

NATURE INVITES YOU TO CONNECT

Immerse and Awaken Your Senses

A PEEK INSIDE MY MIND

Pause to notice each sensation in this experience.

Sight? Motion?

Temperature?

Smell?

Touch?

Hear?

Taste?



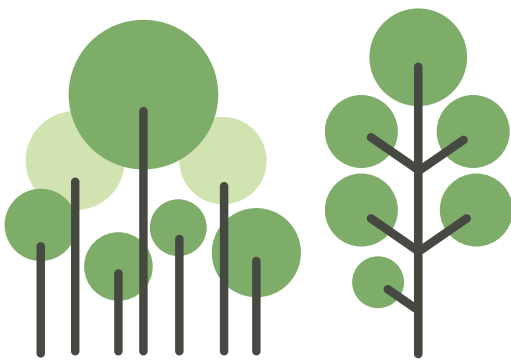
NATURE REFLECTIONS

After pausing and recognizing the sensations unique to this moment, reflect on the state of the mind in this experience:

Is the mind more busy or calm after your immersive experience? Expand.

How do you feel in your place-based nature immersion? (Perhaps upon entering a forest, standing beside a stream, or gazing into the horizon?)

What can we learn from the way nature evolves, expands, and seeks balance?



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