

OUTSIDE / IN

QUESTIONS,
QUOTES, AND
ACTIVITIES TO
CONNECT YOU
TO NATURE

Because to connect to nature is to connect to yourself: your mind, your creativity, your senses, your well-being—all of the magic that's in you. Because you are a part of nature too.



GUIDED WALK

This is one of four seasonal guided walks in this journal. Complete it in your own time as the months unfold.

What **COLORS AND SMELLS** do you associate with spring?

What springtime **MEMORY OR IMAGE** has made an impression on you?

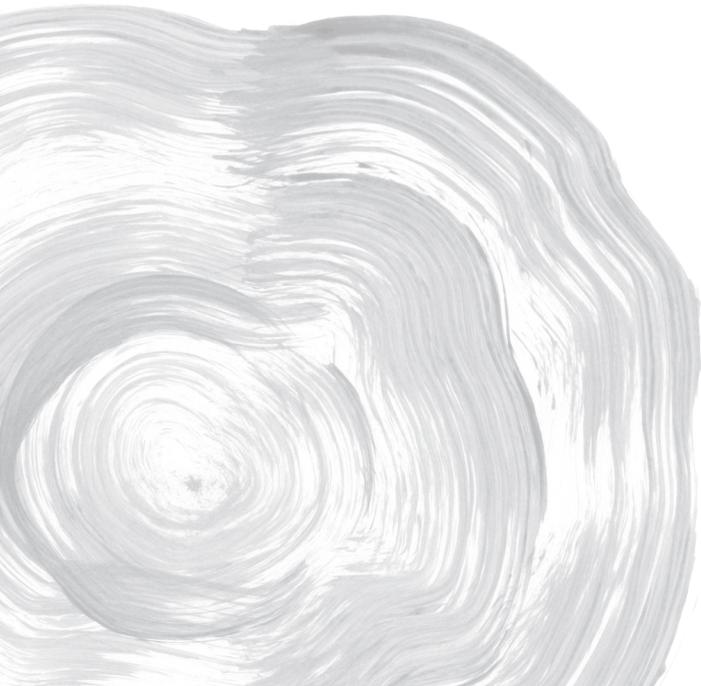
What **FEELINGS** does spring evoke for you?

If you associated a particular **WORD OR THEME** with springtime, what would it be?

GO FOR A WALK—as long or short as you have time for—and search for signs of these colors, smells, and feelings. Where do you find them? How do you feel once you've returned home?

The moment one gives close attention to anything, even a blade of grass, it becomes a mysterious, awesome, indescribably magnificent world in itself.

HENRY MILLER



Go outside with the intention of finding something small and seemingly ordinary to pick up—a leaf, a shell, a flower, a stone—something you might not usually notice much. Hold it close.

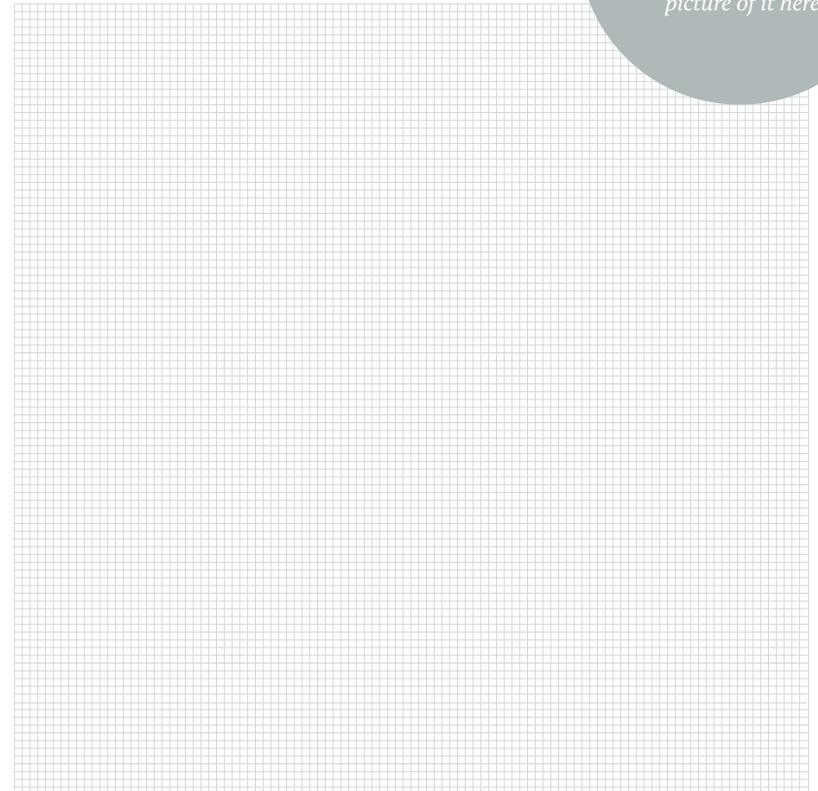
Really observe it—the color, the texture, the way it is made. If you'd never seen anything like this before, what would astonish you about it?



OBSERVE IT

like a treasure.

Draw a simple picture of it here:





ONE SUN

Every single fruit and vegetable you've ever eaten has ripened under the same sun—the same sun that wakes you up every morning, the same sun that lights your days, the very same sun for all of us. It is a simple but remarkable thing to think that all life on earth is nourished by the light of a single star.

The orange tree took time to create this masterpiece.

The next time you eat a fruit or a vegetable—a carrot, an apple, a banana, a peach—hold it in your hand and take a moment to think about this. Imagine this food beginning, very small, as a sprout or a shoot, or a flower. Imagine it growing under the light and warmth that have also shaped your days and nights. Think of all the energy that plant put into making this food, and then when you are ready, take a bite.

Try tasting the sunlight, the rain, the earth in this food. What do you feel when you do?