

10 Healing Activities in Nature, with Lines from Psalms/Tehillim as Kavvanot

In times of stress and despair, the world of Nature and the gifts of our senses can be sources of calm, solace, distraction, and inspiration. Here are some suggested activities, paired with a line from the Book of Psalms that one can say before, during or after as a way of dedicating the experience to healing, growth, or insight.

With enjoying the light of the sun, moon, or stars:

Ha-l'luhu shehmesh v'ya-rei-ah; ha-l'luhu kol khohvei or!
Praise God, sun and moon; praise God, all you stars of light!
(Psalms 148:3)

With planting seeds or nurturing plants:

V'haya k'etz sha-tul al pal-gei mayyim,
Asher piryu yi-ten b'ito, V'a-leihu lo yi-bol,
V'khol a-sherr ya'aseh yatz-liah.
Like a tree planted alongside streams of water,
which will yield its fruit in season, whose foliage will not fade,
and all it undertakes succeeds.
(Psalms 1:3)

With stroking a pet:

Tov Ado-nai lakol, v'rahavam al kol ma'asav
Ado-nai extends Goodness to all; Ado-nai's Compassion reaches all creatures.
(Psalms 145:9)

With breathing slowly:

Kol ha-n'shama t'hallel Y-ah; Kol ha-n'shama t'hallel Y-ah;
Let every breath praise Y-ah/God, Let every breath praise Y-ah/God!
(Psalms 150:6, twice)

With walking:

Horeini Ado-nai darkeh-kha
A'halekh ba'amitehkha
Ya-heid l'va-vi l'yir-ah sh'meh-kha.
Teach me, Ado-nai, Your Way, I will walk in Your truth;
Make my heart one/whole, in awe of Your Name.
(Psalms 86:11)

With walking through the woods:

Ya'aloz saddai v'khol asher bo, Az y'ra-n-nu kol atzei ya'ar!
Let the fields and everything in them exult; All the trees of the forest will shout for joy!
(Psalms 96:12)

With watching clouds roll by:

Ha-sha-mayim sha-mayim la-donai -- V'ha-aretz na-than liv-nei a-dahm.
The heavens belong to Ado-nai -- but the earth Ado-nai gave to humankind.
(Psalms 115: 16)

With enjoying bodies of water

*Asherr lo ha-yam v' Hu a-sa-hu,
V'ya-beh-shet yadav yatzaru.*
God's is the sea, God made it;
The land – God's Hands fashioned.
(Psalms 95:5)

With joining in sunrises or sunsets:

*Mi-mizrah sheh-mesh ahd m'vo-o
M'hu-lal shem Ado-nai!*
From the East, where the sun rises, to where it sets --
Ado-nai's Name is praised!
(Psalms 113: 3)

When handling or exploring rocks:

Even ma'asu ha-bonim ha-y'ta l'rosh pinah.
The stone rejected by the builders became the chief cornerstone!
(Psalms 118:22)