

Self-guided Sensory Nature Meditation – By Wil Brunner, Soft Pine Wellness

This meditation is a simple yet powerful exercise to become present in your body and the natural world. It is meant to be gentle and relaxing, using the bodily senses to pay attention to the present moment and connect to the local environment. Feel free to experiment with the directions to suit your own experience and please enjoy this time with yourself and the earth.

Duration: about 30 minutes. Can be done on a trail, in a park or your yard.

Go somewhere quiet and scenic where you can stand or sit for a few minutes. Perhaps by a waterway or a tree. Once you find your special spot, take a moment to **notice your surroundings**. Observe things that are moving, different colours, the places where the sunlight lands.

Ask yourself **“what is it like to be in this place”?**

Close your eyes and pay attention to your **breathing** for several minutes. Notice the **feeling of the air** flowing in and out of your lungs.

Opening your eyes, **take three or four slower and deeper breaths**. When returning to your normal breathing, ask yourself **“what is it like to be breathing in my body”?**

For the next few minutes, let yourself **wander** and find things in nature that you are drawn to or might find pleasing, exploring those things with your **sense of touch**. Ask yourself **“what is it about these things that I like”?**

In the place you are now in, take a few moments to notice your **feet planted on the earth**. Can you feel the **support** of the land around you? Know that right now, **nothing is needed to be done** except simply being where you are.

Close your eyes and focus on your **sense of hearing** for several minutes. Can you tell what is the quietest or loudest sounds? Notice what sounds you might find pleasing.

Opening your eyes, **walk slowly** for about ten minutes and pay attention to each **physical element of walking**. Notice how you pick up your foot and plant it on the ground before you take the next step. Let yourself walk in this way until you’ve found a natural place to stop.

Close your eyes and notice your **sense of smell**. Try to notice any scents in the breeze. Once again, **take three or four slower and deeper breaths**.

Open your eyes. Before ending this meditation, take a few moments to reflect on this experience. What do you have to be grateful for? What might this sensory time in the woods offer you to take for the rest of your day?