

MINDFUL OBSERVATION

Today let us do a simple activity and engage our mind. We are going to practice Mindful Observation. The exercise is designed to connect us with the beauty of the natural environment.



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Choose a natural object from within your immediate environment and focus on watching it for a minute or two. This could be a flower, the branches on a tree, an insect, the clouds, the sun rays outlining the clouds, or the moon and stars.

Don't do anything except notice the thing you are looking at. Simply relax and observe as long as you wish.



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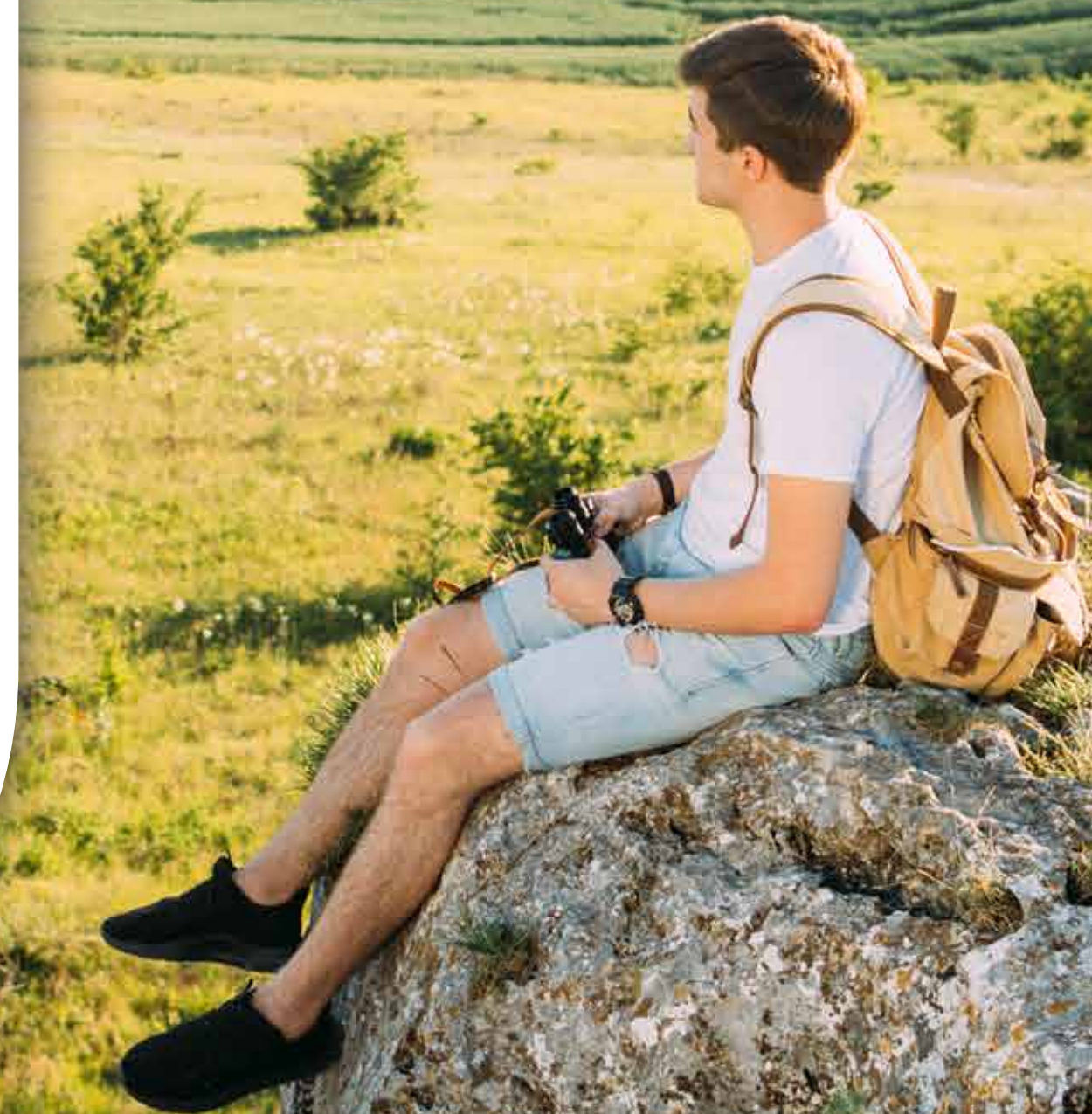
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Look at it as if you are seeing it for the first time. Visually explore every aspect of its formation, and allow yourself to be consumed by its presence.

Allow yourself to connect with its energy and its purpose within the natural world.

Make your day joyful



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