

OUTDOOR



Forest Bathing

Mind & Body

Meditation

Moments

FINDING YOUR WHY IN NATURE

**Connect with nature to feel a part of the planet.
Immerse your mind to connect with yourself.**

Getting outside can greatly accelerate your ability to cultivate a true present moment. Although meditation and reflective "pause" moments can be enjoyed within your home or any other indoor space, spending time in nature can amplify the positive effects even more so.

Our egos can fool us into becoming absorbed in our personal challenges in life. Reflective thinking can help to loosen the grip of such habits, helping us to appreciate what (and who) is around us.

When we take time to pause and notice the natural world around us, the weight of our problems begins to lessen.

Read on for four simple practices that can help you connect with nature's abundant beauty...as well as your spirit.



Being in nature is one of the most profound ways we can create calm and deep inner focus. Whether you strike out to the lakes or forests or stay closer to home, the choice is yours. The world is your yoga mat.

4 TIPS FOR MORE MINDFUL OUTDOOR MOMENTS

1 Focus on breath



Begin by finding a quiet bench to sit on, a sturdy tree to lean against, or a grassy spot to call your own.

Start with three deep, nurturing breaths, breathing in and out of your nose exclusively. Enjoy full inhalation followed by full exhalation. Each inhalation and exhalation should be of equal length.

2 Tap into your senses



Following these three initial deep breaths, allow your breathing to continue in a natural, steady pattern.

Maintain breathing through your nose, allowing your breath to ease any tension within yourself. As you do so, begin to tune into the space around you. Use your senses to become present.

3 Begin to notice



What can you hear, see, feel and notice around you at this stage of your explorations?

Notice the fresh air as it moves in and out of your system. Feel the natural elements on your skin. Listen for the birds, wildlife, and trees as they move in the space that you sit. During each inhale, smell the grass or flowers around you. How do these elements make you feel?



NATURE NURTURING

By Carrie Asby

4 Tips for keeping your focus



Use every noise that you register around you to keep you present instead of it being a distraction. If you hear a car drive by or a siren from a fire truck, notice its presence without opposition. It is not an invasion. It's just passing by you within the moment you share together. Stay in the moment.

As your practice comes to a close, acknowledge it with a smile. Hold your own hands or embrace a nearby tree. Do what feels right for you—today and every day.

Excerpted from **Your Morning Ritual: Mindful Habits for Peace & Resilience**.

Ready to go all-in down a deeper path of peace and resilience? Your Morning Ritual will help you do just that with tools and techniques to live in harmony with your mind, body, spirit, and planet. Available at CarrieAsby.com/Resources.