

Week Two: Possibility

Strolls at Home | From Our Backyard to Yours



Hope is the magic carpet that transports us from the present moment into the realm of infinite possibilities.

– H. Jackson Brown

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 possibility. 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

SEE

if you can notice some of the things around you that are in motion.

2

WHAT THINGS

are moving near you? What is moving in the distance?

3

CAN YOU FEEL

a movement or possibility in yourself?
How might you move or change today?

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.