

NATURE LOVER

nature meditation from **Jessica Snow** | youaremagicla.com

NATURE LOVER is an easy and beautiful experience with nature; feel free to mix up the steps or skip any of them. This is wonderful to share with teens, family and friends; if you do, please know this is not the kind of thing where everyone shares their insights. Sometimes explaining a new insight too early clouds it; so please let everyone enjoy privacy as they explore.

STEP ONE: GO TO NATURE

Go to a place where you can rest for a moment, surrounded by nature. This does not have to be an “all-natural place” – a park with a bit of grass will do, if you are stuck indoors go to a window.

STEP TWO: FIND SOMETHING

Find something natural in your location that calls out to you. Pick the first thing that catches your attention; whether it is as tiny as a leaf or pebble or as big as a tree or the horizon, it is perfect.

STEP THREE: CONNECT & LISTEN

Go as close as you can to your chosen natural object and hang out with it like you two are good friends. Use your senses and “tune into” the being-ness of your natural friend. “Listen” to it and let yourself be surprised and moved.

STEP FOUR: NOTICE YOUR REACTIONS

Right away your mind may jump in and start naming this natural thing, thinking of things you know about it, or why or why not you like it. Whenever that happens, just bring your attention softly back.

STEP FIVE: HANG OUT

Set a timer for few minutes. During that time, over and over again, keep coming back to your real-time connection with the being-ness of this natural thing. Open up. Let insight in. Let healing in.

STEP SIX: SEE IT WITH YOUR EYES CLOSED

Once the timer goes off, close your eyes and see if you can experience that natural object in your imagination with as much detail and vivacity as you did with your eyes open. See how connected you can still feel to it even with your eyes closed.

STEP SEVEN: WRITE IT DOWN

Experiment with the idea that in appreciating this natural being's beauty, mystery and wild knowing you have increased the beauty, mystery and wild knowing within you. Make notes, draw or write insights on the other side of this paper.

STEP EIGHT: MAKE AN OFFERING

Make of a simple offering - a little water for a tree, arranging stones in a new pattern, drawing nice symbols in the dirt, a small donation or a prayer of goodness, etc. Then just have a good rest of the day. Pay special attention to all coincidences and “funny things” that might be messages or clues. Feel the natural world communicating with you even as you resume your daily life.