

A Walk In Nature

9-minute Mini playsheet

If you're like me, your whole body feels different - more alive, more at peace - when you step into nature, hence why I now live in the gorgeous rainforests of the Dandenong Ranges. Breathing in fresh air, feeling the gentle breeze on your skin, the smell of the foliage... Nature. It truly is divine. But I know not everyone has nature on their doorstep, so in this 9-minute meditation, I bring nature to YOU! **A Walk In Nature** is your chance to lie or sit back and relax. To *be...* in nature!

NATURE'S EFFECT ON THE MIND, BODY AND SOUL

Why is Mother Earth so wonderfully healthy for us? When we're outside in nature, our mind is free to effortlessly follow a butterfly, listen to the sounds, feel the breeze. We become more centred in our body. More grounded. Our senses are heightened and we begin to really experience ourself and the world around us (instead of it just rushing by without any real connection to it). Being present requires little effort on our behalf, hence why it's so energising.

It's also in nature, that we naturally leave the ego mind behind, freeing us of unhealthy thinking patterns, so we can connect more easily with our True Self. This is why I always encourage people who are having trouble hearing their inner voice, to spend time in nature. For it's in that forest, atop that mountain or by that ocean or lake, that we realise how inextricably connected we are to the universe.

There's no doubt about it, we feel recharged when we spend time in nature. And a growing body of science is backing up this feeling, showing that we derive massive therapeutic and healing effects from nature. Interestingly, what these studies found, is that even just looking at nature through a window or in a picture can be soothing. We simply need to let one of our senses experience nature - in the case of this **Mini, sound** - and you are on track for some yummy mind, body and soul benefits.

One such study showed that hospital patients who had a window view of nature recovered far more quickly from gallbladder surgery, compared to those who looked out to a brick wall. Another study found of 1200 elderly adults, those who had not taken part in any outdoor activities were the most prone to depression, while those who went outside at least for times a week were the least susceptible to depression.

Children with ADHD were found to have better concentration and saw an overall reduction in symptoms after spending time in green spaces, while those recovering from alcohol and drug addictions found it easier to stay clean if they spent time in nature. Nature even helped people with insomnia with plenty of studies showing that just 20-minutes in nature was enough to significantly lower stress.

HOW TO USE THIS MINI

Need a break, can't get outside into nature, but keen to experience the clear mind that nature invites into your consciousness? This mini is for you. You can do this meditation in **Easy Pose**, on a chair, lying down or in my fav **Base Position**. You may even like to listen to it on a long-haul flight to help you ground and reconnect. Choose your position, then simply close your eyes and let yourself go on a walk through nature. You don't have to do anything. Just let yourself engage with all the yummy sounds, inviting them to conjure up an image of nature, and take you on a healing journey inside.