Week Twelve: Fulfillment
Strolls at Home | From Our Backyard to Yours

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 fulfillment. You might journal or sketch if you like.

“Every day, think as you wake up, ‘Today I am fortunate to be alive, I have a precious human life, I am not going to waste it. I am going to use all my energies to develop myself, to expand my heart out to others, to achieve enlightenment for the benefit of all beings.’” - The Dalai Lama

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. PAY ATTENTION
   to anything you meet that seems mysterious to you. Where did it come from? Where is it going?

2. TUNE INTO
   that sense of mystery and follow it like a trail, with your eyes, your steps or your imagination. Where does this lead you?

3. HOW MIGHT
   the simplest things we meet lead us to enjoyment of the awe-inspiring pleasures of life?

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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