

## NATURE'S TOUCH FOR WELLNESS

Grounding: Standing by a river or stream allow a real exhale to occur out of the shoulders and fingertips down to the ground.

Soften eyes and feel the wind and air onto yourself.

Be playful and open mouth and stick out tongue to taste nature.

Listen to sound of the water and guess its speed.

Turn to where the water is travelling and welcome what it brings you. Be in gratitude for what is about to arrive.

Turn to where the water is going and let go of whatever is ready to leave. Trust the water that it will release what you can handle.

Move deeper into the realms of Nature: This forest home is your home too. It's a simple concept: Be one with Nature.

Allow yourself to smell what each turn on the path has to offer. Is it plant or animal?

At the next bend, allow yourself to hear the symphony surrounding you. Add your voice.

The next realm invites your eyes to look and observe shadows, colors and patterns. Feel free to take pictures in a new light.

Observe where the stone people reside. What feeling do you get from them?

Here is a fun exercise to share with a partner:

Photographer/Seer and Camera/Visionary: Look at something that catches your attention(photographer/seer).

Position your partner (Camera/Visionary) to look in the same direction. Count the seconds for the partner to absorb what you see.

Visionary describes scene, seer describes scene. *(This is a good time to pause this narrative and experience the moments shared.)*

Do another picture moment, but this time describe the scene in depth without calling it a tree, rock, etc. Describe the personality of the energy it emits. Switch roles with your partner. They become the Photographer/Seer and you become the Camera/Visionary.

Time In: Walk further to find a sitting spot. You can arrive with a question or sit and receive what the forest has to give you.

Share gifts from the forest. Close and seal the realm by looking once again at the water coming toward you. What does it bring you?

Be in gratitude. Turn to where the water is going and realize what has left.

Be in gratitude. Take a few real breaths and exhale out of your mouth. Breathe in the forest healing air and breathe out your gift to it as well.

Walk back together with the forest on the path. This forest home is your home too. In nature, we have it all.

This experience was created by: Madeline Marchell (ShaMom) & Mother Nature.