



BLOEDEL
RESERVE

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.

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