



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 or Observe at This Station:

The bench near Station Z has names of persons from the farm and neighborhood in whose honor it was given. You may not know these persons, but the names could remind you of people you do know who might need your care and kindness.

Z is near the edge of a pond that provides quite different sights and sounds than other locations.

- Trails and tracks that lead to the water's edge
- Reflections and disturbances in the water surface – ripples, bubbles
- Insects, especially varieties and activities of dragonflies of many kinds that skim the water surface
- Reptiles and amphibians that call, mate, and lay eggs in the water
- Ways these animals project and amplify their sounds
- Imitate the sounds you hear with objects from nature or your body parts.
- What plants grow near the pond?
Reeds and sedges – “Sedges have edges and rushes are round. They grow in water or cool, moist ground.”
These grasslike plants are found only near this location. Cattails on the north edge provide edible shoots and pollen in spring and dry fluff early people used for stuffing bedding and disposable diapers. Stains on stems show how the water level of the pond changes with the seasons.
- Note the large variety of trees – some deciduous and some coniferous in plantings around the pond and the variety of fruits and cones. Some have been browsed in spite of protective fencing. One tree has quaking leaves that move with different rates and sounds in the wind and breeze. Some have edible fruit. Some have corky bark; others have smooth, rough or peeling bark. Some are host plants for certain insect larva.
- Note kinds of wild and tame flowers and their seasonal blossoms and seeds. A plant with no green chlorophyll dependent on other food sources (Indian pipe).
- During different seasons, note the formation of or melting of ice covering the pond and the activities of animals on the ice and snow. Avoid using the pond for swimming and wading because of its depth and shoreline.