



NATURE MANDALA ARTWORK A CELEBRATION OF NATURE & LIFE

CREATED BY DO IT GREEN! MINNESOTA TEAM MEMBERS
INSPIRED BY DAY SCHILDKRET WITH WWW.MORNINGALTERS.COM



NATURE MEDITATION

Explore the pursuit of nature with a sense of wonder.

Let it take you on a journey of experiencing impermanent beauty.

Let it teach us how that can create beauty that becomes nourishment for life.

1. Take a seat. Let your body meet the earth. Imagine you have roots descending into the deep dark soil.
2. Close your eyes. What do you feel, hear and smell?
3. Open your eyes and take in all of these natural objects together as one landscape. The contours of the landscape, the colors that appear in your gaze, the shadows dancing all around you.
4. Narrow your gaze and focus on one thing. Maybe it's the texture, the color, the lines or shape of an object that you see.
5. Take a deep, slow breath in and out. Let yourself wonder about these nature items and where they came from. Was it a park? A forest? A backyard? Did they fall off huge, beautiful tree or were they harvested from the ground?
6. Once again, feel yourself sitting in this spot — Your body meeting the earth's body. Relax. Feel those roots of yours. Still reaching far down into the body of that place. Sense how grounded and held and present you are. Give thanks for this place, in the way you know how.
7. Let yourself slowly rise to your feet and walk from that place, still aware that you're walking. On her.