This research analyzes the depiction of nature in Natsumi Soseki's *A Pillow of Grass*, examining how its portrayal reflects a new literary awareness of the environment and its vulnerability. The study investigates the methods used to represent nature and their purpose, arguing that the novel acts as a platform to address environmentally harmful practices. It explores how the novel raises awareness of the environment's value and the necessity for its preservation through narrative techniques interwoven with the protagonist's experiences. The core questions guiding this research are: How does environmental literature manifest in *A Pillow of Grass*, and what are the implications of its various appearances within the novel?