

An interview with nature



This exercise may seem a bit unusual but it's a great way to change our perspective and experience of the other living things we share the natural world with. It's also a chance to get in touch with your 'beginner's mind' and inner child and to feel a sense of kinship and belonging with other living things.

Instructions: Go for a walk and choose a natural feature, rock, plant or animal that catches your attention. Treat your choice as a fellow traveller like you who is also living out their life on planet Earth - whatever their experience of life may be.

In your interview, try to be curious about what the world may be like from this new point of view as you write the answers to the questions below. It's not about getting it right (we're never going to know what it's like to be a bird or a tree!), it's simply about being curious about what it *might* be like. Take your time to get into it and don't overthink it and use your imagination to come up with answers. Feel free to adapt and make up your own questions. Above all, enjoy yourself and be playful with it!

SUGGESTED QUESTIONS

For natural features, rocks and plants:

- How old are you?
- Have you always been the size you are now?
- Where did you come from?
- What is it like living in this particular place?
- Who comes to visit you?
- What events have you seen in your life?
- Is there something special you would like to tell me or teach me?

For animals:

- Where are you going? What are you trying to accomplish?
- Are you safe? Are there any predators you need to look out for?
- How are you feeling right now? What's your experience of the world?
- How do you feel about me being here?
- What do you eat and how do you find your food?
- Where do you live? Alone or with others?
- Do you ever travel to other places?
- Is there something special you would like to tell me or teach me?