

Week Six: Forgiveness

Strolls at Home | From Our Backyard to Yours



“You can’t forgive without loving.
And I don’t mean sentimentality. I don’t mean mush.
I mean having enough courage to stand up and say,
‘I forgive. I’m finished with it.’” – Maya Angelou

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 forgiveness. 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

TURN TO

yourself with friendliness, and think or say, “May I be well, may I be happy and peaceful.” Repeat this until you begin to feel it sink in.

2

IMAGINE

others you care for, perhaps family and friends. Send kindness to them and think or say, “May they be well, may they be happy and peaceful.”

3

EXPAND

your imagination as far as you can, and think or say, “May all beings be well, may all the earth be happy and peaceful.”

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.

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