People possess an inherent inclination to affiliate with nature that even in the modern world continues to be instrumental in human health and wellbeing. This concept of Biophilia will be explained along with limited scientific evidence in support of this theory, particularly drawing on evidence regarding the role of contact with nature in human physical and mental fitness and productivity. Biophilia is a weak, not hard-wired biological tendency requiring experience, learning and social support to develop and become beneficial. Unfortunately, modern society has largely undervalued the importance of contact with nature and erected significant obstacles to biophilic development. The presentation will focus on reconnecting children with nature and design of the modern built environment, where we now spend on average 90% of our time. The idea of biophilic design will be introduced, especially its impact on people's physical and mental health and wellbeing, and illustrated by a number of examples. Adopting biophilia and biophilic design, however, will require less developing a new technology than a new consciousness and ethic toward the natural world.