



## Nature Walk with Attention

*Increase your soul connection through mindfulness in nature.*

Go on a walk outside in a natural setting, for one to two hours. The location should be some place you are comfortable with and where you feel safe. It could be in a park, a hiking trail, or coastline. Or at a beautiful lakeside. You choose!

As you walk you will notice your thoughts.

To begin, bring in conscious breath. Think something like, "I'm taking a deep breath now" or just think, "breathe," and do it. After a while, let your breathing become more natural as you bring your awareness to what you are noticing as you walk.

Next, get more and more curious about what you are *drawn to*. *What are you interested in as you continue to walk?* Stay curious throughout your entire walk to explore a deeper part of you.

If you notice your attention is going back onto your thoughts (busy mind), or your day or conversations or reworking your daily history, then just bring your thoughts back to "What's here? What do I like? What's interesting to me? Where do I want to go?"

**And just come back to that noticing: "What is drawing my attention?"**

Revel in the delights that show up for you. Be present in the moment.

If you want, later after you have walked, you might want to journal on what you learned or felt or sensed as you walked.

Here are some questions that will give you a way to explore your inner world.

1. What's my impression of myself in terms of how focused I was able to remain on the walk? How focused on nature was I able to remain?
2. What did I notice my attention was being drawn to? What features, or locations, characteristics? What was it for me? And what aspect of that object was it that was intriguing to me and why?