***

*One **Breathing***

*On The **Mountain***

*An Other **Breathing***

So:

- When We **See** This
- **Being** with **Nature**
- The **Idea** of
- **Nature Breathing**
- Can Be **Fun**

*In **Nature***

*We Can **Remember***

Nature Breathing

Seeing Natures Sights

There Are:

- Many Nice
- **Things To See**
- In **Nature**

*And, **Also:***

*In **Nature***

*It is So **Big***

Sometimes:

- In **Nature**
- We Could **Feel**
- The **Energy** Of
- The Whole **Universe**

Whoa:

In Nature
*It is So **Big***

For example:

- We Could **Appreciate**
- Seeing **Natures Sights**

In Nature:

*With it's **Beauty***
*We **Find***
*The Nice **Settings***

We Could:

*Take A **Minute***
Look** At The **Stars

We Could:

See** The **Sun
Appreciate** The **Air

*There **Are:***

Many Nice
Things To See
*In **Nature***

Visiting Nature:

- Helps Us **Connect**
- With These **Things**

***Visiting** Nature*
Means
***Being** with Nature*

So:

- Besides
- **Breathing Good** in Nature
- We Could **Appreciate**
- Seeing **Natures Sights**

Oh, The Settings There, in Nature

*What A Good Place
To Get A **Breath** of **Fresh Air**
Nature*

*There Can **Be**:*

***Positive Ways**
To **Relax** in Nature*

Nature Is In Us

When We **Go To Nature**:

- We **Commune** with Nature

Nature is In Us

*Visiting Nature
Means
Being with Nature*

So:

- When We **Go To Nature**
- We **Commune** with Nature

*We **Commune** with Nature:*

*By Spending **Time** with Nature*

When We **Practice**:

- **Nature Breathing**
- We Can
- **Be** with **The**
- **Vital Energy** There

*Nature's **Beauty** is **Full***

In Nature:

*We Can **Feel**
How **Nature** is
So **Core To Us***

*We Are **Not:***

Separate from Nature

So:

- **Nature Can**
- **Be A Friend**

*We Probably **Feel:***

***Best**
When We **Are**
In Nature*

So:

*To **Practice**
The **Nature Breathing**
Can Be **Positive***

*We Can **Find**
Nature Relaxation*

Our Relationship With Nature

Nature:

- **Is in Us**

*It is **Around Us:***

*We Are
Connected with Nature*

*Even **By:***

*Our Very **Breath**
The **Vital Air**
We Are
Connected with Nature*

In Our:

- **Connection** with **Nature**
- We **Find** Our
- **Relationship** with **Nature**

*Nature is **In** Us*

Walter Kirn Says:

*Just **breathing** can be
Such a **luxury** sometimes*

The Quiet Of Nature

Nature's **Peace**:

- Is **Great**

*I Have **Said** that:*

*To **Visit** Nature
Can **Be**
A Good **Idea***

*This **Article** is **About**:*

Nature Relaxation

I **Think** What:

- **Relax** Really **Means**
- Is
- To **Return** To **Peace**

The **Quiet** Of **Nature**:

- Is **Super**

*The **Quiet** Of **Nature**:*

*Can **Be**
Reason To **Visit** Nature*

When We **Are**:

- **In** Nature
- Life **Slows** **Down**

In:

*The **Quiet Of Nature**
There is
To **Return To Peace***

When:

***In Nature**
We Can
Find A Good Rhythm*

Nature:

*Can **Help** Us*

With:

*The **Quiet Of Nature**
We Could*

***Stop** overactive thinking
Improve Our interactions with
Ourselves and others
Find Greater Kindness
Have **Respect** for All Things*

So:

*The **Quiet Of Nature**
Can Be
Reason To Visit Nature*

Improving Our Focus

In Nature:

- We Are **with** Nature

Some People:

***Go To Nature**
To Forget All Else*

When:

- **In** Nature
- We **Must**
- **Focus** Ourselves

We **Know** that:

Nature is Big

Whoa

How **Big** is **Nature**:

Whoa

By **Focusing** in **Nature**:

- We Pay **Attention**

Besides:

The **Birds** and The **Bees**

Nature is Full

In **Nature**:

We **Manage**

Our **Breathing** in **Nature**

Our **Relationship** with **Nature**

Our **Time** with **Nature**

So:

- **Focusing** in **Nature**
- Makes **Sense**

Just **Managing**:

Our **Time** in **Nature**

Sensibly and **Effectively**

Is Good **Practice**

We Might Even **See**:

A **Rainbow** in **Nature**

Nature is Big

By:

Focusing Ourselves

In **Nature**

Managing Our **Time**

We Can **Gain**

Calm and **Peace**

Nature's Peace

In **Nature**:

- With
- The **Quiet Of Nature**
- We Can **Find**
- Our **Nature Relaxation**

*Nature's **Peace**:*

*We **Know***

In:

*The **Quiet Of Nature**
We Can **Practice**
Good **Focus***

***Centering** Ourselves
By **Focusing On Nature**
Gives Us **Balance***

Both:

- **Body and Mind**
- For **Us**
- In **Nature**
- **Find** The **Freshness of Nature**

*Nature **Does**
Offer Us Freshness*

Nature's **Peace**:

- Can Be **Relief**

With:

*Good **Breathing Practice**
In **Nature**
We Can **Be**
Acquainted with **Nature***

With:

*Good **Focusing**
In **Nature***

*We Can **Be**
Acquainted with Nature*

With:

*Good **Time Management**
In Nature
We Can **Be**
Acquainted with Nature*

*Helping **Ourselves**
With Nature
Then
Nature Can **Like Us***

This is:

Yay

ENDING

Us and Nature:

- **Is Possible**

*Nature is **in Us***

*We **Feel** Nature*

So:

- **Somehow**
- We **Know** Nature

Yet:

*Nature is **Big**
Whoa*

*How **Big** is Nature
Whoa*

To **Visit** Nature:

- Can **Be**
- A Good **Idea**

*We Have **Seen:***

*Several **Reasons**
To **Visit** Nature*

*People **Have:***

*Their **Ways***

*Nature **Has:***

Variety

So:

*To **Visit** Nature
Can Be **Fun***

*Positive **Nature Plans**
Are **Possible***

Then:

*This **Way**
We **Believe** In
The **Nature Relaxation***

*This is **Article** is **Called:***

Nature Relaxation

*We **Can:***

***Visit** Nature
In Any **Season***

*Winter
Summer
Spring
Or Autumn*