

Nature Sensory Meditation

by Deacon Judy Nolde

In creation, we can use our senses to explore the beautiful and intricate world around us and within us. Begin this meditation by sitting or standing in a space where you can be attentive to nature around you. Gather an object from nature, such as a leaf, rock or stick.

- Close your eyes and take **three deep breaths**. With each breath, notice the sensations in your body as you take an in-breath and an out-breath. Notice the movement of the breath through your body.
- Listen for **three things you hear**. Don't strain to hear, but simply notice three things you hear. Also, try not to judge the sound, but rather let the sound be as it is. Listen with *ears of the heart*.
- Tune into your body and notice **three things you feel in your body**. You might feel a warmth, tingling sensation, or a pain somewhere in your body. Spend a few moments simply being with what you feel in your body.
- Inhale deeply and notice **three things you smell**. Again, don't strain for any scents or judge them, but notice what comes to you.
- Pay attention to your mouth and savor **three things you have tasted**. You might have recently eaten or drunk something and be attentive to those tastes. If not, imagine what you would like to taste in this moment.
- Take three slow, full breaths and become aware of **three things you know or intuit**. Each of us has inner wisdom; what is the wisdom in you in this moment?
- Open your eyes gently and pay attention to **three things you see**. Spend some time gazing at three things you see, with *eyes of the heart*. Notice shapes, colors, symmetries.
- **Touch the object** you gathered close to you. Touch it slowly and mindfully noticing smooth or rough edges, holes, dents, textures, warmth.
- Lastly, listen to your body and **allow one or more shapes, gestures or movements** it wants to offer in response to all it has experienced in this meditation. This could be something like lifting up your arms, touching your heart, or clasping your hands in a prayer of gratitude.