



Mindfulness is learning how to be fully aware of your body, mind, and feelings in the present moment without bias or judgment.

JUST BE

You can just sit and be. Use a bench or comfortable “no thinking” spot on the ground. Forget “to do” lists or multitasking.

THEN . . .

BE KIND TO YOURSELF AND OTHERS

Think or say kind, compassionate words about yourself, your friends and family, or community, or those who need your care of concern. You could also choose to name them in a prayer.

BREATHE DEEPLY

Breathe in through your nose, hold your breath as you count a chosen number of times, then breathe out through your mouth. If you wish, say a word or sound of your choice and REPEAT. Experiment with the length of time you hold your breath. Instead of counting, you could choose to say a given list of persons you wish to remember or pray for.

TRY A WHOLE BODY SCAN

Become aware of different parts of your body, one part at a time. Begin either at your head and move toward your feet or at your toes and move up to your head. Move, exercise, or notice the feeling of each body part.

DO A MINDFULNESS WALK

Walk “aimlessly” to wherever your feet will take you in the area near your station. Pay attention to your feet and legs and the surface under them. What sights, sounds, smells, and feelings do you experience along the way near the station? Some people also choose to do prayer walking.

USE EACH OF YOUR FIVE SENSES, ONE AT A TIME

Look and see – shapes, sizes, colors, light and dark, location. You don't need to name or identify, just notice likenesses and differences.

Hear and listen – Pitch, tone, volume, intensity of sound in the world around you, animals, people, wind, water, rustling or crunching.

Touch and feel – coolness and warmth, roughness and smoothness, hardness and softness.

Sniff and smell – plant fragrances, animal smells, soil, air freshness or pollution, smells of industry, danger.

Taste – but only if you are SURE something is safe to taste.

SPECIAL THINGS TO DO AND OBSERVE AT STATION Q

Although mindfulness emphasizes the thoughts and actions of persons in the here and now, we have evidence based on artifacts found on this property, that people have lived and worked here as long as 3,000 to 5,000 years ago. We also have written accounts of what was here when the land was first homesteaded in the 1870s. What “here and now experiences” might those people have had? How might they have used and cared for the land? With that in mind, how can we respond to and care for creation as it exists today, and to the changes being made on the land?

Look in all directions from Station Q – to the forest, the agricultural fields, the school buildings, paved areas, and trails. Listen to and look at the sights and sounds from each direction. How and why do they differ?

Station Q is situated near a basswood tree. Examine the texture of the bark, the trunk and shoots, the buds, the size, shape, and color of the leaves in various seasons. That tree provides safer ways of nibbling, tasting, and smelling than plants on some of the other sites. Basswood leaves and buds in springtime provide salad opportunities. Insects are attracted to the blossoms and bees are collecting nectar to produce basswood honey. Small mammals collect the tiny nutlets for winter food.

As you walk in the area near Station Q, there will be other plants that can be tasted at different seasons. An apple tree and several wild plum trees provide fragrant blossoms in the spring and tasty fruit later. Sumac with velvety bark has sweet-sour red berries that can make sumac lemonade or sun tea. Its green compound leaves become a brilliant color in fall. Evergreen trees in the area include small spruce trees and red pine.