

Learning from Nature

Mindfulness Worksheet

Date / Time:

What have you brought mindful awareness to today? Check all that apply.

Heart

Mind

Body

Breath

Environment

To begin this Meditation, please bring kind awareness to

- why you chose this topic
- how your belly, chest, and head each feel when you reflect on this topic
- the emotions that you can associate with these visceral feelings
- the positive or negative impact of any stories you believe in regarding this topic
- the fact that many others are feeling similarly about this topic as you
- how you might feel with increased awareness around this topic
- when you can apply increased mindfulness to this topic in your day-to-day life



Nature has much to teach us. In fact, not only does it teach us, but it breathes life into our very being. We often think that nature is something outside of ourselves and yet it is equally present within each one of us.

Learning from nature is a practice that helps us to see the outside world reflected within ourselves. By mindfully tuning into the natural world around us, we develop new insights and deepen budding understandings.

Before you answer the reflection questions below, read through the following imagery to help deepen your present-moment connection to the natural world. Alternatively, if a natural environment is accessible to you now, you might go and spend some time there before responding to the questions posed.

READING:

Consider the way spring turns to summer turns to autumn turns to winter. Consider how after each winter there comes another spring.

Consider the way trees grow, extending roots into the invisible world as they develop a mirroring web of branches and leaves in the sky above.

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Consider the intricacy of relationship that exists in all natural landscapes – in wetlands, in rainforests, in fields, in forests, in oceans, and in all other environments. Consider what is seen and what goes unseen.

Consider the way small seeds contain coding that turns their tiny bodies into oranges and strawberries and carrots and tomatoes. Consider the gift of each harvest.

Consider the weather patterns that come and go – sometimes gracefully and sometimes with great force. Consider the power of these systems.

Consider your likeness to the hummingbird, the squirrel, the wolf, and the bear. In what ways are you similar to each animal that graces this earth?

Consider the very miracle of nature – the very wonder of it. Both around and within us, nature thrives inside each and every breath.

REFLECTION QUESTION:

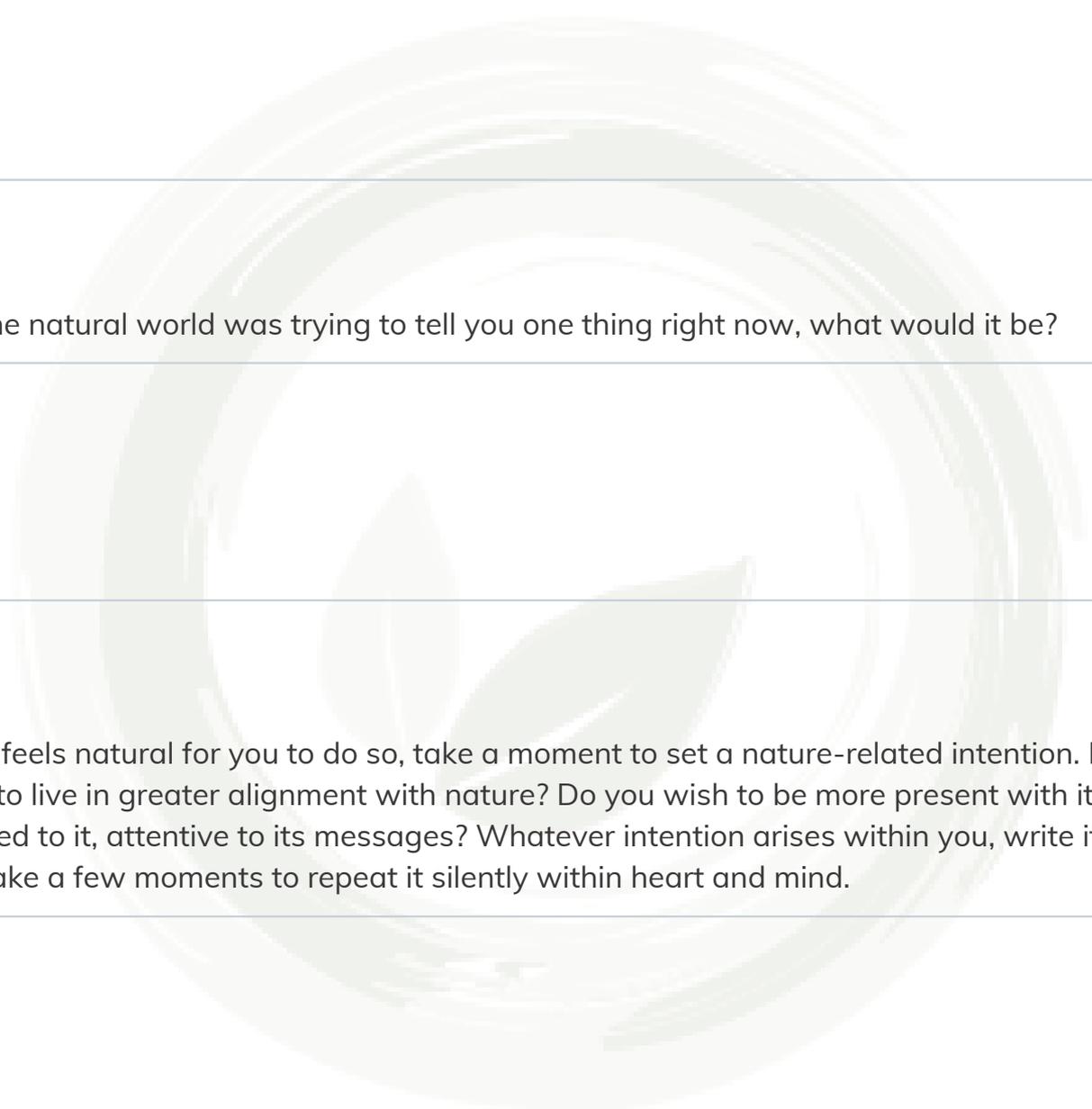
1. What does nature have to tell us about life? What wisdom does it carry?

2. Have you ever experienced greater clarity after having been in a natural setting? What is the effect of stepping away from the busy, built up world and into an environment that is as nature created it?

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3. How much time do you spend contemplating nature? How might you mindfully invite the natural world into your daily routine?



4. If the natural world was trying to tell you one thing right now, what would it be?

5. If it feels natural for you to do so, take a moment to set a nature-related intention. Do you learn to live in greater alignment with nature? Do you wish to be more present with it, devoted to it, attentive to its messages? Whatever intention arises within you, write it down and take a few moments to repeat it silently within heart and mind.