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Take a journey through a healing forest



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Living / Health
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Nature has incredible healing power. Let this short video draw you through spectacular wilderness. Feel your stresses melt away.






Nature does more than just **make us happy**. It heals us, too. When people leave the hectic chaos of urban settings and venture into nature, they often feel their stress, anxiety, and depression melting away. There is something about forests, mountains, lakes, and oceans that connects us with a deep, inner part of ourselves – some primal draw to the wilderness that's all too often forgotten or neglected in the frantic pace of modern life.

The following video, titled "**How Forests Heal People**," was made by award-winning Indian filmmaker **Nitin Das** for a project called **Healing Forest**. This project strives to help heal people through reconnection with nature (through silent, contemplative walks through urban green settings in small groups), and to help heal forests through volunteer work.


From the **website**:

"Healing Forest is an idea to discover and promote the healing powers of nature. Through films, nature walks, articles and activities we hope to create a greater awareness about the link between us and nature. We hope to create a small community of people who can connect with nature and lead calmer, healthier lives."

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Nitin Das' films are noteworthy for their focus on the environment, old cultural and folk traditions, and spectacular geography, with a bias toward India, his homeland. "How Forests Heals People," filmed in India, Yosemite, and forests on the U.S. East Coast, is relevant across the globe, as people in every urban setting know how psychologically draining cities can be, and how a foray into green space have an incredible ability to make everything feel much better.

Sit back, watch, and feel inspired to seek nature.

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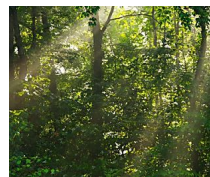
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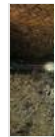
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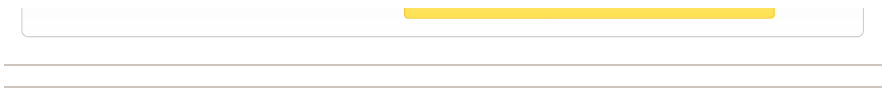
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