

Pinecone



- Pinecones date back to prehistoric times and would probably have been eaten by dinosaurs! The scales on a pinecone contain seeds and form a spiral that follows a Fibonacci pattern, like sunflower seeds or the scales on a pineapple.
- Pinecones are often valued for their calming scent, which is probably one reason why they are so popular as Christmas decorations (and air fresheners!)
- If you can, find a pinecone, slow down and spend a few, quiet minutes studying it closely. Try to look at it as if you were a child, with their curiosity and their sense of awe and wonder. What catches your attention? Try to engage your different senses as you contemplate.
- How in tune do you feel with the natural world around you? Are there any habits you could adopt which would make you feel more grounded and more aligned with natural rhythms?