



# OUTSIDE / IN

QUESTIONS,  
QUOTES, AND  
ACTIVITIES TO  
CONNECT YOU  
TO NATURE

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*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.*

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

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

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

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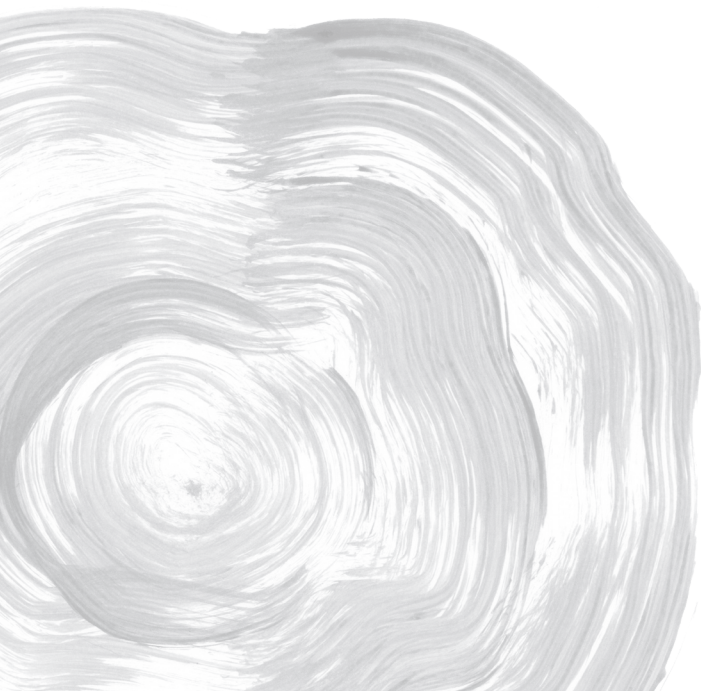
If you associated a particular **WORD OR THEME** with springtime, what would it be?

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**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.*

THICH NHAT HANH

*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?*