



Aliveness in Nature Exercise

Try this exercise.

Find a place outdoors where you can sit comfortably. Close your eyes for a moment and take a few deep breaths. Then pay attention to each sense, one at a time.

- **Hearing:** What sounds are there? Can you hear birds or crickets or other animals? How about wind in trees or grasses moving?
- **Feeling:** Is the wind touching your skin or rushing by your nose? Does the Earth feel solid under your feet? Do grass, pebbles, or soil press or touch your hands or other parts of your body? How is nature touching you?
- **Smelling and tasting:** What smells are greeting your nose? Do you taste anything when you open your mouth? Does the air taste sweet?
- **Seeing:** When you gaze around, what things keep calling your eyes back to them?
- **Thoughts:** Are your thoughts impacted by what you are looking at?

Write down what you notice for each sense.

How did you feel after the exercise?