

Week Three: Connection

Strolls at Home | From Our Backyard to Yours



“We must say of the universe that it is a communion of subjects, not a collection of objects.” - *Thomas Berry*

CONNECT WITH THE HEALING POWER OF NATURE

During these unusual times, self-care through exercise, mindfulness and connecting with nature is especially important. This is a simple mindfulness practice that you can do during a walk in your neighborhood, your yard, or even simply looking out a window at a favorite tree.

During your practice, pause occasionally and take a moment to find a comfortable place to sit or stand. Take a few deep breaths and allow yourself to reflect upon this week's theme of connection. You might journal or sketch if you like.

WHILE ON YOUR STROLL

Remember that awareness comes through your physical senses (touch, taste, smell, sight, hearing), internal senses (what's happening within your body), intuitive senses and emotional senses.

1

SETTLE IN

with some living thing nearby, perhaps a tree or plant that you feel especially drawn to. Sit near it, or gaze at it from where you are.

2

SPEND TIME

getting to know this new friend in whatever way you like. Introduce yourself. If you feel like it, ask your friend for advice.

3

LISTEN

with your heart to see if it has any messages to communicate to you.

This activity is based on the Strolls for Well-Being — a free community program offered by Bloedel Reserve to promote overall well-being through connection with nature. For more information, visit bloedelreserve.org.

Bloedel Reserve is a 501(c)(3) nonprofit organization, maintained and nurtured through generous community support.