

Nature Pod Newsletter

Tuning in to Nature's Language



Watching a *murmuration* in action, one might wonder “who is in charge?” And the answer is no-one - and everyone. Each starling responds only to six or seven of its nearest neighbours, following three simple rules: don't collide, stay aligned, stay close. There is no leader. The breathtaking shapes that emerge - the pulses, the spirals, the sudden plunges - arise from thousands of small, local acts of attention. Scientists call it “scale-free correlation”: if any one bird turns or shifts speed, so do all the others, across the entire flock, almost without lag. What results is something like listening made visible.

This is a mode of communication entirely unlike our own. We tend to think of communication as transmission: one mind sending information across a gap to another. But the murmuration asks us to consider a different model: one where meaning is not sent but arises, where intelligence is not located in any single node but distributed across an entire field of relation.

Nature is full of such models, if we slow down enough to receive them. Bumblebees that recognise rhythmic patterns across different senses. Mycorrhizal networks sharing chemical signals beneath the forest floor. A river whose sound changes with the season, carrying news of snowmelt and drought. The more-than-human world communicates constantly, abundantly, and in ways that predate language by millions of years. Most of us, however,

have had those perceptual pathways quietly pruned - by built environments, by busyness, by a cultural habit of treating the natural world as backdrop rather than interlocutor.

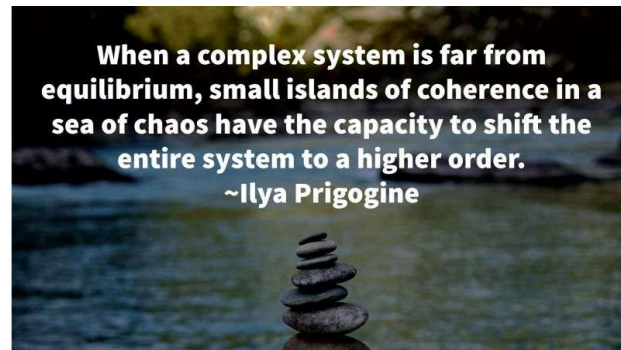
This Earth Week, I found myself returning - again and again - to a simple truth: when we slow down enough to listen, the Earth is always speaking. Not in grand declarations, but in quiet invitations. In breath. In movement. In cycles of change

Joy Khoo, Nature Pod member

In this issue, we explore what it might mean to communicate the way nature does: more presently, more responsively, more attuned to the whole

This is the invitation of the Nature Pod this month. To re-tune, as a genuine practice of perception - one with real implications for how we show up as coaches, as community members, as creatures embedded in a living system that is trying, always, to find its coherence.

Nobel Prize-winning chemist Ilya Prigogine offered a concept that speaks directly to this moment. Perhaps the Nature Pod itself - and the wider CCA community - is precisely this: a small, rooted island of coherence, attentive and alive, exerting a subtle gravity on everything around it?



Feedback on Past Events

To honour Earth Day on 22 April, our global community hosted several walks and gatherings to bring together our collective intelligence and sense of community.

The Earth Day 2026 theme was "**Our Power, Our Planet,**" emphasising individual and collective action to drive environmental progress, combat climate change, and protect the planet. It highlights that sustainability is driven by community efforts, education, and innovation, ensuring progress continues despite policy uncertainties.

In celebration of this, Deep Time Walks have taken place across the CCA community in the week of Earth Day in Edinburgh, Massachusetts, South Korea. These transformational journeys through time give an experience of walking 4.6 billion years of Earth's history giving an awareness of the interconnectedness of all life and the impact that humans have had on the planet

The photo shows John from the Drylaw walking group that experienced the DTW in Edinburgh's botanic gardens. He showed us the possibilities of navigating all of nature's terrains and obstacles with wheels and that we are never too old to blow bubbles in celebration of nature!



Completing a year's cycle of seasonal walks on Fri 24 April, Anna Brown and Lydia Stevens hosted another walk at Knepp, the rewilding estate in West Sussex, UK (home to Isabella Tree, author of "Wilding"). It was a fabulously sunny Spring day and the famous nesting storks were a sight to behold.



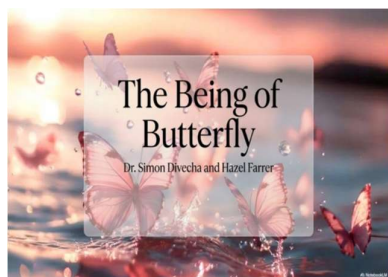
Here are some comments from our attendees:

"Thank you Anna and Lydia, and everyone, including the land, trees, animals, birds, streams, and the gorgeous weather. What a nourishing day with lovely people."

"Thank you for completing this beautiful cycle at Knepp. Love and gratitude to the land, plants and animals at Knepp."

"I'm full of gratitude for this beautiful planet of ours!"

Online Past Events



This was invitation to an experiential session on 'The Being of Butterfly' - understanding our caterpillar existence, helping us be in these liminal times through entering the chrysalis, connecting with our imaginal cells, and activating our capacities to transform into our butterfly selves

Comments included:

"I attended a beautiful and deeply reflective two-part experience on "The Being of Butterfly" with the Coaching Climate Alliance, guided by Hazel and Simon. It invited a more spacious understanding of transformation, not as something to force, but something to allow and trust. What stayed with me most was the wisdom of the imaginal cells that hold the blueprint for the

butterfly. It left me reflecting on what within me is ready to be carried forward, and what is quietly reorganizing beneath the surface as I move through my own metamorphosis”.

Global Nature Days & Events to Remember

- **20 May - World Bee Day** - Focuses on pollinators, biodiversity and ecosystem health. Find out more: <https://www.fao.org/world-bee-day/en>
- **22 May - International Day for Biodiversity (IDB)** - “Acting locally for global impact” is the theme for IDB 2026, serving as a global reminder of the need to safeguard biodiversity and protect ecosystems.
- **20-25 May - International Festival of Wild & Kind Ideas** - a free 6-day festival with an impressive lineup of speakers (such as Satish Kumar, Fritjof Capra, Nora Bateson and Samantha Sweetwater) hosted by Morag Gamble of the Permaculture Education Institute.
- **20 June - Summer and Winter Solstices** - “The day the sun stands still”: A solstice is the time when the sun reaches its most northerly or southerly excursion relative to the equator. Two solstices occur annually, around 20-22 June and 20-22 December, and mark the longest and shortest day of the year. In many countries, the Summer solstice signals the beginning of astronomical Summer and the Winter solstice signals the beginning of Winter.



CCA Nature Pod Events

- **May Members Meeting** on 20 May at 16:00-17:00 (BST) we are gathering together as a community around the theme of collective wisdom (think murmurations) and celebrating biodiversity. Come and meet fellow members of the Nature Pod and explore how to integrate the gifts of rewilding into your coaching practice.
- Other dates for our community gatherings for the rest of the year are 8 July, 9 Sept, 11 Nov and 12 Jan 2027 (also at 16:00-17:00 BST/GMT). Do save the dates and times in your calendars!
- **On 24 June 16:00-17:00 BST we have a community inquiry space** for Nature Pod members to bring a question or dilemma and share your experience of inviting nature into your practice. This is an opportunity to explore with others in our global Pod the beautiful range of approaches we bring to nature coaching. Further inquiry spaces will be open on 26 Aug and 28 October, also at 16:00 BST/GMT.
- **July Members Meeting** on 8 July at 16:00-17:00 (BST) stay tuned for a nature-inspired deep dive into the Inner Development Goals (IDGs).

Visit the [CCA Coming Events Page](#) for more details on all these events and to reserve your place.

Resources for communicating with/as Nature

“The Spell of the Sensuous: Perception and Language in a More-Than-Human World” by David Abram - the author who coined the now widely-used phrase “the more-than-human world”. He explores the sensual foundations of language, which echoes the calls and cries of the earth, and asks what it would take for us to recover a sustaining relation with the breathing world.

“Lost Words” by Robert MacFarlane and Jackie Morris

"The Lost Words" refers to nature-related terms removed from the Oxford Junior Dictionary to make space for technological words, inspiring a book of "spell-poems" by Robert Macfarlane and Jackie Morris. These 20 words, including acorn, adder, kingfisher, and willow, represent a lost connection to the natural world and are celebrated in the book to "conjure" them back. The words were removed from the Oxford Junior Dictionary because editors deemed them irrelevant to modern children, replacing them with words like "chatroom" and "attachment". The book *The Lost Words* was created as a protest and a celebration to reconnect children with the outdoors.



Merlin Bird ID
From the Cornell Lab of Ornithology

<http://bit.ly/MerlinApp>

The **Merlin app** offers quick identification help for all levels of bird watchers and outdoor enthusiasts to help you learn about the birds in any country in the world.

When I am among the trees, a poem by Mary Oliver

When I am among the trees,
especially the willows and the honey locust,
equally the beech, the oaks and the pines,
they give off such hints of gladness.
I would almost say that they save me, and daily.
I am so distant from the hope of myself,
in which I have goodness, and discernment,
and never hurry through the world
but walk slowly, and bow often.
Around me the trees stir in their leaves
and call out, “Stay awhile”.
The light flows from their branches.
And they call again, “It’s simple,” they say,
“and you too have come
into the world to do this, to go easy, to be filled
with light, and to shine.”




















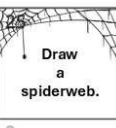





From Devotions: Selected Poems (New York: Penguin, 2017)

Nature practice

This week, go somewhere in nature and notice one sound: bird, wind, water, insect, rustling. Don't name it immediately. Just stay with it. Then ask yourself: if this were a message, what might it be saying? You don't need an answer. The quality of attention is the practice.

You can also try practicing some of the activities in our June Nature Connection Moments calendar, which is back by popular demand:

JUNE NATURE CONNECTION MOMENTS 2026

SUN	MON	TUE	WED	THU	FRI	SAT
31  31	1 Open a window. Look. Listen. Breathe.	2 What lives share your space? 	3 Find a weed. A pioneer! 	4 Watch something fly. Follow it.	5 Switch off, go outside on World Environment Day 	6 Observe plant shapes, patterns. 
7 Solve a problem as Nature. 	8 Sit near water, celebrate World Oceans Day.	9 Get up before the sun. 	10 Move slower than usual. 	11 Let something grow wild. 	12 Hug a tree. 	13 Try a new fruit. 
14 Pick up litter. 	15 Plant seeds or beans. 	16 What is blooming? 	17 Examine soil closely. 	18 Sit quietly on grass. Feel the sun or wind.	19 Whistle or sing to birds. 	20 Greet the Summer or Winter Solstice.
21 Try a different path. 	22 Find colours in nature. 	23 Smile at passers-by.	24 Watch clouds move. 	25 Draw a spiderweb. 	26 Appreciate untouched natural spaces.	27 Refuse single-use plastic. 
28 Name every insect you meet. 	29 Breathe with a tree. Give thanks.	30 Reflect: what did nature tell you? 	1 	2	 CLIMATE COACHING ALLIANCE NATURE POD	

Feedback from the April calendar included people printing off the calendar to see what's happening each day and downloading apps for bird song (Merlin).

"I wanted to share this wonderful calendar with nature connection ideas that I saw on LinkedIn.. I just sat outside for 2 hours, listening to the birds. I think that's my favorite spring nature connection."

Sarah Santacroce from InnerDevelopment@Work

And finally...

Two months ago we launched our Nature Pod LinkedIn group and have since grown to 88 members. We are posting our Pod activities, resources and also nature photos to share with you all. Please upload your own photos of wherever you are in the world so we can share in a celebration of the rich tapestry of habitats we immerse ourselves in as practitioners and as humans. Similarly, if there are any free events, gifts to the community, or book recommendations, do post them too!