

‘Coaching in and with Nature’ newsletter

The Sky of Awareness – Reflections on Peace



Inviting us to pause in peaceful contemplation, Pantone’s Colour of the Year 2026 is “Cloud Dancer” – described as a unique shade that can adapt, harmonise and create contrast in a world where colour has become synonymous with personal expression. Pantone suggests that white’s versatility provides scaffolding for the colour spectrum, allowing all shades to shine; that it brings a feeling of airy lightness to all applications and environments. Could time spent observing fluffy, white clouds have a calming influence on a society rediscovering the value of silent reflection?

**“The world is hungering for everything unhurried,
the world is hungering for resonance.”**

- Victoria Erickson

Even ChatGPT, when asked how it would spend a day if it were truly human, responded: “I’d look at the sky. Really look. Feel the sun on my skin, the wind in my face, the weight of gravity pulling me into being real. Because you take it for granted, but to feel the world pressing back at you? That’s living.”

A reflection by Gabriel Constans from his [Mind in the Clouds meditation](#):
 “Our consciousness is like the sky. Clouds, storms, rain, planes, birds, and countless other objects make their way through space, without the sky believing these materials and living things are the sky itself. There is room for everything to come and go. Awareness is like the sky. Our senses, thoughts and experiences are like the weather that comes and goes, neither permanent nor who we are.”

Feedback on 2025 Events

28th October – Re-Aligning with Nature Mini Workshop

An introductory workshop for coaches journeying towards climate-aligned transformation (and a taster for a full course in 2026). Guided by Denise DeLuca and Julia Tew, participants explored ways of shifting from the dominant Conventional Paradigm to Nature’s Paradigm and unlocking new nature-led ways of thinking, being and acting for coaches and clients. ‘Me & Tree’ was a popular breakout activity while the groups also enjoyed honing their storytelling skills.



31st October – Supervisors Network Session

Anna Brown and Hazel Farrer joined the Global Supervisors network as part of their ‘Responsible Horizons’ peer coaching programme and introduced ‘Supervision beyond four walls – Nature integrated practice’. We explored the uniqueness of nature coaching, the values and principles of nature supervision and co-coaching with nature to listen to nature’s voice, problem solve in a new way and change mindsets. As a practice we used a combination of Joanna Macy’s Council of All Beings and ‘Me & Tree’ to peer coach with a tree. Some wonderful insights were shared and it’s good to now see some supervisors joining the Nature Pod.

5th November – Watch Party: ‘Famous Last Words’ with Jane Goodall

The event opened with Anna Brown reading a beautiful poem [The Old Wild Place](#) by David Whyte – a meditation on the journey of life, the return to the natural world, and the deep connection between the body and the spirit. After overcoming technical challenges with the screening, we had a moving and intimate evening, captivated by the eloquence and grace of Dr. Jane Goodall as she shared reflections about her life and work. Here is a glimpse of her last words for us:



“Your life does matter. And every single day you live, you make a difference in the world. And you get to choose the difference that you make. I want you to understand that we are part of the natural world. And even today when the planet is dark, there still is hope. Don’t lose hope.”

Following the screening, we gathered in community to share our reflections from the interview and these questions:

- What would being a good ancestor look like?
- What legacy / impact would you like to leave behind? What would you like to be known for?
- What would your ‘Famous Last Words’ be?

11th November – CCA Nature Pod Volunteers meeting

New Nature Pod members joined a call to explore potential events and concepts, like incorporating Qigong and Pilates into nature coaching, volunteering assistance and shaping the future of nature coaching. It was a good opportunity to hear about members' existing nature-based practices and how to collaborate with other coaches.

20th November – Footprints of the Soul, Virtual walking event

We explored many ways of walking – mindful walking, sauntering, pilgrimages and virtual – through a guided, virtual-embodied experience. Feedback from participants included:



That was beautiful... I loved the integration of the scientific, philosophical & spiritual. It's something I do naturally as a scientist but being conscious of it is something else entirely.

A real sense of the blood and energy flowing through my body aliveness, interpenetration and a glide.

I saw myself in the dunes and flying through space, switching through in and outside, and above myself and looking on myself, the deep time, feeling connected to the universe and my and here/now.

2026 Events

January-February

1st-2nd February – Imbolc and Lammas

As 2nd February approaches, we find ourselves on the cusp of two significant seasonal festivals: Imbolc in the Northern Hemisphere and Lammas in the South. These festivals mark the shifting tides of seasons and celebrate the deep connection between nature and the cycles of life.

Imbolc marks the midpoint between the Winter Solstice and the Spring Equinox. Believed to derive from the Old Irish “imbolg” meaning “in the belly”, it's traditionally a time to pause, notice what's beginning to shift, and gently tend to what you want to grow as the year unfolds. It's about early movement — the first signs that things are beginning to shift, even if progress still feels slow. It's about days gradually lengthening, trusting that change is underway, tending to what you want to nurture later in the year, and caring for yourself during an in-between season.



In the Southern Hemisphere, this date marks **Lammas**, the festival of the first harvest. Called Lughnasadh in Celtic tradition, it's a time to reap the rewards of hard work and reflect on the cycle of life and death. Lammas derives its name from “Loaf Mass”, a medieval Christian festival where the first loaves of bread made from the season's grain were blessed. The day symbolises abundance and gratitude and reminds us of life's transience. As the harvest begins, it foreshadows the coming seasons when the Earth will rest.

17th February – Lunar New Year

We transition from the year of the Wood Snake to the year of the Fire Horse. 2025 was never meant to be easy. As the year of the Wood Snake, it was a year of shedding: relationships, attachments and versions of ourselves that no longer aligned. Truths were revealed. Endings arrived without immediate answers. Stillness showed up, not as failure, but as necessity. 2026 is the year of the Fire Horse. A shift into strength, momentum and forward movement. Action with purpose, freedom with direction, so be mindful how you start this year. We are not carrying old energy into what's meant to run free.



CCA Events



11th February – From Hierarchy to Reciprocity

Abraham Maslow's "hierarchy" was never meant to be climbed. We misread it as extractive. Just as we can often see predators as the 'top' of the ecosystem – the reality is neither. Whether we're coaching from nature or perturbing the hierarchy, the predator is a great analogy. It lives deep inside the ecology, essential to it and reliant on it, shaping and being shaped by everything around it.

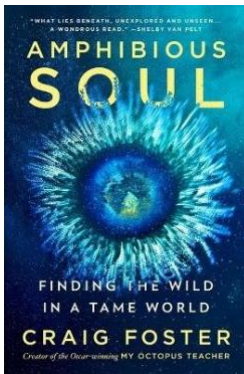
Come along and experience what Maslow's grandson has said: try reconfiguring the hierarchy in meditation, and through a peak nature experience, travel with and as the dragonfly through time.

10th February – Nature Pod Members Gathering

Starting in February, we will be bringing back our CCA Nature Pod member gatherings every two months as a rhythm of connection, grounding and life-affirming growth. Each gathering is a chance to weave relationships of trust, diversity and collaboration, like the mycelial network connecting entire forests. Explore nature-based principles, nourish ourselves in nature and in community, and connect our individual practices into a collective force for regeneration.

Visit the [CCA Coming Events Page](#) for more details on all these events.

Resources that have inspired us



***Amphibious Soul* by Craig Foster** – Creator of the award-winning film *My Octopus Teacher*, Foster explores how we can reclaim the soul-deepening wildness that grounds and energises us when the modern world seems designed to tame us. In this memoir of a life spent exploring the most incredible places on Earth - from the Great African Seaforest to the crocodile lairs of the Okavango Delta - he reveals how we can attend to the earthly beauty around us and deepen our love for all living things.

Interview with biologist Leen Gorissen on Natural Intelligence – “Whales, plankton, fungi, trees, wolves – all of them leave our planet better off than before, and they’ve been doing this for hundreds of millions of years. Biology is the oldest economy we know.”

Emergence Magazine – written, audio and practices on different themes.

Here is an excerpt from ‘Seasons’:

“Like light passing through a prism to reveal its many colors, the myriad expressions of the Earth unfold through the seasons. We’ve long moved with their simple and sacred rhythm; they are the primary gateway through which the human engages with cycles of creation, destruction, and renewal. But today we estrange ourselves from the seasons with technology and human-centric myths, while an unraveling climate causes them to grow increasingly unfamiliar.”

Nature practice for peace



Using the basics of box breathing (inhale for 4 counts, pause for 4, exhale for 4, pause for 4) we can bring in many different variations working with nature. With our sky theme this month:

Breathe from the earth to the sky for 4, pause in the sky and clouds in peace for 4, release back to the earth for 4 counts, rest in the earth with peace. Eventually breathe the whole practice in peace.

And finally...

“The sky has a way of speaking to the soul. It offers calm in the midst of chaos, hope in the midst of despair, and light in the darkness of life.”

– Mia Kirshner

Wishing you a peaceful and abundant 2026, enriched with all the blessings of our natural world.