



Dedicated to the land, plants, wildlife and air...we all share.  
And gratitude to the musically inclined  
who have helped bring these songs to life.

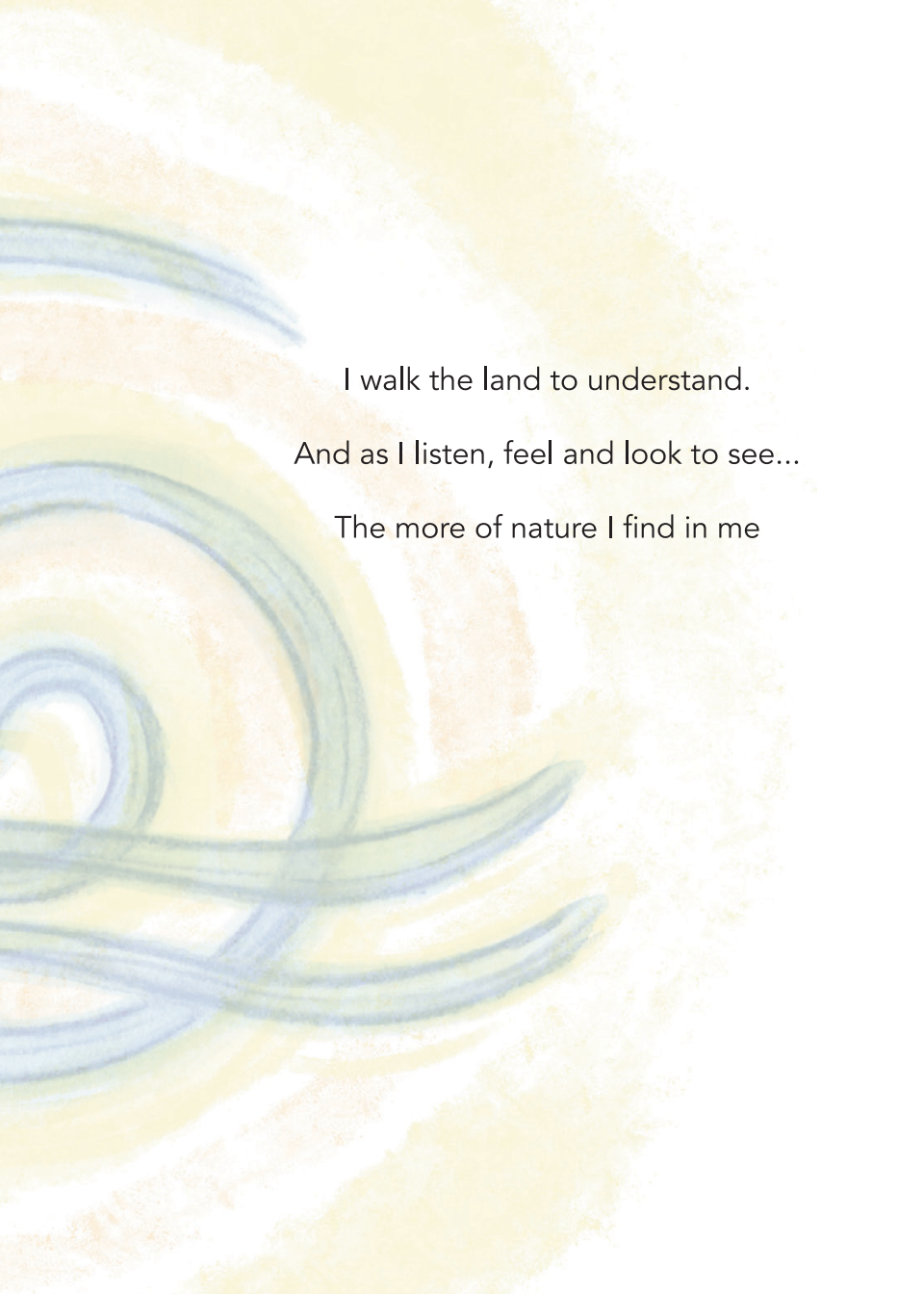
For children of all ages seeking to  
remember, recover and re-story our DNA  
(Direct Nature Access) cultural story.

Written By: Jacquie Chandler & the Wind  
Illustrated By: Annaliese Miller

While learning to listen to the wisdom in  
the wind, the songs in the water and rhythm of  
land...Mother Nature has spoken to me and I  
am compelled to share these songs as a playful  
way to remember the infinite depth of where we  
all live, play, work and stand.

Mindful meandering  
has helped me see the nature in me.



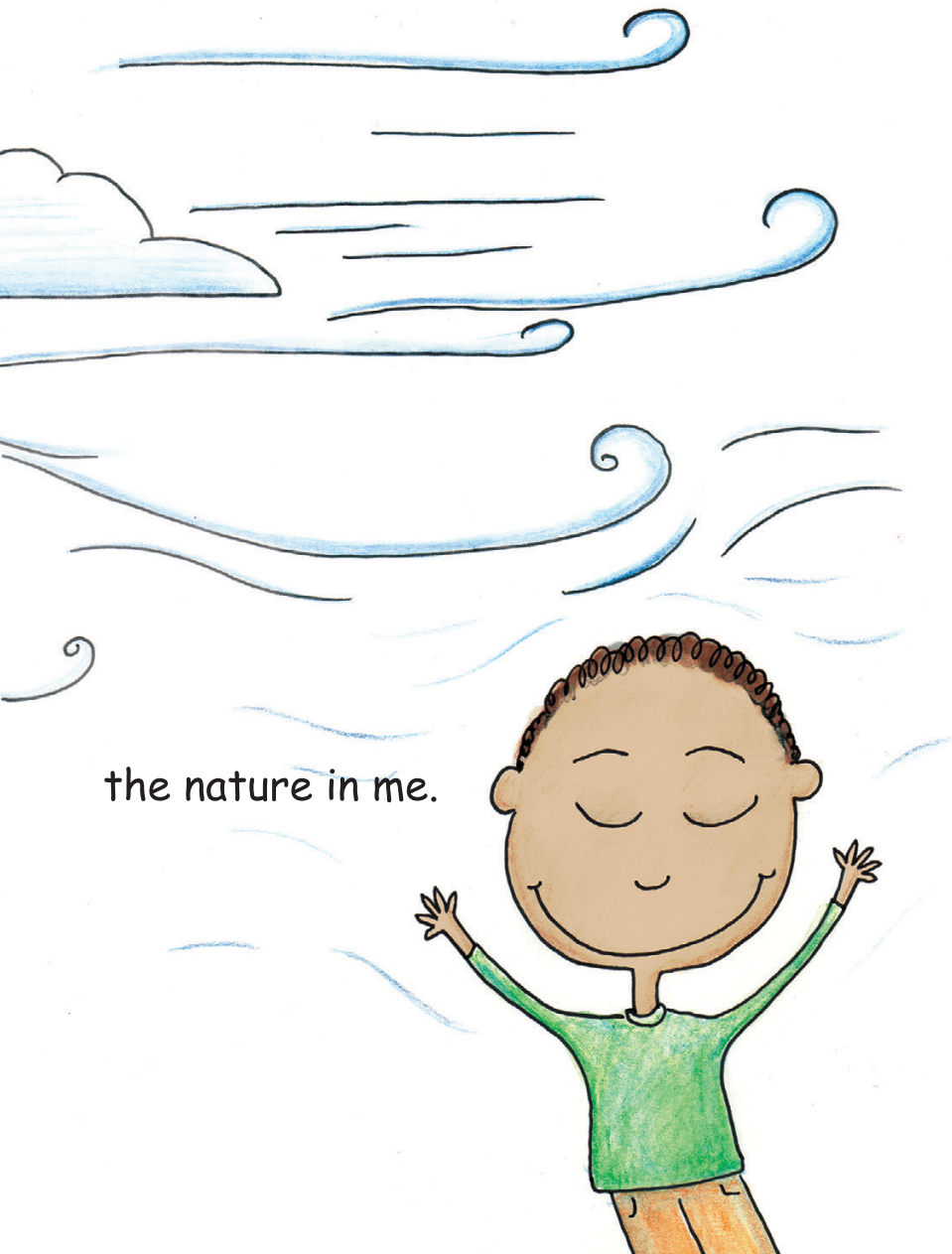


I walk the land to understand.  
And as I listen, feel and look to see...  
The more of nature I find in me

What are you doing?



I'm finding...



the nature in me.

Like the air I breathe

Like wind... I blow

Like water - I nourish

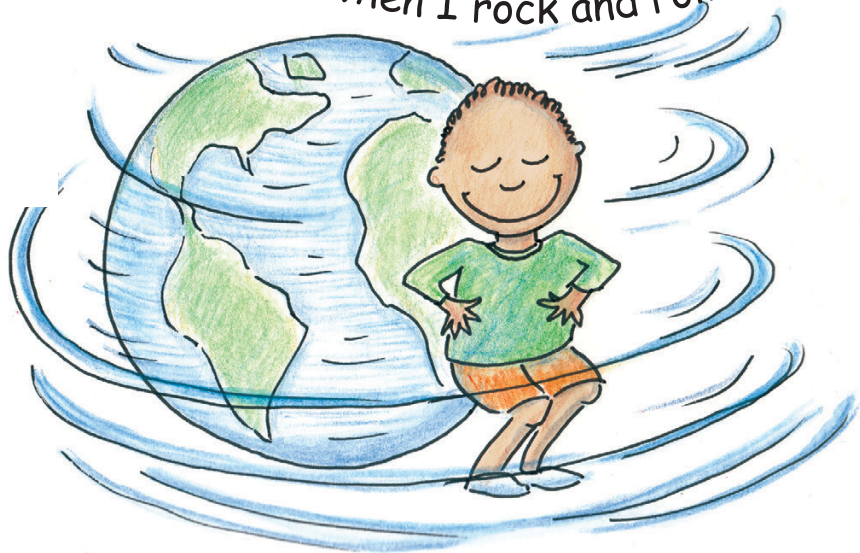
Like a river I flow

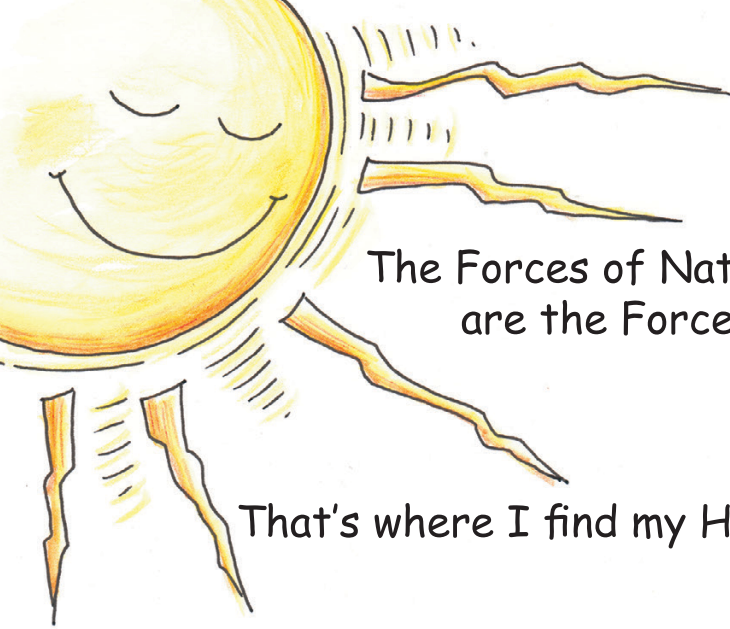


I can burn like fire  
when out of control



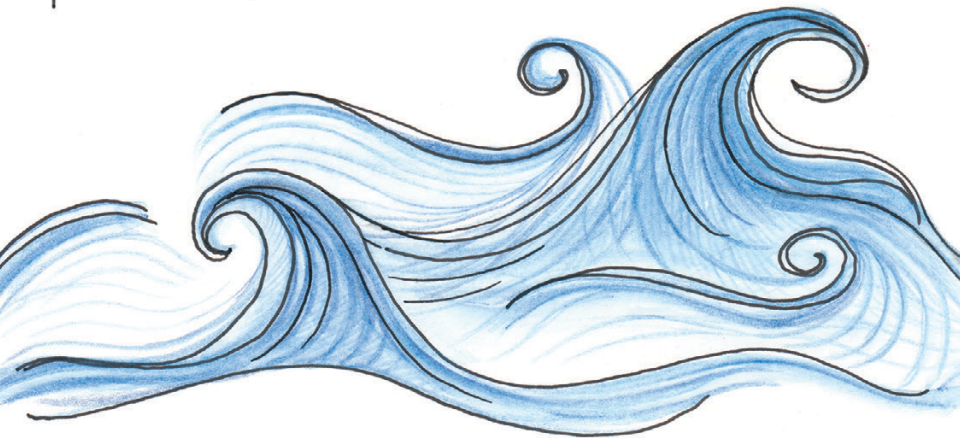
And spin like earth...  
when I rock and roll





The Forces of Nature  
are the Forces in me

That's where I find my Harmony



Wind on the water helps me see





The Forces of Nature...  
are my currency!



Everything in nature is in relationship to everything else.

Relationships are the energetic CURRENCY of all living systems.



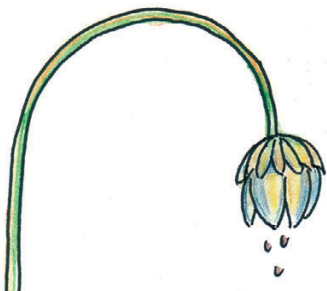
Waves, wind, electrons, and atmosphere move these energetic currents of energy around the planet supporting all life.

When I smile or hug you -  
can you feel the currents of  
caring energy?

We all have caring currency  
to extend to others.

It is the currency of our nature.  
The currency we live for and  
can't live without.





Like a stem  
I bend



Like a flower  
I bloom

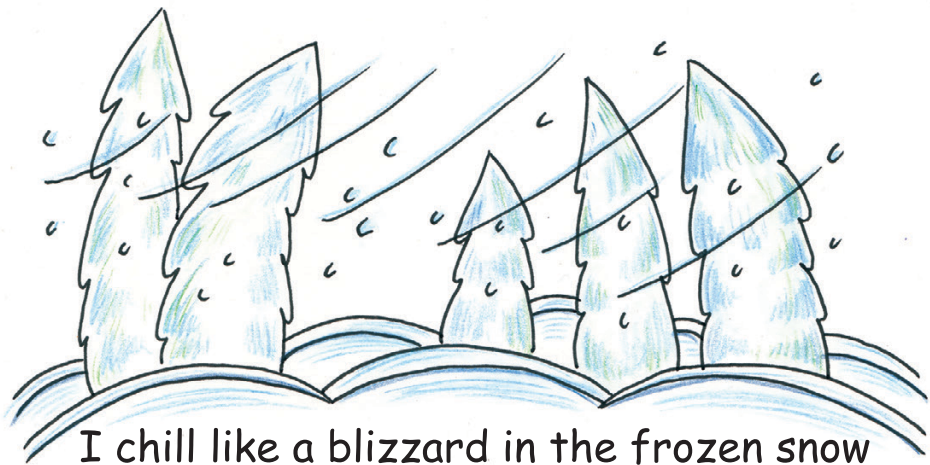


Like a seed  
I grow

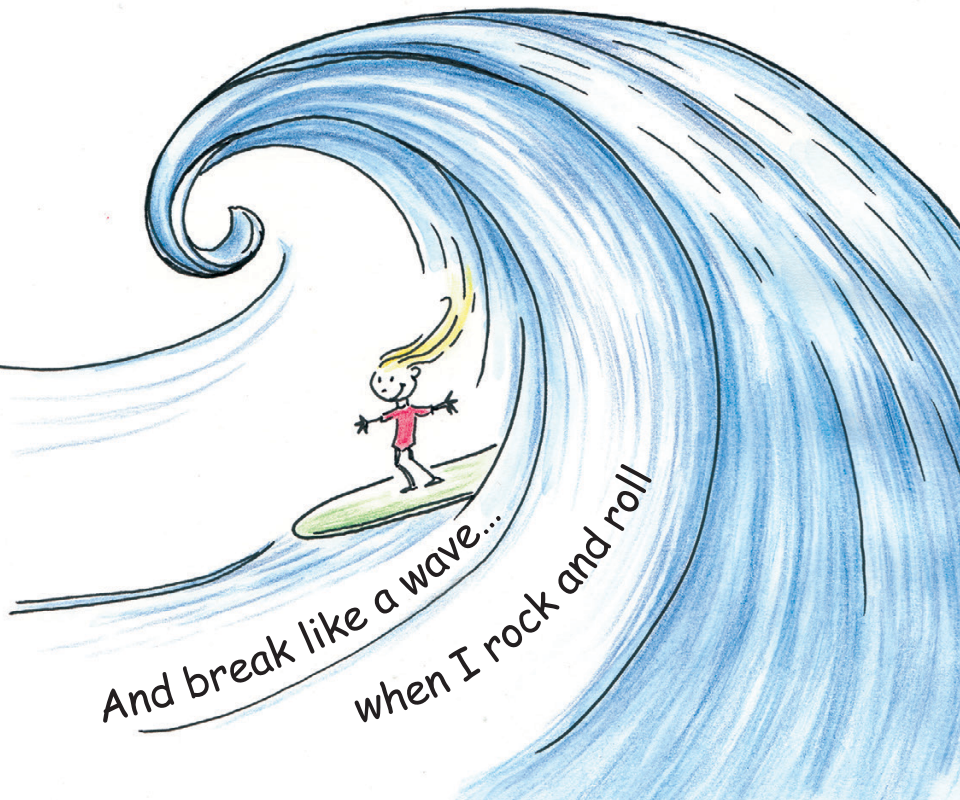


Like a Rooster  
I crow





I chill like a blizzard in the frozen snow



And break like a wave...  
when I rock and roll

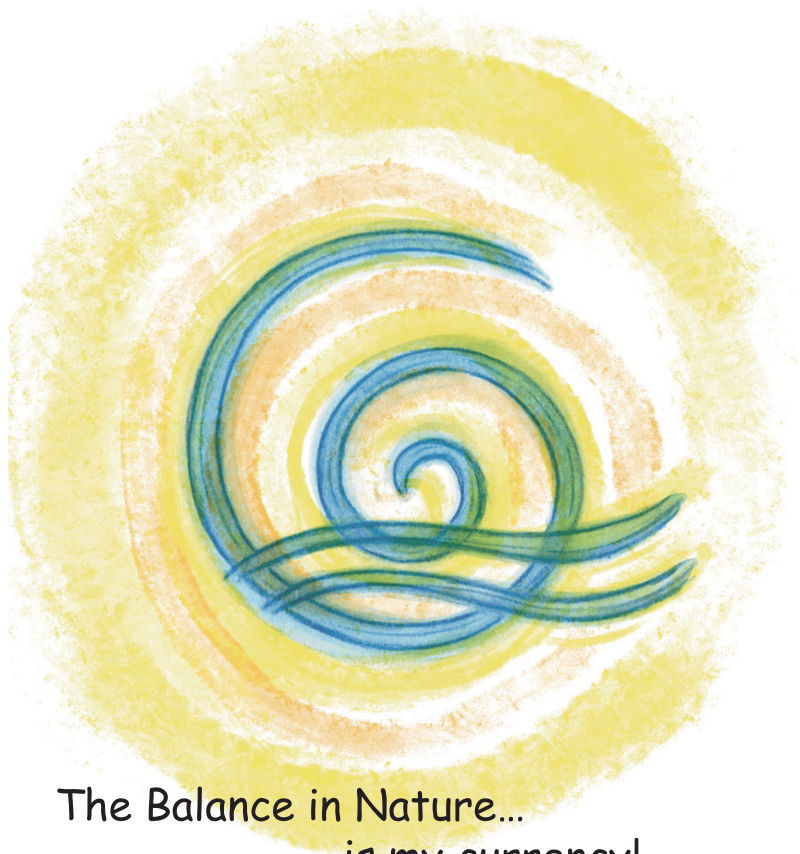
The Balance in Nature  
is the balance in me

That's where I find my harmony



Songs in the water help me see





The Balance in Nature...  
is my currency!

Like a Bear I forage



Like a Bee I sting



Like a Wolf I howl...  
when I hear you sing



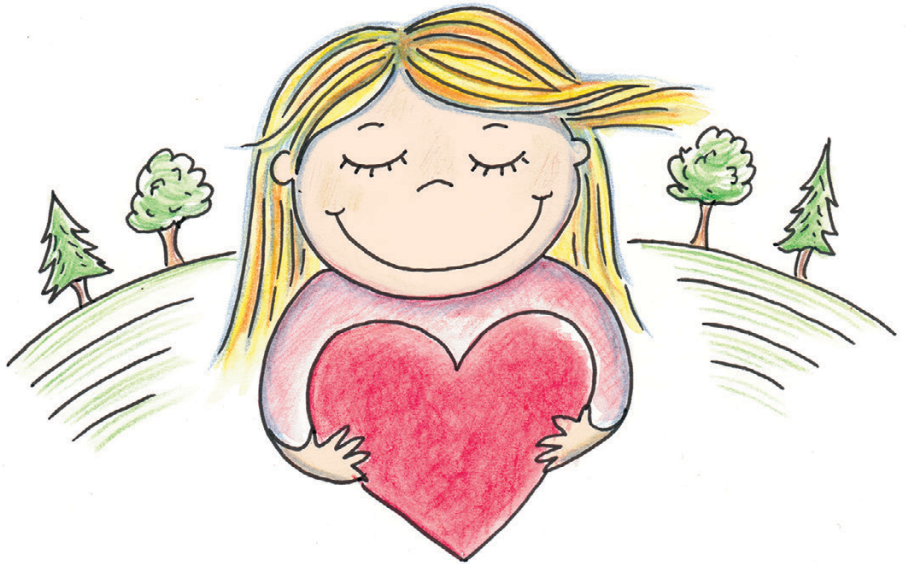
Like a cloud I cover  
and blow away

Like the sun I brighten  
even the darkest day



The Caring in Nature  
is the Caring in me

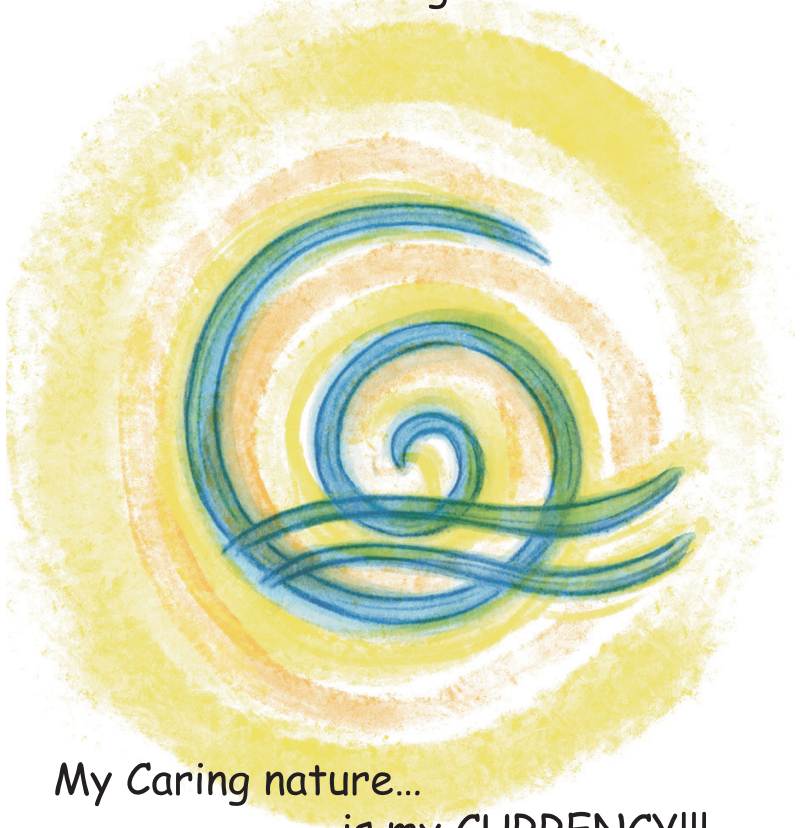
That's where I find my Harmony



Sun on the Flowers helps me see



The Caring of Nature  
is the caring in Me



My Caring nature...  
is my CURRENCY!!!

## THE NATURE IN ME

sing-a-long song (with guitar chords)

E  
Like the air I breathe  
E  
Like wind I blow  
E  
Like water I nourish  
B7  
Like a river I flow  
E A  
I can burn like fire when out of con-trol  
E B7 E  
and spin like e-a-r-t-h...when I rock-n-roll

A E  
The Forces of Nature are the Forces in me  
A E  
That's where I find my Harmony.  
A E  
Wind on the water helps me see  
B7 E  
The Forces of Nature... are my currency

E  
Like a stem I bend  
E  
Like a seed I grow  
E  
Like a flower I bloom  
B7  
Like a Rooster I crow  
E A  
I chill like a Blizzard in frozen sn..ow  
E B7 E  
and break like a w-a-v-e .when I rock-n-roll

A E  
The Balance in Nature is Balance in me  
A E  
That's where I find my Harmony.  
A E  
Songs in the water help me see  
B7 E  
The Balance in Nature... is my currency

E  
Like the Bear I forage  
E  
Like the Bee I sting  
E  
Like a Wolf I howl  
B7  
When I hear you sing  
E A  
Like a cloud I cover ...and blow www  
E B7 E  
Like the Sun I b-r-i-g-h-t-e-n even the darkest day

A E  
The Caring of Nature is the Caring in me  
A E  
That's where I find my Harmony.  
A E  
Sun on the flowers helps me see  
B7 E  
My Caring Nature...is my currency.  
A E  
Sun on flowers helps me see  
B7 E  
My Caring Nature...is my currency.

Scan QR Code to hear song.



*My Caring Nature...*  
is my **CUR-REN-CY!**



Where do you see yourself  
in nature?



Sustain Tahoe  
was formed to inspire a cultural shift that makes  
it 'cool to care'. But since it's hard to care about  
things you don't feel connected to...

We offer a first step with a playful way to wonder  
about the nature around you.



[SustainTahoe.org](http://SustainTahoe.org)



About the Author:

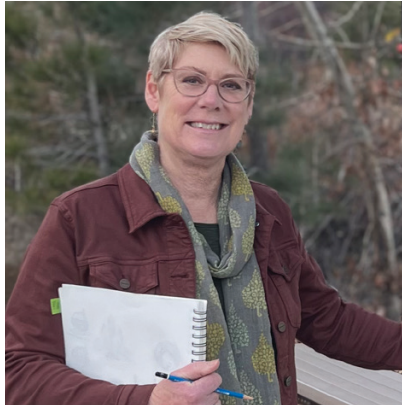
I walk the land to understand.

insights come as poems, melodies lift words into song.

Jacquie Chandler is the founder of an earth based fitness practice, called the Earth Gym. Stretching and toning with sticks and stones, she has helped kids of all ages feel more connected to nature.

Founder of Sustain Tahoe.

An organization dedicated to creating a bridge between preservation and profit by inviting travelers to connect to the nature around them.



#### About the Illustrator:

Annaliese Miller has been drawing the nature around her since she was a young girl playing in the golden rolling hills of California. She is a graphic designer, scientific illustrator, and whimsical art illustrator based in Truckee, California.

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Special gratitude to Dona Wessells who suggested I turn the song into a children's book, and after processing the idea - here it is!

Also, gratitude to Rachel Flower and Susan Giaobazzi for bringing the song to life in an audio demo.



**The Nature In Me spiral symbol explained:**

*The spiral is foundational to the growth and movement of life. It also reflects where we start and how we explore and process what we discover on our own journey. The 2 waves represent the transfer of energy, and our personal 'currency' to give and receive with other life forms.*

Author Richard Louv who coined the phrase Nature Deficit Disorder describes “the human costs of alienation from nature as: “diminished use of the senses, attention difficulties and higher rates of physical and emotional illnesses.”

According to the National Library of Medicine, all cells on earth use the same DNA code to store hereditary information. I also see DNA as the “Direct Nature Access” all life forms share. All the chemicals that make up our body are in the earth and its atmosphere. We share 50% of our DNA with trees and are in an active life-supporting relationship with trees exchanging carbon for oxygen. Everything in nature is in relationship to everything else: moons and tides, flora, fauna.

Indigenous tribes include Nature in their inner circle, it is core to their culture story and survival. The balance and health of natural systems is critical to our survival too, yet not an active ongoing part of our modern collective cultural story ...it certainly wasn't part of mine. The environmental slogan of my childhood was “Don't be a Litterbug” and “Only You can Prevent Forest Fires”. So, there was something I could do to respect life outside my house...but seeing nature as a part of who I was? No awareness or introduction at any level, until decades later when I learned how to walk softly on the land to hear, see, and feel the nature around me. This brought poems, insights, answers, how to train with sticks and stones, and now songs into my awareness.

Sustainable Tahoe's mission is to inspire destination stewardship. My 17-year journey as founder and ED has shown me the root of the problem is...It's hard to care about things you don't feel connected to. And when a traveler does 'connect', their sense of caring increases, along with a more enriched experience and memory.

Separateness is a learned behavior and what we are taught to separate from, what is not 'us', is then reinforced by the culture, becoming part of our collective cultural story. When children see themselves as part of the world around them, there is an opportunity to invite them to connect with the nature around them so they learn to : walk softly and listen for insights, respect the wild in all life and learn ways to share gratitude with reciprocity for the nature that sustains them.

