

A-Z

Wild Awake MINDFULNESS

of Mindfulness and Nature Connection

A GUIDE TO HELP YOU BE MORE MINDFUL IN NATURE WHETHER YOU ARE WALKING THE DOG, HIKING IN THE MOUNTAINS, CYCLING OR RUNNING, FREEDOM CAN BE FOUND IN EACH LETTER. TAKE YOUR TIME, THERE IS NO RUSH, ENJOY.



Awareness

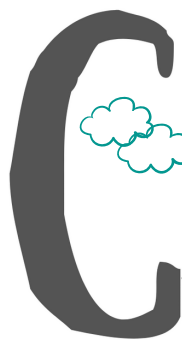


of your surroundings, what can you see, smell, hear and touch? We spend 45% of the time lost in thought. Nature can bring us into the present and a place of calm



Breathe

in the air and recognise we have a connection with plants and trees, we rely on each other to sustain life. Long slow deep breaths in and out, letting the rhythm soothe you.



Clouds

are nature's poetry. From the common cumulonimbus to the rare asperitas, clouds are for dreamers and there is nothing better for our sole than lying back and watching them drift along.



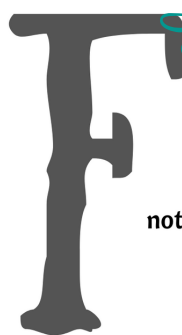
Delight

in nature. When we are in awe and wonder of nature we have a sense that there is something bigger than ourselves, when this happens the feel good hormone oxytocin is released.



Elements

of Earth, Air, Fire and Water – we depend on them to sustain life. The sun to keep us warm, the air we breathe, the water we drink and the Earth is our home. Having gratitude and reminding ourselves we are not separate, we are nature.



Feel

the sun on your face, the rough bark of a tree or the smooth surface of a stone. Nature is full of surprises – notice the small things, the big things, the inconsequential things and take pleasure in them all.



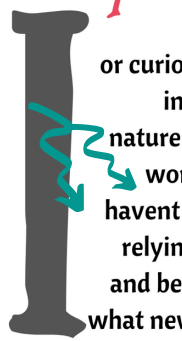
Give

of yourself wholeheartedly in nature, be open to connecting to what is there. Give of yourself to picking up litter, and small acts of tenderness. As humans we can operate too much as consumers, nature takes what it needs and gives in abundance.



Hug

a tree. We can feel disconnected from nature when living and working in urban areas and this has a negative impact on our well-being. Hugging a tree can remind us how important this connection is and it feels great!



Inquisitiveness

or curiosity to what is happening in your experience when in nature, both the inner and outer world. Trying new paths you haven't walked down before, not relying on old engrained habits and behaviour. You never know what new treasures you may find.



Joy

in nature and in our mindfulness practice is important in sustaining interest. We can find joy in the shadow made by a leaf, a tiny splash of water, the transition from day to night. Even in times of difficulty, be open to joy, it can be found in the unlikely of places.



Kindness

to ourselves, other people and nature. Mindfulness asks us to express kindness through acts of body, speech and mind. Small acts of kindness can change the world.



Landscapes

There are so many landscapes to discover; mountains, lakes, woodlands, back-gardens, parks, and don't forget landscapes of the heart and mind. Broaden your horizons and open up your heart to less well travelled terrain.



Meditation

is the 'formal' practice of mindfulness. Everyone can meditate. Nature does all the work, all we need to do is pay attention, be patient and be open to whatever arises whilst cultivating a beginners mind.

Non-judgement



is important when we practice mindfulness. When it comes to our experience, there is no right, no wrong, just awareness. Nature doesn't judge, nature thrives and grows by being adaptable to, and accepting of, whatever arises.

Openness



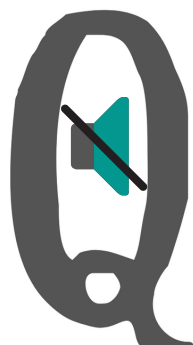
to being mindful, to being connected to nature, to seeing the sacred in everything, to the unknown, to being courageous, to letting go, to mystery and wonder, to being as free as a bird.

Play



feels good. When we engage in creative play we drop, for a moment, our everyday responsibilities, our adult roles, our sense of how things 'should' be, and we engage more in the moment. Nature is your playground, enjoy it!

Quiet



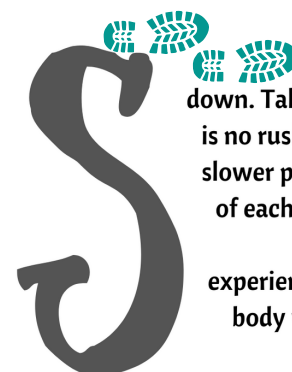
.....shush, peaceful, silent, hushed, stillness, muted, tranquil, harmony, serene, calm, shut up, pause, peace, settle down.....ahh

Rainbow



look, a rainbow! The rainbow never fails to surprise and delight. Nature is full of these simple pleasures which instantly lift our mood. The rainbow also reminds us that colour is in abundance in nature.

Slow



down. Take your time, there is no rush. Try walking at a slower pace, being mindful of each step and see what happens. You will experience more calm, the body will relax and your mind will settle.

Traditions



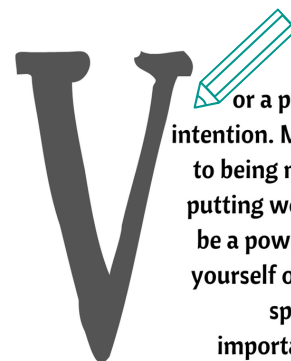
like solstice, beltain and wassailing bring us closer to the natural world through story telling, myth, music and ritual. They connect us as individuals, and as a local and global community. They are expressions of gratitude.

Unplug



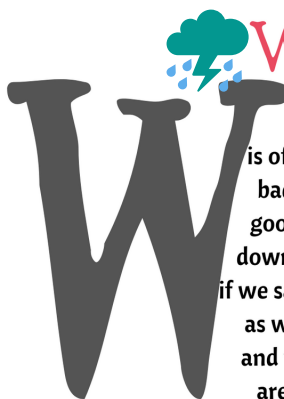
all devices, leave your phone, headphones, tablet at home. Enjoy being unavailable, free from demands and distraction. See what happens to your mind when you let go of attachment and enjoy the simple pleasures of nature.

Vow



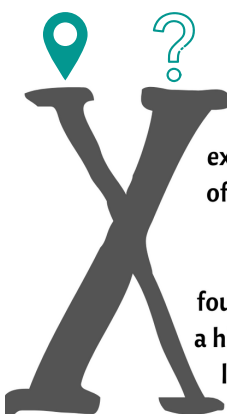
or a promise, a prayer, an intention. Make a commitment to being mindful in nature by putting words to paper. It can be a powerful way to remind yourself on a deeper, perhaps spiritual level, what is important to you and why.

Weather



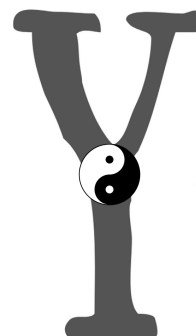
is often viewed as good or bad. The sun is out, it is a good day. It is throwing it down, it is a bad day. What if we saw it just the way it is, as weather? Embrace it all and feel gratitude that you are alive to experience it.

Xplore



and have an adventure, experience the excitement of not knowing where you might end up. Take an interest in what can be found underfoot, and climb a hill or a tree for a view, be lead by curiosity and free abandonment.

Yin & Yang



the opposite forces in nature are interdependent and give rise to each other. We can learn to observe nature and relate this duality to our own lives. Everything arises upon conditions, our actions have consequences for ourselves, others and nature.

Zzzzzzzzz



take a nap in nature. Curl up or stretch out, whatever feels good, let Mother Nature hold you in a loving embrace and let go. Enjoy feeling the elements on your senses, enjoy being close to the Earth, enjoy coming home.

WE HOPE YOU ENJOYED THIS GUIDE. WE HAVE CREATED **FREE TO ACCESS VIDEOS** TO ACCOMPANY THE GUIDE WHICH YOU CAN FIND ON THE WEBSITE AS WELL AS LED MEDITATIONS AND MUCH MORE.

www.wildawake-mindfulness.co.uk

