



# Jen Deacon

YOUR NATURE: COUNSELLING & ECOTHERAPY

## ☉ A Gentle Nature Connection Invitation



- Find a quiet spot outdoors - somewhere you feel welcome and safe.
- Sit or stand. Take your time to find a position and spot that's comfortable, that you can relax at ease.
- Rest your hands on your belly and let your breathing fall into a comfortable pattern.
- Inhale, feeling your belly gently expand...exhale fully - but gently.
- Continue for a few minutes, settling into your body in this spot



- Let your senses open. Gently try and tune out the other senses in turn, concentrating just on one sense at a time
- Listen for the layers of sound of you hear, what they bring up for you.
- Notice the scents carried on the air - earthy, fresh, green, or faint.
- See if you can receive any sense of taste (actually tasting or licking things entirely at your own risk!.)



- When you're ready tune back into all 5 senses and see what the land offers to you - whatever it is that catches your eye, body or mind - tree, bush, feather, grass, leaf, stone, bark.
- Go to it - explore it close up with a gentle curiosity.
- Notice the little tiny details, the patterns, the colours, the textures.
- What textures catch your eye? Rough, smooth, cool, damp, soft?
- What do you notice about its shape or size?
- How does your body react to it?
- Notice what draws your eye.
- Notice what you feel in your body and mind.
- Let your curiosity gently guide you
- Take your time and when you're ready find a way to give thanks to this place. It could be with a gesture or a word or a gift
- Finally gently leave this space, but take what you noticed back into your life.

