

**"Mindfulness can be like stepping out of a grey flatscreen mode into a world that is vivid and three-dimensional."**

**– Tessa Watt**  
American Author

# 3-2-1 GROUNDING

Our senses *ground* us to our environment, keeping us present and engaged. Try it for yourself:

In this moment, use your senses to search for...

3

Three things you can see

2

Two things you can hear

1

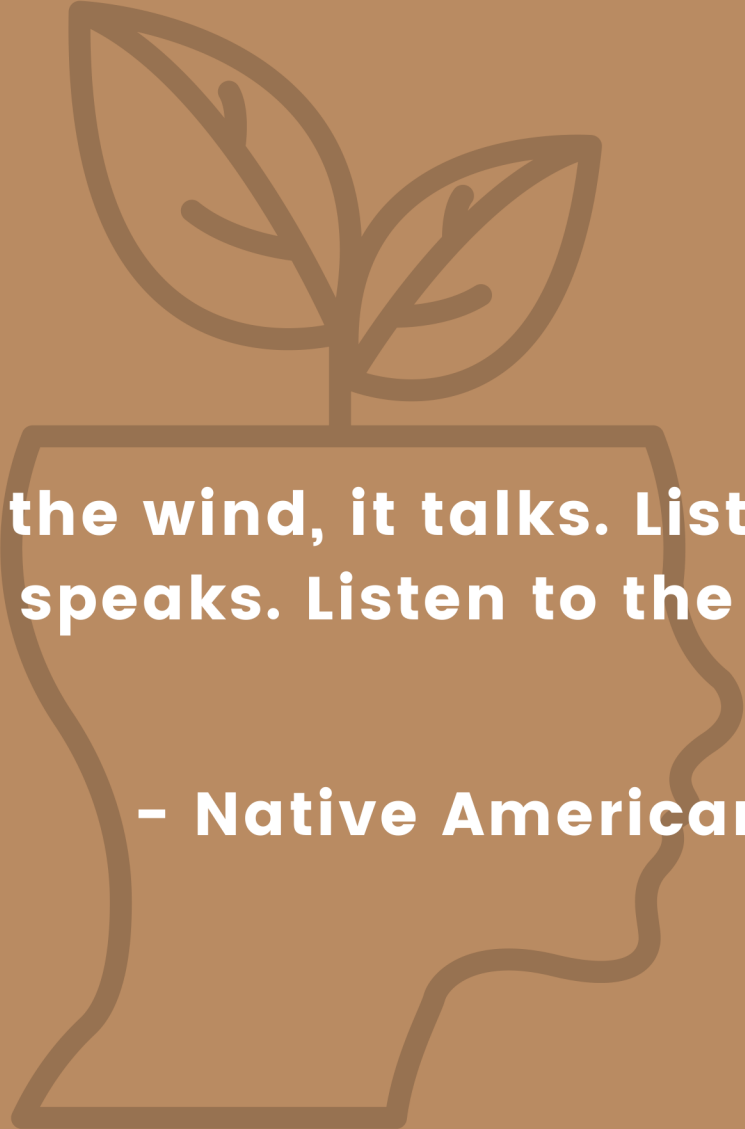
One thing you can feel

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**“Listen to the wind, it talks. Listen to the silence, it speaks. Listen to the heart, it knows.”**

**– Native American Proverb**

# MINDFUL LISTENING

**Nature provides a beautiful symphony that can only be heard  
when we get quiet enough to listen.**

- 1** Take a few deep breaths. Become aware of the sounds around you. Simply notice them, *not judging or labeling*.
- 2** Listen for the sounds closest to you, farthest from you, and all of the sounds in between.
- 3** If your mind wanders, simply bring your attention back to the sounds around you.

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**“You are the sky. Everything else is just the weather.”**

**– Pema Chödrön**  
Religious figure

# MINDFUL VIEWING

**Take a few moments to absorb the scene that nature has created for you.**

- 1** Enjoy a few moments in silence as you consciously begin to engage your sense of sight.
- 2** Look up and explore the sky. Take in the various hues, shadows, and shapes around you.
- 3** Notice the water. Watch it shift directions with the wind. Are there any reflections or shadows? Continue to take deep breaths as you gaze at the view.



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**"Many people are alive but don't touch  
the miracle of being alive."**

**-Thích Nhất Hạnh**  
Buddhist monk

# MINDFUL FEELING

**Nature is peaceful. Breathe in the serenity around you to bring a sense of calm to your inner self.**

- 1** Take a few moments to tune into your body. Relax your shoulders, jaw, arms, and any areas of tension.
- 2** Feel the warmth of the sun and the breeze as it cools your skin. Notice any sensations that arise, *without judging them*.
- 3** Feel the Earth supporting you. Feel the connectedness of you and everything that is around you. Continue to breathe deeply.

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**“Of all the paths you take in life, make  
sure a few of them are dirt.”**

**– John Muir**  
Naturalist

# MINDFUL REFLECTION

Spending intentional time in nature provides a perfect opportunity to reflect. As your walk draws to a close, take a few moments to consider...

## HOW DO I FEEL AFTER MY MINDFULNESS PRACTICE?

1

**Emotionally**: specific feelings, general mood, and emotional state.  
- *Does your mood feel different after being present in nature?*

2

**Mentally**: your thoughts, focuses, and feelings of connection to yourself and others.  
- *Do you currently feel connected to yourself or your planet?*

3

**Sensationally**: your senses, posture, and physical sensations.  
- *Do your senses feel more alive or awake compared to when you began?*

# Care to share?

We would **love** to hear about your experience.  
Scan below to view previous visitors' reflections,  
feedback, and photos, and to share your own.



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**#BaileyTract**

**#MindfulMoments**

**#DiscoverDing**