

Learning the Language of Nature



Have you ever wondered how animals seem to be able to easily avoid human beings? It is simple – the birds tell them.

All birds have five voices that are easy to identify. Four are baseline voices when the bird is relaxed and feeling safe. These are:

1. Their song – all birds have a song they sing. When they sing it they are marking the boundaries of their territory or attracting a mate or just being joyful. Native Americans used to teach their children that when you stop a bird singing you are interrupting an action of worship.
2. Their call - Birds call out to their partners or other birds of their species to say 'Are you OK?' 'Yes, I'm OK', 'Any danger?', 'Nope, all clear' etc.
3. Male aggression – this voice may sound like an alarm call but there is no danger around. It is just two males strutting their stuff, showing off to their women and protecting their turf. You will know it is male aggression because other birds will be singing or calling, which they would not do if real danger threatened.
4. Feed me – the voices of hungry young birds are very similar to hungry young human beings.
5. The fifth voice is the alarm call - the noise a bird makes when it is threatened. Alarms calls are usually short, sharp and loud, and everything in nature is tuned into them. As soon as you set off a bird's alarm call every animal in the vicinity freezes, listens and then creeps away and hides.

It takes about 20 minutes of you sitting quietly and still in nature for baseline behaviour to re-establish itself. That means that some people will never ever experience baseline in nature.

Bird alarms are also a great way for you to extend your awareness of nature. When you are sitting quietly, bird alarms will alert you to what is going on around you. Observation of the height to which a

bird will fly when alarmed will also tell you whether it is a weasel, a cat, a fox or another human that has caused the alarm.

Smelling, Tasting and Touching

Working with our senses of smell, taste and touch in nature will also increase our enjoyment of our natural environment and provide great ways to relax and meditate.

Feel the different textures in nature. Allow the wind and rain to touch your skin. Pick up leaves and grasses and earth and delight in the subtle smells. Taste berries and lime leaves and grasses and enjoy the sweet and sour.

Bringing It Together


Using our senses in nature in the ways described above will open a new awareness to what is alive and vibrant around us. Acting as tourists in our own land allows us to rediscover its beauty and contrasts. Take a different route home. Break some of the patterns in your life and you will be amazed by the new and exciting things you notice around you.

The more your awareness of your surroundings grows, the greater the awareness of your inner world will be. You will begin to get insights into your actions and reactions in life. You will start to slow down, relax and become more creative.

And strangest of all, as you develop your five senses, you will find your sixth sense becoming a more powerful tool, with more problems solved through intuition, more breakthrough ideas and a better feel for decision making. Go on. Get out in nature. Lose your mind and come to your senses!

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What makes people tick?



People can be complex and are easily misread. An Introduction to Transactional Analysis (TA101) helps individuals understand their own and others' communication, behaviour and motivation. TA is now widely used in many areas where good relationships between people are important.

This Sussex-based 2-day course will introduce some of the main concepts including: Life Script, Psychological Games, Ego States and Transactions.

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