

# NATURE MEDITATION

The world is a lush and beautiful place full of flowers, trees, plants, animals, and stars. These wonders of nature have a lot to teach us about life, including how to feel connected to ourselves, one another, and the whole bright and beautiful world around us.

Today's meditation will show you how to find peace through nature. So go outside, take a deep breath, and let's get started!

**TIME NEEDED: 10 MINUTES**

**LOCATION: OUTDOORS**

Find a quiet place outside. The more nature there is around you, the better! Take a seat and make sure you are comfortable.

Now look around you and choose something to focus on. This can be a flower (like a rose!), a fallen leaf, a rock, or the branch of a tree. Focus only on the piece of nature you have chosen.

Allow it to fill your mind. See its shape, its color, its size. Think about where it came from and how it got to this place in front of you. Focus deeply on it.

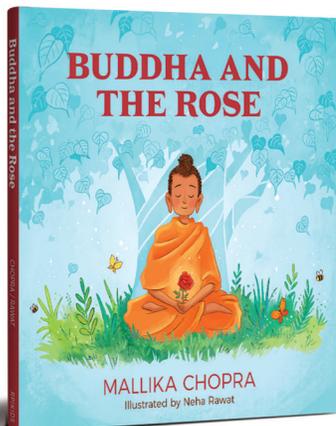
Now take a deep breath through your nose.

Breathe out slowly through your mouth.

Keep breathing, and while you breathe, feel what it's like to share space with nature. Allow the air to fill your lungs. The wind to blow. The trees to sway. The grass to grow. And the life in front of you to exist with you.

Do this for ten minutes. When the time is done, thank the piece of nature that you focused on. If it's a tree, thank it for the shade of its cool branches. If it's a flower, thank it for growing and blooming. If it's the sky, thank it for spreading out above you.

Walk away – as your very own part of the universe.



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