

NATURAL HEALING IN FRANCES HODGSON BURNETT'S THE SECRET GARDEN

Ratih Pelangi Putri

Sastra Inggris, Fakultas Bahasa dan Seni, Universitas Negeri Surabaya

ratihputri@mhs.unesa.ac.id

Abstrak

Penelitian ini bertujuan untuk mengungkap ide penyembuhan alami dalam the Secret Garden karya Frances Hodgson Burnett. Tujuan dari penelitian ini adalah untuk mengungkapkan Penyembuhan Alami yang terjadi pada karakter melalui gambar pastoral yang digambarkan dalam novel. Kajian ini berfokus pada citra pastoral sebagai salah satu komponen ekokritik untuk menunjukkan unsur-unsur alam yang direpresentasikan sebagai penyembuhan alami. Selain itu, konsep penyembuhan khususnya akibat penyembuhan dilakukan untuk mengungkapkan representasi unsur-unsur alam terhadap hasil penyembuhan. Hasil penelitian menunjukkan bahwa citra pastoral dalam novel dikategorikan menjadi lima kelompok; Tanah, tanaman, musiman, elemen cair, dan hewan. Melalui gambaran-gambaran pastoral itu, gagasan tentang konsekuensi penyembuhan terungkap ke dalam tiga aspek; perubahan positif, menemukan makna, dan realisasi keutuhan..

Kata Kunci: Ekokritik, Citra Pastoral, Penyembuhan.

Abstract

This study aims is to reveal the idea of natural healing in the Secret Garden by Frances Hodgson Burnett. The objective of the study is to reveal Natural Healing that happen to the character through the pastoral images portrayed in the novel. This study focuses on pastoral images as one of the components of ecocriticism to show the natural elements that represents as natural healing. In addition, the concept of healing especially consequences of healing is conducted to reveal the represents of natural elements to healing results. The results of the study show that pastoral images in the novel is categorized into five groups; Lands, plant, seasonal, liquid elements, and animal. Through those pastoral images, the idea of consequences of healing is revealed into three aspects; positive change, finding meaning, and realization of wholeness.

Keywords: Ecocriticism, Pastoral Images, Healing.

I. INTRODUCTION

Human tend to think of nature as a fulfillment of basic needs without thinking beyond the true meaning of nature for human's life. Nature cannot be possessed but a gift to be received with admiration and gratefulness. Living alongside with nature can bring many benefits in human's life. Being in nature, or maybe viewing scenes of nature, reduces anger, fear, and pressure and will increase first-rate feelings. We seek nature, particularly after we do not feel well. Nature will calm us with an attractive sunset or invigorate us with a spring rain. Each ancient and trendy individuals use nature in healing. Nature has continually

offered healing places: a sacred spring, a reflective pond, a quiet grove, and majestic peaks. For hundreds of years we have sought-after these sanctuaries in our search for health and healing. Finding remedies through nature is one of the things to do for human nowadays. Nature or green space is considerably good for wellbeing, with spending time outdoors to watch trees, walk in the garden and cultivating it. This activity reminds the author of one particular novel by Frances Hodgson Burnett, which is The Secret Garden. Back to nature and living in healthy environment can change the unhealthy characters into a healthy one.

The Secret Garden was published in 1911 is one of Frances Hodgson Burnett's most popular novels. This book tells the story of a young girl, Mary Lennox, a spoiled, contradictory and aloof child who grew up in India but was sent to live in the uncle's manor in Yorkshire after the death of his parents by Cholera. His own uncle, Mr. Craven, who often travels to escape the memory of his deceased wife, often left her alone in the manor under the care of the servants. The only person who has time for Mary is her servant, Martha, a talkative Yorkshire girl. It was Martha who told Mary about Mr. Craven late wife walled garden, who has been closed and locked since her death. Mary becomes attracted by the forgotten prospects of the garden, and her quest to find the secret of the garden makes her find another secret hidden in the manor. The quest to the secret garden and the journey of living in England, especially Yorkshire, bring the sickly rude children to have a better condition. Spent most of her time outdoors to feel and experience the natural surroundings of the Yorkshire. Befriend with the friendly robin redbreast and met Dickon the animal charmer, and eventually met her cousin, Colin Craven. These children working together in the garden to make it "wicked" again with flowers and plants same as 10 years ago. Little did they know the journey of making the secret garden great again is their journey to healing themselves.

Healing is a psychological feeling of being healthy again or in restorative state. The definition of healing by Kimberly Firth in 2015 Research Paper is a holistic transformation process of repair and recovery of mind, body and spirit resulting in positive change, finding meaning, and movement towards self-realization of wholeness, regardless of the presence or absence of disease (Firth et al., 2015). From the definition above, all that is broken needs to be repaired and fixed. Many ways to promote healing in our wellbeing, being one is spending time in nature to feel the surrounding of natural objects. From Barbara J. Huelat cited in the journal, words from Howard Frumkin says "There are a lot of indications that contact with nature, either walking in the wilderness, gardening, or having a pet, makes people feel better, and can minimize the effects of disease" (Barbara J. Huelat, AAHID, FASID, 1989).

Frances Hodgson Burnett depicted the beauty of nature in her work. The images that she uses in *The Secret Garden* are from the physical worlds especially green nature, from the flowers, plants, trees, the moor, and the garden. Frances Hodgson Burnett published *The Secret Garden* in 1911 was a fruit of her inspiration from her stay in Great Maytham Hall where she discovered an abandoned and unattended walled garden from 1721. Burnett discovered the door hidden amongst the ivy, and began the restoration of the garden, which she planted with hundreds of roses. She set up a table and chair in the gazebo, and dressed always in a white dress and large hat, she wrote a number of books in the peace and tranquility of her scented secret garden (Wikipedia, 2021). From this experience, Burnett found out how nature can bring us

such a wonderful feeling when we interact with it. The effects of nature are thereby not dependent upon being in nature, but can be manifested through being near nature or in natural surroundings (Dybvik et al., 2018).

In the novel *The Secret Garden*, Burnett provides a vivid depiction of the natural elements, as if there was something she wanted to convey to nature and its relationship with humans (Herdiana, 2019). Natural objects that appeared in the work of Burnett mostly come from the land, which called the pastoral elements. The appearance of these natural elements can help to depict why nature such a great place for healing. Although pastoral image from the outside frequently used nature as a setting, it nevertheless serves as a reflection of the human condition and says that it responds to human emotions expressed through natural elements such as a tree, wood, or even season (Soleha, 2019). This study uses ecocriticism theory for might be the best approach to show the earth centered view on healing objects represented healing. Ecocriticism is concerned with the relationships between literature and environment or how man's relationships with his physical environment are reflected in literature (Tosic, 2006).

This work inspired by few previous studies with similar issues. The first previous study is by Ignadhitya Herdiana in her article "Nature's Role toward Mental and Physical Healing Reflected on *The Secret Garden* by Frances Hodgson Burnett; an Eco critical Reading". The article showed that the better value of nature that captures on the characters experience the transformation from illness to wellness. She used Ecocriticism to express the relation of the environment and human in literary works. However, she claimed that the character in the novel received healing by spending time in the nature and had reciprocal relationship with the nature. She used the concept of space in *The Secret Garden*, which is not only representing the setting of this novel, but also as the biggest influence to the transformation of two young characters. In this article, she claimed that nature could be used as the media of healing the mental and physical of children. Somehow, nature has the magical power of healing, through all the elements of nature such as wind, plants, animals, and all the wild things that is served by nature.

The second previous study is by Kosuke Fujiki in his article published in 2015 by the name "*My Neighbor Totoro: The Healing Nature, The Nature of Healing*". In the article, Fujiki said that *My Neighbor Totoro* movie offered a utopian portrayal of 1950s rural scenes that stirred the viewers' imagination through the beauty, the power, and the simplicity of its representation of nature. *My Neighbor Totoro* is notable for portraying the harmonious coexistence of humans and nature by drawing effectively on the imagery of Japan's animistic religious traditions as well as by inventing adorable fictional creatures living in the dark forests and the cobwebbed corners of abandoned homes. The characters

in the movie gains spiritual comfort and healing through their encounters with nature and its nonhuman inhabitants. In the movie, Nature is recognized as offering not only physical healing but also the healing of psychological ailments by providing the character with clean air and water, the fresh locale produce, and peaceful and tranquil atmosphere.

Glofelthy said that human culture is connected to the physical world, affecting it and affected by it (Glofelthy et al., 1996). Ecocriticism asks us to examine ourselves and the world around us, analyzing the way that we represent, interact with, and construct the environment, both “natural” and manmade. A holistic view of the universe is a value-centered one that honors the interconnectedness of things (Tag, 1994). Nature and human are so closed with each other; it gives benefit to humankind with its value. There is no place in the earth for human to interact as best as the nature. man always exists within some natural environment or, according to Buell, there cannot be is without where (Tosic, 2006). In this article, author wants to examine how natural healing could be represented by nature and wants to find natural healing through nature elements portrayed in the novel.

II. METHOD

This article conduct a theory of ecocriticism and healing concept especially in consequences of healing in research paper by Kimberly Firth et al, in order to reveal natural healing in *The Secret Garden*. The primer data is taken from Francess Hodgson Burnett’s *The Secret Garden* novel. This novel was first published in 1911 and turned into movie three times in 1949, 1993, and 2021 with the same title. This novel also using English as its original language. In order to provide the data, several steps are involved. The data will be collected by close reading the novel and take some quotations which can prove the issue. The writer also reading international journal and books related for this study in order to support this research. In order to answer question number one, the writer will focus on pastoral images that portrays in the novel and analyze each meaning of natural elements deeply. In this part, the data will be categorized based on similarities. While the second question will be answered by connecting all finding from question number one and elaborate it with the approaches.

III. ANALYSIS

1.) The identification of Pastoral Images. In the novel *The Secret Garden*, Burnett employs various types of imagery, some figurative language, and pastoral images in her work. Some figurative language that she use in the novel pervades symbolism, simile, personification, and metaphor. Types of imagery that appear in her work are consist of olfactory, visual, tactile, and auditory. In addition, Pastoral Images, which Burnett employs in the

novel, are heterogeneous which can be categorized as follow:

A. Lands

This categorization consist various part of the earth, which can be found in the novel. The utilization of the land elements described in the novel mostly came from the lowland. The varieties of lowland portray in the novel are the garden and the moor.

“*th’ air from the moor has done thee good already*”. (133)

B. Plant

This element includes a group of living organism that consist a various kinds of flowers like rose, lilies, daffodils etc. ‘trees’, ‘plants’, and ‘seeds’ also appears in the text. In the novel these various kinds of organism elements often mentioned by Burnett.

“*they are daffodils and lilies and snowdrops. They are working in the earth now – pushing up pale-green points because the spring is coming*.” (116)

C. Seasonal

The world generally has four division of season, Burnett Portray particular season in order to deliver her idea. The elements of season that often mentioned in the novel is ‘spring’ and season that occasionally appears are ‘summer’ and ‘winter’.

“*Look at ‘em dartin’ about, an’ hearken at ‘em callin’ to each other. Come springtime seems like as if all th’ world’s callin’. The leaves is uncurlin’ so you can see ‘em—an’, my word, th’ nice smells there is about!*” (160)

D. Liquid Element

Burnett portrayed liquid element in her novel *The Secret Garden*. In this category, liquid elements are various forms of elements consisting of water. Elements that often mentioned in the novel is in the shape of ‘Rain’.

“*the rain is as contrary as I ever was*” (107)

E. Animal

This categorization of elements consist of the existence of animal in the novel. Living organism is not always about plants, sometimes the appearance of animal are needed. Burnett often mention particular types of animal, which is bird ‘Robin Redbreast’.

“*She thought of the robin as one of the people*.” (56)

2.) Natural Healing in the novel. The definition of healing by Katherine Smith in her research paper *'Healing, a Concept Analysis'*, is the process of moving toward a desired wholeness or achievements of cohesion. Healing involves repair and recovery in multiple dimensions—mind, body, and spirit. We are all broken in some way and in need of healing. The healing process engages the individual's innate ability to repair damage and recover function (Firth et al., 2015). In addition, Healing can occur within itself and from the external factors like build relationship with God and substances like the use of medicine and herbs. The significant cause individuals need healing is because there is brokenness in relationships with others and self. "At the heart of nearly every healing story are one or more critical relationships"(Firth et al., 2015).

Mary Lennox is a character from Burnett novel *The Secret Garden*. In the first sight of the novel she often described as a 'sickly, fretful, and ugly' and self-absorbed child who only think about herself. She was kept away by her parents to the care of 'ayah' for 10 years her life in India. Her parents told the servants to give her whatever she wanted to made her silent and that made Mary into a selfish individual. After the cholera broke and killed her parents, also the entire occupant in the bungalow, Mary did not feel sad at all.

"She did not know that this was because she was a disagreeable child; but then, of course, she did not know she was disagreeable. She often thought that other people were, but she did not know that she was so herself." (Burnett, 1911)

She sent to England to be taken care by her widowed uncle, Archibald Craven, in his manor. The Manor is in the middle of 'dreary moor' that looks like a 'sea', it has been there for 600 years and has 'near a hundred room and most of them shut up and locked'. Living in the manor, Mary then set a journey to explore her surrounding from befriend with her Yorkshire servant, Martha and her brother Dickon. She eventually met the friendly Robin Redbreast who guided her to the walled secret garden.

In the middle of the story Mary finally meeting her cousin, Colin Craven, the hidden son of her uncle. Colin has been living in his nursery for all the time due to his illness. He is a sickly bad tempered child who always think he might got a lump on his back someday like his father. He is the most pessimistic boy she has ever met; always talk about dying and hating people gaze at him. Mary and Colin has the same case of neglect by their parents in their period of growth. Eventually, Mary invited Colin to come along with her and Dickon to the garden and cultivating the garden together. Spending most of their time to the garden to make it 'wicked' again also restored their bonding with the garden.

The children who seek out or build the gardens do that because they are very lonely and alienated, due in part

to the loss of a relationship with their mother (Evans, 1994). It is important to understand that healing is dependent on the presence of a broken relationship surrounding the individual or within the individual himself. Therefore, with spending time cultivating the garden they made themselves heal for the best place for children to play is in the place that surrounded with every element of nature (Herdiana, 2019). In the relation of this, According to Katherine Smith, individual success in healing is individuals that can produce positive changes in themselves, finding meaning, and realization of wholeness.

A. Positive Change

The series of positive change occurred in this environment, presented by natural elements depicted in the novel. Positive change is not limited in physical health but also in the improvement of mental, emotional, social or spiritual harmony are the healing outcomes (Firth et al., 2015). The depicted of natural elements represent healing for the character. Throughout the story the character undergoing some changes. Identification of changes that happened to the character already being represent by the natural elements first. Several natural elements consist of meaning that will represents the healing of the character in the novel.

'She had been actually happy all the time; dozens of the tiny, pale green points were to be seen in cleared places, looking twice as cheerful as they had looked before when the grass and weeds had been smothering them.' (70)

Mary is a fretful looking child that never smiles and always full of herself. Always angry with her ayah and always get what she wants made Mary did not know how to be happy. In the line above, described that she feels happy all the time when she gets the chance to be active outdoors in the garden. Natural elements 'tiny, pale green point' stands for Mary's happy feeling that appeared little by little since she moved, as pale green stand for a soothing peaceful color represent health, luck and renewal. Her association with the green space has made her to feel what she never felt before; it is like a renewal to her life. Being close to nature helps Mary to change her psychological state and in this case, Nature is recognized as offering not only physical healing but also the healing of psychological ailments (Fujiki, 2015).

Her interest towards others is increasing after she immersed herself by gardening in the secret garden. Mary began to have a good relationship with the others once she made friends with Robin Redbreast the bird. *She thought of the robin as one of the people* (Burnett, 1911). The robin first releases Mary from her self-absorption and leads Mary to the garden. The helpful animals of folk tales embody the spirit of a dead mother and help the child do what she must (Evans, 1994). The robin who leads the children to new life in the secret garden and help the children to have a better relationship with other.

“But I am not queer as I was before I began to like people and before I found the garden.”(203)

The garden in this novel described as the sweetest, most mysterious-looking place anyone could imagine (67). Though the garden has been shut for ten years, however the garden looks different from other gardens, which had not been left all by themselves so long (67). Somehow, the depiction of the garden has the similarity with Mary’s life in India where her parents left her in the hand of her ayah and neglected her. Mary’s relationship with the garden was inseparable for the garden is her safe place to restore herself. A garden can bring all natural elements together allowing us to interact directly with nature (Barbara J. Huelat, AAHID, FASID, 1989) and that helps Mary to changed her personality.

“ but the roses as has climbed all over it will near hide every bit o’ th’ dead wood when they’re full o’ leaves an’ flowers. It won’t look dead then. It’ll be th’ prettiest o’ all.” (187)

Roses are the symbol of love and joy in the ancient times also the emblem of silence. Rose in this case are the resemblance of Mary feeling of joy cover the dead tree that resemblance of her sad feeling. The feeling of not belong to anything always lingers in her mind before she moved to England. The line above shows that the feeling of joy has chased away the sad feeling of Mary by the words ‘hide every bit o’ th’ dead wood’. She gradually changed from the sour looked girl to a happy girl when she interact with the nature in England.

Not only change to her Psychological state, the change also occurred in her physical state. In India She always felt hot and too languid to care much anything, but in England, she began to feel ‘she had been healthily hungry for the first time in her life; and she had found out what it was to be sorry for some one.’ (Burnett, 1911). Mary never got a chance to taste the outer world, for she is always play by herself in the garden inside her parents bungalow and she never out in public. However, since she moved to England and get the taste of Yorkshire Nature, she gets active by playing with rope and gardening. As Herdiana stated in her Article that nature has the magical power of healing, through all the elements of nature such as wind, plants, animals, and all the wild things that is served by nature. (Herdiana, 2019)

“The exercise made her so warm that she first threw her coat off, and then her hat, and without knowing it she was smiling down on the grass and the pale green point all the time.”(70)

One important factor in healing is the condition of the physical body. Anything that increases the efficiency of the healing system or helps it neutralize harmful influences

will increase the probability of spontaneous healing (Glaister, 2001)

B. Finding Meaning

A reinterpretation of the incident or scenario that provides meaning and transcends the situation is a common healing outcome. In order to find meaning in life individual may entail comprehending and reinterpreting their situation in order to discover a new sense of purpose.

“To plant seeds in- to make things grow – to see them come alive.” pg.104.

The line above shows that the Character in the novel find the purpose to heal. The seed is represent a hope, when individual find the hope in their life, they will find a way to face their struggle. Everyone definitely goes through a moment where they finally find their purpose in life. For some people, meaning is found in their actual illness. Others find it through helping others (Firth et al., 2015).

“ Us is near bein’ wild things ourselves, us is nest-buildin’ too. Bless thee. Look out tha’ doesn’t tell on us”

The line above equate living as nest building where the nest is a symbol of love, commitment and it takes effort to build them In order to find the meaning of our existence in this world. This also means how we tried to interpret our life struggle as a morale to finding purpose in life. When we have found it, the least thing to do was heading towards the direction. In this case, Colin was a pessimistic boy who always says lumps going to grow on his back. No one could ever make him to go out and having some good fresh air. Then he met Mary and he falls for Mary’s story about the prospect of the secret garden. He decided to follow her outside with the help of Dickon to feel the good fresh air and visit the secret garden.

“it will make the green points push up and up and up, and it will make the bulbs and roots work and struggle with all their might under the earth.”Pg.135

When someone has find the meaning of their life, they will try their best to move towards the direction like the description above. The green points showed that one who has found the meaning of life must follow the direction which is up and up. Colin found his meaning in life during the time he spent in the secret garden.

“The magic in this garden has made me stand up and know I am going to live to be a man.” (207)

His connection with the garden has made him to be healthy physically and healthy mentally. Because Gardens provide opportunity for play, meditation and connection with the earth (Hunter & Sanderson, 2007). This aligns with Ratcliffe and Korpela (2016) assertion that natural environments can provide a sense of psychological escape through finding oneself in their connections with special places (Harmon & Kyle, 2020).

"I shall get well! I shall get well!" he cried out. "Mary! Dickon! I shall get well.(184)

The garden was the special place for Colin's Parents; they used to spend hours and hours in the garden. Through spending time in the garden Colin find the absent of his parents love and somehow could feel the nurturing effect of the garden.

"Colin was getting well- getting well. The garden was doing it. No one must let him remember about having humps and dying"(273)

Beside the garden that has the power to find meaning of life, there is wind from the moor that packed with fresh air. The wind or fresh air can affect people and especially for the children to be refreshed and it is healthy for our mind and it can heal our mental indirectly (Herdiana, 2019). The wind is a symbol of vital breath of the universe that bring spirits, so that is why wind are very powerful natural elements in the universe.

"That's fresh air" & "lie on your back and draw in long breaths of it. That's what Dickon does when he's lying on the moor. He says he feels it in his veins and it makes him strong and he feels as if he could live for ever and ever. Breathe it breathe it."(235)

C. Realization of Wholeness

The integration of physical, emotional, intellectual, energetic, and spiritual systems into a balanced and harmonious entire being, the sum of which is greater than its component parts, is the realization of wholeness. When someone has accepted trauma they had as a part of life and the journey to healing. Mary and Colin had a bad relationship towards their environments and it was because the lack of relationship with their parents. The case of neglected had turned them into a bad tempered children and absorbed child. The moments they spend in the nature had changed them gradually from bad tempered child to a happy and active individual. By playing and do some activities outdoor can stimulate the child's brain also make them to be healthier, productive, and active (Herdiana, 2019).

"I've seen the spring now and I'm going to see the summer. I am going to see everything grow here. I'm going to grow here myself."(190)

Spring is the season of happiness because the flowers are bloom, the winds warmer, and the world seems colorful in every corner of the land. The seasonal element represent the feeling of the child, the changing feeling after spend their time to immersed in the nature. The feeling of certainness of the future is the proof that the children had accepted all the traumas as a part of their lives. Nature has a big part in contributing healing for the children, it provides the magical power of healing, through all the elements of nature such as wind, plants, animals, and all the wild things (Herdiana, 2019).

With springtime and with secret gardens coming alive day by day, and with a moor boy and his "creatures," there was no room left for the disagreeable thoughts which affected her liver and her digestion and made her yellow and tired. (243)

With the help of natural elements and the help of Dickon, Mary and Colin can regain their health. Spending more time in the nature and be friend with the wild creatures provides them with happy feeling and positive thoughts. Rural areas surrounded by nature often considered supportive to convalescence from long-term illnesses because of the slower pace of life, the clean air and water, the availability of fresh local produce, and the peaceful and tranquil atmosphere (Fujiki, 2015). Positive thoughts has change the way Colin view his life from pessimistic one to optimistic one.

He had made himself believe that he was going to get well, which was really more than half the battle, if he had been aware of it. And the thought which stimulated him more than any other was this imagining what his father would look like when he saw that he had a son who was as straight and strong as other fathers' sons. One of his darkest miseries in the unhealthy morbid past days had been his hatred of being a sickly weak-backed boy whose father was afraid to look at him. (213)

The line above showed piece of Colin mind where he finally accepted his sick-ness and his father attitude towards him. The healing from spending time in nature opened his mind to accept his flaws and moved on. From this line we know that Colin gain not only Physical health but emotional health too. Healing does not necessarily lead to cure, prolonged life or pain reduction, but healing does enable the person to have the strength, knowledge and willingness to make changes that will lead to self-acceptance.(Glaister, 2001)

While the secret garden was coming alive and two children were coming alive with it.(244)

IV. CONCLUSION

The result of this study shows that the identification of pastoral images consists of five categorizations; land, liquid element, plant, seasonal and animal. Through those pastoral images, Burnett use the nature as an imagery for healing consequences which divide into three categories; positive change, finding meaning, and the realization of wholeness.

Healing does portrayed in the glimpse of natural elements presented in the novel. Character's healing consequences in positive change could be identified by the depiction of natural elements such as flowers, plants, and season. Natural healing also depicted through the transformations of the character in their dialog. From the change of emotional, physical, social, and personality are being represented by the natural elements. Through spending time in the nature the children in the novel finding meaning in their life; also overcome the trauma they had in their early life.

REFERENCES

- Barbara J. Huelat, AAHID, FASID, I. (1989). *THE WISDOM OF BIOPHILIA — NATURE IN HEALING ENVIRONMENTS*. 3(3), 23–35.
- Burnett, F. H. (1911). *The Secret Garden* (2010th ed.). Wilco Publishing House.
- Dybvik, J. B., Sundsford, S., Wang, C. E. A., & Nivison, M. (2018). Significance of nature in a clinical setting and its perceived therapeutic value from patients' perspective. *European Journal of Psychotherapy and Counselling*, 20(4), 429–449. <https://doi.org/10.1080/13642537.2018.1529690>
- Evans, G. (1994). The Girl in the Garden: Variations on a Feminine Pastoral. *Children's Literature Association Quarterly*, 19(1), 20–24. <https://doi.org/10.1353/chq.0.0924>
- Firth, K., Smith, K., Sakallaris, B. R., Bellanti, D. M., Crawford, C., & Avant, K. C. (2015). Healing, a concept analysis. *Global Advances In Health and Medicine*, 4(6), 44–50. <https://doi.org/10.7453/gahmj.2015.056>
- Fujiki, K. (2015). My Neighbor Totoro: The Healing of Nature, the Nature of Healing. *Resilience: A Journal of the Environmental Humanities*, 2(3), 152–157. <https://muse.jhu.edu/article/614508>
- Glaister, J. A. (2001). Healing: Analysis of the concept. *International Journal of Nursing Practice*, 7(2), 63–68. <https://doi.org/10.1046/j.1440-172X.2001.00255.x>
- Glottfelty, C., Fromm, H., Le Guin, U. K., Kolodny, A., Allen, P. G., & Silko, L. M. (1996). *The Ecocriticism Reader: Landmarks in Literary Ecology*. 402.
- Harmon, J., & Kyle, G. (2020). Connecting to the trail: Natural spaces as places of healing. *Leisure Sciences*, 0(0), 1–16. <https://doi.org/10.1080/01490400.2020.1712282>
- Herdiana, I. (2019). Nature's Role Toward Mental And Physical Healing Reflected On The Secret Garden By Frances Hodgson Burnett: An Ecocritical Reading. *Vivid: Journal of Language and Literature*, 7(2), 51. <https://doi.org/10.25077/vj.7.2.51-56.2018>
- Hunter, D., & Sanderson, S. (2007). Let mother earth wrap her arms around you: The use of poetry and nature for emotional healing. *Journal of Poetry Therapy*, 20(4), 211–218. <https://doi.org/10.1080/08893670701714548>
- Soleha, J. (2019). *Selected Poems: An Ecocriticism Analysis*. 380(SoSHEC), 117–121.
- Tag, S. (1994). Four Ways of Looking at Ecocriticism. *Defining Ecocritical Theory and Practice*, October, 14–15. https://www.asle.org/wp-content/uploads/ASLE_Primer_DefiningEcocrit.pdf
- Tosic, J. (2006). Ecocriticism – Interdisciplinary Study of Literature and Environment. *Facta Universitatis*, 3(1), 43–50.