



**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 horsechestnut tree provides blossoms in spring that attract insects and hummingbirds.
- Squirrels are attracted to the nut and chase through the tree.
- Leaves of the horsechestnut are different from those of other trees in shape and number
- View of orchard and tree-lined driveway
- Traffic on the road
- Textures and colors of stone seen in the house and the outside stone collection
- Holes in the old cherry tree trunk
- Shape of barn and weathered hemlock boards
- Feeders