

## Get in tune with Nature

- **Go for a walk** (without music). Make a point to listen to just the sounds that the earth is making. The breeze blowing through the leaves and grass, the birds, the water if you're near it.
- **Meditate.** This doesn't have to be difficult or even lengthy. Just silence everything for a minute. **Listen** to your soul. Your intuition. That is your Self speaking. He/She knows all things. Trust him/her.
- **Touch the earth.** Go outside barefoot and walk in the grass. Sink your toes into the sand. Make a mud pie with your kids. Sit in a creek and get wet. Really FEEL it.
- **Invite nature in.** This can look many ways. Houseplants, indoor water fountain, a beautiful piece of nature art.
- **Plant a garden.** It can be flowers, herbs, or a full-on crop of vegetables. Flowers support our bee population (aka life) and bring so much beauty and joy to your space. If you go the veggie route, growing something from start to finish is incredibly satisfying, and it tastes so much better.
- **Get into it.** Have a picnic, go kayaking, snowshoeing, skiing or hang gliding. The level of casual or extreme is up to you. But give yourself a perspective that you wouldn't see otherwise and be present in that moment.
- **Look up.** The stars are incredible. Our universe is vast, and we can only see a tiny fraction of what it holds. If you can't see them, decide to go somewhere you will be able to view the sky without lights.
- **Pay attention to the details.** The veins on the leaves. The subtle color changes in a flower petal. The beautiful textures and variations of the tree bark. The perfect spiral in a seashell.
- **Start a fire.** Build a firepit in your backyard. Go camping and cook your food over the flames. There are few things as wonderful as listening to the crackling of a fire, watching the flames and feeling the warmth on your face.
- **Take it off.** Put your shoeless feet in the lake or creek. Be as natural as you can be.

