

Mindful Listening - Nature

While walking, pay attention to the sounds around you. If you are in the woods, notice the way a single bird is singing - focus on the one sound and breathe. Perhaps you are walking amongst gently falling snow - focus on one snowflake and watch it fall to the ground. During the winter months, feel the crispness. Notice how it feels. Practicing this exercise daily will expand your perspective, you'll soon find joy hidden in spots that you never even realized was possible. Mindfulness turns small little things into experiences: breathing, eating, drinking, walking. Ultimately practicing mindfulness, it turns life into one giant wonderful experience.