

LET'S STEP IN

with Amanda Bailey

NATURE INVITATION

Getting up Close

I'd love to invite you to take some time on your walk to experience this Invitation that focuses on exploring your sense of sight & deepening your connection with nature.

Preparation

Preparation is key for getting the most out of the experience & doing so safely - please check the Preparation Guide & Top Tips to support you on the website www.letsstepin.com before you head outdoors.

Your Invitation

During your walk find a space to stop & stay for a while. I'd like to invite you to position yourself in front of a part of nature so you can get up close & explore it with your sense of sight. You might like to sit down on the ground, look up high, get right up in front of a tree or lie down & look on the ground.

Have fun with what you select to explore, step into the child version of yourself & see where your curiosity takes you. Does something catch your attention over by a tree or perhaps there's a leaf that looks like a creature?!

Go over, get up close & take some time to be with it, slowly let your eyes explore its surface, its shape, the colours. What do you notice?

I invite you to move around & do this with 5 different parts of nature that tickle your curiosity.

Time for Reflection

Afterwards, take some time to reflect. You might like to take your journal & write about it. Here are a few prompts to support you - what did you notice? How do you feel at the end? Does it differ to the beginning? Did you find it easy? What was challenging? What is your main learning from the experience?

I hope you enjoy your time exploring nature. I'd love to hear how you get on - don't forget to share over on Facebook @letsstepin or Instagram @lets_step_in

Deepening your practice

👣 Play with your vision - you can try sharpening your focus & then soften your vision or partly close your eyes. What difference does this make? What do you notice?

👣 Do you own a magnifying glass? Take it with you & get really, really up close!

Top tips

👣 Take a waterproof mat to sit/lie on or a chair to support you so you can spend more time.

👣 Had a busy day or got a lot on your mind? Take some time before you start to clear your mind by bringing awareness to what's on your mind, noting it by putting words to help identify them & then set them aside or let the words go. Need some help - there's a meditation on my website that guides you through this.

Disclaimer

Full disclaimer on website. This information is used at the user's sole risk & responsibility.