



# Mindfulness Practices in Nature

## Sit Spot

Find a space in nature, preferably beneath a tree, where you can sit by yourself for 5-20 minutes. Focus on your breathing and notice the sounds around you. Take this time to bring your awareness to any scents, curiosities, or tiny wonders of the nature surrounding you. Feel a sense of calm and connection and come back to your sit spot regularly to notice any changes.

## Campfire Meditation

Light your campfire with intention, focusing your attention on every sound and smell that occurs during the lighting process. Once your campfire is going, sit back and take a few deep breaths as you allow the hypnotic flames to calm your mind and your soul. Let go of any thoughts that enter your mind by imagining them floating up and away with the smoke.

## Nature Mandala

Find a natural space such as a woodland or park. Find a space on the ground where you will create your mandala. Begin by placing something for the center of the mandala such as a flower or a leaf. Slowly, and mindfully begin to create your mandala in concentric circles, using natural materials that you can find around you. Think about how you can introduce symmetry and pattern to your mandala. Be considerate of the natural resources you use, trying to use things found on the ground, or only picking from plants that have plenty to pick from.

## Earthing

You can do this either walking or lying down. Find a space with soft ground, such as grass, mud, or sand. Place your bare feet onto the ground and stand here with your eyes closed for 5 minutes, feeling the connection between you and the Earth. You can then lie down on the ground and place your palms face down, or walk around your natural space. As you feel your bare skin touching the Earth, notice the feelings that arise and allow Earth's energy to move through your body.