**REVIEW: Because the deterioration of personal, social and environmental well-being has been increasing since 1975, the scientific remedy for it demonstrates that:**



1. Our lives are life moments of our scientifically determined Universe. In its life the difference between life and death is not clearly defined since they continuously transform into each other.   
  
2. Any and all things are held together by Unified Field moment natural attraction. “Held together” and “natural attraction” and “the essence of love and life” are identical.

3. Other than humanity, nothing else that is part of the life of our planet has the ability to articulate or understand stories. “Organism Earth” is non-literate. We enjoy story and non-story ways of knowing.

4. We inherit 54 natural senses, not just 5, whose intelligence and balanced information our science and technologies are designed to ignore. Although sensation is an obvious fact of life, it is “subjective” and therefore usually taboo to scientific or objective thinking.   
  
5. We live *in* the aliveness of Earth, not *on* our planet. The dance of our personal life is a part of and within the biosphere dance of Earth’s life. The desire of Earth’s dance to survive is its and our greatest intelligence and motivation however we live 99 percent of our lives in Nature-disconnected stories.

6. The life of Nature/Earth organizes itself into an attractive optimum of self-correcting diversity, balance, cooperation, wellness and peace that does not produce garbage. There are no negatives in Nature. All things belong and transform into more attractive relationships that support life. To this end, the fittest are those things that are the most attractive cooperators with other things.

7. Nature/Earth’s life dance is unified. Like the mathematical sequence of 0-9, each and every thing is attached by attractions that are conscious of what came before them and to what comes after them.

8. We have the ability to increase personal and global well-being by reasonably enabling the life of our 54 natural senses to create connection moments in natural areas that let Earth teach. In these moments our senses safely connect with authentic Earth’s aliveness while it loves and supports them, as would any good mother. This evidence-based, nurturing relationship enables our scientifically invalid stories to re-integrate with their scientific origins in Earth's life, transform, and recycle into connections that support the life of our planet and us. This conforms to Quantum Physics findings.  
  
9. We suffer from our disorders because our Nature-disconnected stories seldom encourage us think, feel and act like the undeniable, moment-by-moment, whole life way that Earth and self-evidence work. The latter builds life in cooperation and diversity that produces no garbage.

10. Backyard or backcountry, when we reasonably connect our 54 senses to attractions we look for in Nature, we increase personal, social and environmental well-being. This is because the attractions we find in natural areas are our personification of Nature doing the finding.

**For additional information visit www.ecopsych.com/journalwarranty.html**

**Project NatureConnect  
www.ecopsych.com <nature@interisland.net> (360) 378-6313**

Director: Michael J. Cohen, Ph.D. *Principles of Organic Psychology* Portland State University

**MAVERICK GENIUS WALK: Explore unique 54-sense facts and ecologically sound attraction/loves that enhance educating, counseling and healing with Nature** (see inside page)**.**

**We hold this whole life truth to be self-evident:** The truth is that when something is self-evident it means that we don’t have to think about its truth or prove it. It has to be true, like 1 + 1 = 2 or like the sensation of thirst connects us to water and the global life of the water cycle. We can undeniably experience Thirst signaling to our sense of consciousness that we need and are attracted to water. When we drink it we experience that Thirst is also smart enough turn itself off when we have enough water so we don't drink excessively and explode ourselves or upset the balance of our Living Planet’s water cycle. Similarly, when we pinch ourselves too hard our sense of Pain signals us to do something more attractive.  
  
**It is self-evident** **to you** that your sense of sight registers these words right now. Better still, it is also self-evident that no matter the date, time and place, we both know the sentence to be true because you and I consciously experience it in the truth of “Now.”

To our sense of Reason it is also self-evident that Reason(42) along with Thirst(21) is not one of our commonly held five senses. Neither is our sense of Consciousness(43) nor Literacy(39) that reads words and conveys stories. Reason tells us that the story “we have 5-senses” is not accurate and that Thirst(21) and water and Pain(25) are *facts of life*, as are all of our 54-natural senses. Each is a self-evident sensory truth that our Consciousness(43) can experience and trust.

Like the sun will rise tomorrow until proven otherwise, humanity is the only part of the life of Earth with a sense of Literacy. We know, think, feel and relate through *stories* that abstract the world while *Nature is non-storied.* It only communes with its attraction connections. Scientifically, everything is held together by attraction, including humanity and attraction is conscious of what it is attracted to.

**Natural Area Activities**

1) For three or more minutes while walking or sitting quietly in a natural area repeatedly identify anything natural there as “nameless” or “attraction” or “love” or “me”.

2) Use the list on the next page to identify your attractions in Nature as word/stories by labeling them with the name of that attraction sense. Label as “blueprints” human-built things, stories or their results that you find. Reverse this; try to find in the natural area senses that are on the 54-sense list.

3) Keep in mind that each nameless attraction you find is doing the finding.

4) Thank each natural attraction and sense you discover for the good feelings it brings you to.

5) Enjoy the activity at **www.ecopsych.com/giftearthday1.html**

**Webstrings: Your Fifty-Four Natural Attraction Senses and Sensitivities**

**In a natural area whatever you find attractive is Nature in you finding itself**.

The Radiation Senses

1. Sense of light and sight, including polarized light.
2. Sense of seeing without eyes such as heliotropism or the sun sense of plants.
3. Sense of color.
4. Sense of moods and identities attached to colors.
5. Sense of awareness of one’s own visibility or invisibility and consequent camouflaging.
6. Sensitivity to radiation other than visible light including radio waves, X rays, etc.
7. Sense of Temperature and temperature change.
8. Sense of season including ability to insulate, hibernate and winter sleep.
9. Electromagnetic sense and polarity which includes the ability to generate current (as in the nervous system and brain waves) or other energies.

The Feeling Senses

1. Hearing including resonance, vibrations, sonar and ultrasonic frequencies.
2. Awareness of pressure, particularly underground, underwater, and to wind and air.
3. Sensitivity to gravity.
4. The sense of excretion for waste elimination and protection from enemies.
5. Feel, particularly touch on the skin.
6. Sense of weight, gravity and balance.
7. Space or proximity sense.
8. Coriolus sense or awareness of effects of the rotation of Earth.
9. Sense of motion. Body movement sensations and sense of mobility.

The Chemical Senses

1. Smell with and beyond the nose.
2. Taste with and beyond the tongue.
3. Appetite or hunger for food, water and air.
4. Hunting, killing or food obtaining urges.
5. Humidity sense including thirst, evaporation control and the acumen to find water or evade a flood.
6. Hormonal sense, as to pheromones and other chemical stimuli.

The Mental Senses.

(25-27 **are attractions** to seek additional natural attractions in order to support and strengthen well-being).

1. Pain, external and internal.
2. Mental or spiritual distress.
3. Sense of fear, dread of injury, death or attack
4. Procreative urges including sex awareness, courting, love, mating, paternity and raising young.
5. Sense of play, sport, humor, pleasure and laughter.
6. Sense of physical place, navigation senses including detailed awareness of land and seascapes, of the positions of the sun, moon and stars.
7. Sense of time and rhythm.
8. Sense of electromagnetic fields.
9. Sense of weather changes.
10. Sense of emotional place, of community, belonging, support, trust and thankfulness.
11. Sense of self including friendship, companionship, and power.
12. Domineering and territorial sense.
13. Colonizing sense including compassion and receptive awareness of ones fellow creatures, sometimes to the degree of being absorbed into a superorganism.
14. Horticultural sense and the ability to cultivate crops, as is done by ants that grow fungus, by fungus who farm algae, or birds that leave food to attract their prey.
15. **Language and articulation sense,** used to express feelings and convey information in every medium from the bees’ dance to uniquely human stories and literature.
16. Sense of humility, appreciation, ethics.
17. Senses of form and design.
18. **Sense of reason,** including memory and the capacity for logic and science.
19. **Sense of mind and consciousness**.
20. Intuition or subconscious deduction.
21. Aesthetic sense, including creativity and appreciation of beauty, music, literature, form, design and drama.
22. Psychic capacity such as foreknowledge, clairvoyance, clairaudience, psychokinesis, astral projection and possibly certain animal instincts and plant sensitivities.
23. Sense of biological and astral time, awareness of past, present and future events.
24. The capacity to hypnotize other creatures.
25. Relaxation and sleep including dreaming, meditation, brain wave awareness.
26. Sense of pupation including cocoon building and metamorphosis.
27. Sense of excessive stress and capitulation.
28. Sense of survival by joining a more established organism.
29. Spiritual sense, including conscience, capacity for sublime love, ecstasy, a sense of sin, profound sorrow and sacrifice
30. Sense of unity, of natural attraction as the singular Unified Field essence and source of all our other senses.

**Full information: www.ecopsych.com/insight53senses.html**

From Michael J. Cohen, *Educating, Counseling and Healing With Nature*