

Garden Mindfulness At Home

*Open the window of your mind. Allow the fresh air,
new lights and new truths to enter. —Amit Ray*



Natural settings are ideal for practicing mindful awareness because they awaken our senses. If you've walked along the Heart Smart Trail in Brookside Gardens' Gude Garden, you may have seen the "Garden Mindfulness" signs reminding you to pause and tune into the present moment. But you don't have to visit us to try mindfulness for yourself! Bring this page with you to your local park or trail or just into your backyard or neighborhood. Take a stroll or a seat, and when thoughts crowd your mind, let them go gently, without judgment or engagement. Focus instead on the sounds, sights, and sunlight around you, using the following prompts as a guide.

Hear the sounds

Close your eyes; take some deep breaths.
Bring attention to the sounds surrounding you.
Focus on the calls of the birds and other natural sounds.

Feel the Energy

Feel the sun on your skin.
Where is the sun touching your skin?
All life and energy on earth comes from the power of the sun.

Become Self Aware

Feel the air moving across your skin.
On what parts of your body can you feel the wind?
Bring awareness to those parts of your body.

Make a Connection

Sit or stand still for several moments.
Bring attention to parts of your body touching the earth.
Feel your connection to the earth and the support it provides.

Just Breathe

Bring attention to your breath.
Concentrate on each inhalation and exhalation.
Note that the air filling your lungs is produced by trees.

See the Beauty

Bring attention to the natural movements around you.
Fully appreciate the beauty of nature.
Feel gratitude for the natural world that surrounds you.