



Awakening Mindfulness in the Natural World

Re-wire your
sense of wonder
with this delightful
and powerful
20-minute guided
outdoor meditation!



EXPERIENCE THE MIRACLE OF BEING

Mindful in Nature

Calm your nervous system, restore your equilibrium, and renew your connection to Mother Earth. A powerful practice to nourish mind, body, and spirit with meditation teacher and Mindful Outdoor Guide, Katie Dutcher.

Tips to make the most of your guided outdoor mindfulness experience:

- We suggest **downloading this meditation**, putting your phone on airplane mode, and making sure that you can be hands-free.
- Go outside where you can feel comfortable and safe both walking and sitting quietly.
- If you have enough privacy, you can listen aloud. Otherwise, put one earbud in your ear and leave the other one out to hear the sounds of the world around you.

Katie's tips to help you experience nature mindfully anytime:

SETTLE YOURSELF

When you first go outside, close your eyes and take a few deep, slow breaths to shift gears and settle yourself in the present moment. Become aware of your feet on the ground, the sky overhead, and your surroundings. Slow down: The more you slow down, the more you will notice, and the more you will experience the pace of the natural world.

ACTIVATE YOUR SENSES

Begin by taking each sense in turn: What can you *see* close by and far away? What can you *hear* close by and far away? What can you *feel*? What can you *smell* or *taste*? Pause one by one to bring each sense "online," open and ready to be wowed by the world around you.

LET CURIOSITY LEAD YOU

Ramble without a destination, go where you feel drawn, pausing often. When you hear, see, smell, or feel something that intrigues you, move closer and take it in!

MAKE A CHANGE

To find the newness in the everyday, find ways to do things differently than you normally do. Change your perspective by lying on your back and looking up at the clouds, or on your belly and looking down at the grass, sand, rocks or soil. Go someplace new, or to a familiar spot at a different time of day—what is it like at dawn or under moonlight?

SENSE INSIDE

Periodically, take time to close your eyes and send your attention within. What do you feel in your body? What emotions arise? What thoughts do you have? Let yourself feel the impact of the experience.

CLOSING INTENTION

Notice any sense of appreciation that is arising. Place your palm on the earth or make another sign of connection and gratitude. Include in your gratitude a sense of appreciation toward yourself for making time for this restorative experience. Carry the gifts you received throughout your day and beyond.

***Want more great mindfulness in nature guidance from Katie?
Sign up for her free 7 Days of Wonder email series [here!](#)***



Quest for Eternal Sunshine is a free and growing resource for wisdom, healing and self-discovery inspired by Mendek Rubin—a Holocaust survivor who successfully journeyed from darkness to light and wanted to help others find peace, joy, and love. Our live monthly (virtual) events are offered at no cost to open hearts and minds in honor of his legacy.