

# Art at home!

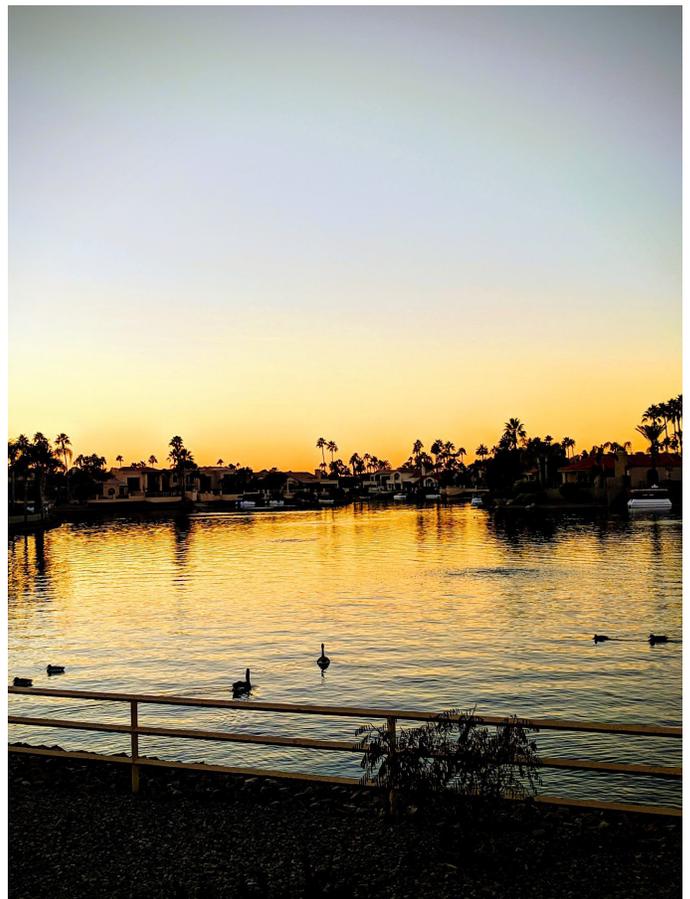
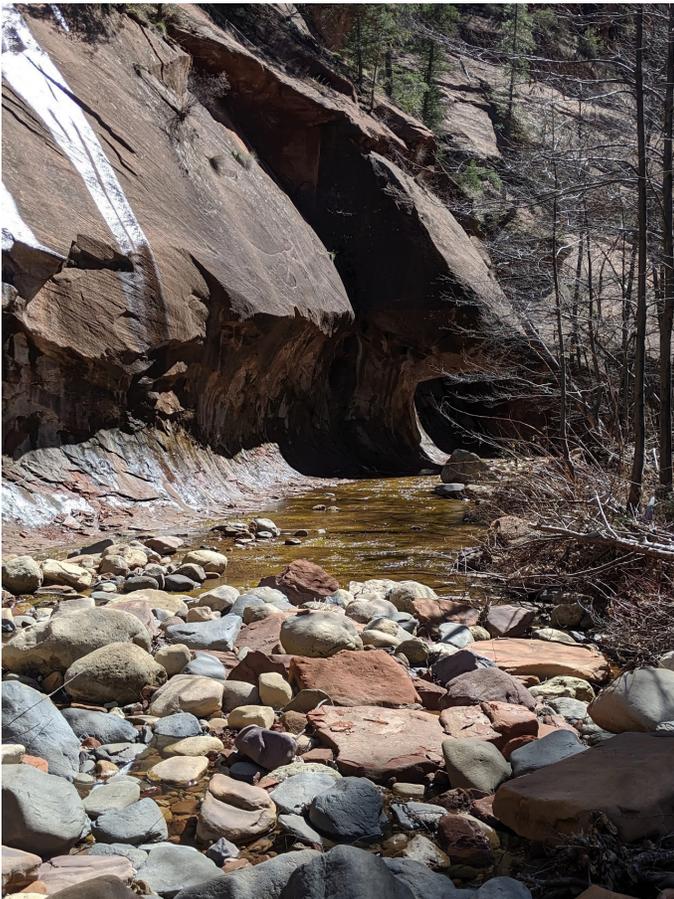
## Guided Nature Meditation Walk

### Step 1: pick your location.

When preparing for a meditative nature walk, the setting really does matter. Whether it be your neighborhood, a nearby hiking trail or a wilderness area, the setting you decide for your nature walk should be one that invokes positive emotions. During this step you should also decide how long you want your walk to be. It is best for the walk to be at least 20 minutes to really let you reset from life and just focus on the walk.

### Step 2: set an intention.

Before beginning your walk, think about the purpose of your outing. Do you want to focus on creating new, productive habits for yourself? Perhaps you want to focus on the feeling of the sun and breeze on your skin and how it makes you feel inside. Whatever you want to be the center of your walk, pick it before you head out and try to remember it throughout your journey.



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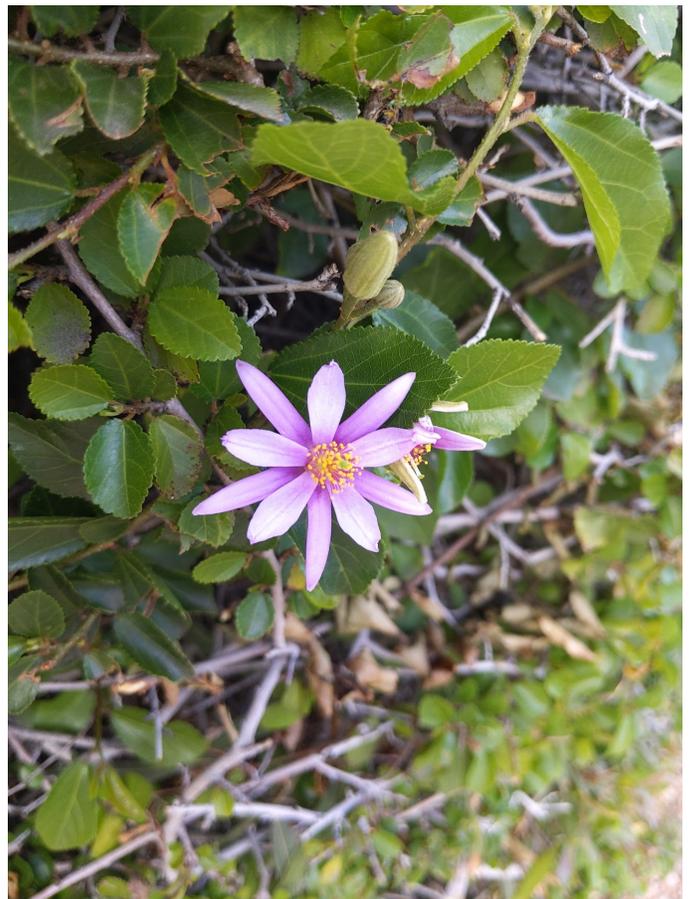
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### Step 3: remove all distractions.

It can be hard to maintain concentration on your set intention if your phone is ringing constantly or if your music is too distracting. When going for your walk, try to set your phone on vibrate or silent. If music helps you stay centered, try to select songs that do not distract from the environment around you. Try your best to focus on the bird songs, the sounds of rustling leaves and the hum of pollinators whipping around you as they perform their greatest duties.

### Step 4: walk with mindfulness.

As often as you can while you walk, remember the intention you set at the beginning. Pay attention to how you feel as you're going through your little odyssey. How does the smell of blooming flowers make you feel? Are you focusing only on your feet and where you have to go or are you actually experiencing all that is happening around you in your present location? This is one of those times during the day or week where it is encouraged to focus on you and what you need.



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### Step 5: reflect on set intention.

Once you have finished your walk, take a minute or two to reflect upon it. Do you remember your original intention? How did the walk help you to fulfill that intention? Did your surroundings help to ground you and remove some of the fog and noise that may have been clouding your head?

