

HOW TO COME TO YOUR SENSES

*Rewilding
Life*

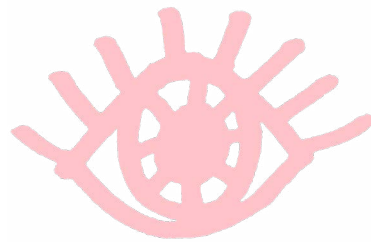
FOR MINDFUL ADVENTURES IN NATURE

THIS IS A SIMPLE TECHNIQUE I USE TO REMIND MYSELF USE MY SENSES TO BECOME MORE PRESENT IN NATURE. YOU CAN PRACTICE THIS WITH YOUR EYES CLOSED FOR A FEW MINUTES – WHAT DO YOU HEAR, SMELL, FEEL, THEN OPEN YOUR EYES AND EXPLORE! OR USE IT AS A PROMPT WHILE YOU'RE WALKING IN NATURE. IT'S EASY TO REMEMBER AND HELPS TO SLOW US DOWN, NOTICE THE DETAILS AND APPRECIATE THE MOMENT.



WHAT DO YOU HEAR?

For eg. can you hear movement in the trees above, birds calling to each other?



WHAT DO YOU SEE?

For eg. can you see a bird flying, or light streaming through the treetops?



WHAT DO YOU SMELL?

For eg. damp earth, eucalyptus from trees, salt from the ocean?



WHAT DO YOU FEEL?

For eg. can you feel the cool breeze on your face to the sun on your back, the texture of a leaf?

TIPS:

1 DON'T FORGET TO LOOK UP, DOWN AND ALL AROUND TO SPOT MOVING THINGS

2 MAKE NOTES OF THE WILDLIFE YOU FIND AND LEARN MORE ABOUT IT WHEN YOU GET HOME

3 BE SLOW, QUIET AND PATIENT AND BIRDS AND OTHER WILDLIFE WILL SHOW THEMSELVES