

INNER EXPERIENCE UPON NATURE-CONNECTION BASED CONTEMPLATION

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ABSTRACT

This research aims to study the inner experiences in the way of nature-connection based contemplation. The research methodology is heuristic using nature-connection based contemplation and contemplative writing for data collecting. The duration of data collection covers 4 months. The researcher has delivered the pre-research personal journaling and retreated from the data prior to this research as a part of the data to be analyzed and discussed. Also the researcher has found the connection concerning the understanding, perspective, valuing and meaning of things that would make the researcher's path of experiences more clearly visible and understandable. The results suggest that upon the commitment to the nature-connection based contemplation, the researcher have more understanding of the inner experiences within herself, such as the feeling of being connected to the nature, the feeling of coming home and being healed by nature, including acknowledging, accepting, and understanding the true inner state of herself. Overall, she is able to relate herself with a new perspective of nature on both outside and within herself. Thus, it causes the unraveling of awkwardness from the old framework of beliefs that had been held, leading to a new understanding of herself and resulted in the feeling of happiness and comfort. It also helps create a connection that makes researcher feel less lonely and isolated, lastly be united with the nature and all things.

The recommendation for further development in the future, the researcher proposes to expand the study with more people who have had at least one year of practicing nature-connection based contemplation by using in-person dept interviews to obtain a variety of information that will lead to analysis and conclusions as more universal knowledge

Key words: Nature Connection / Inner Experience / Heuristic Research

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