Paying Attention



- Find a peaceful spot in nature. Maybe in a garden or a nearby park, or just open a window and let nature in.
- Stand quietly, with your feet grounded. Let your breathing slow down and allow your mind to be still and tune in to the nature around you.
- Close your eyes and focus on your other senses: what can you hear or smell? What draws your attention?
- As you open your eyes again, focus on what you can see, and stay alert, with all your senses tuned in. How does it make you feel?
- Revisit this spot if you can, through the changing seasons, and pay attention to the changes you notice each time.

"There is a way that nature speaks, that land speaks. Most of the time we are simply not patient enough, quiet enough, to pay attention to the story."

Linda Hogan

DIOCESE of WINCHESTER

Diocese of Portsmouth