

Nature RESET

Allow 7 seconds for sight to stretch.

Total time needed = less than a minute.

If it is raining or snowing, all senses engage in seconds.

Purposely engage one sense at a time.

Morning and Daily: Purposely retrain your senses to stretch when in Nature. It is an **Exercise** that **Wakes** your brain, **Relaxes** and **Invigorates** you, and **Recalibrates** your subconscious sensory capability in order to help you **Remember** to stretch out further when in Nature.

** Don't look at the sun **

Sight = Look far to the horizon. Find a cloud or a tree far away. Let your eyes stretch **Up** and **Over** the sky (like going over a rainbow). If you see a bird, you can follow the bird's path. ALLOW 7 SECONDS FOR SIGHT TO STRETCH.

Smell = Simple Smell

Taste = Hand on neck, say "Wonderful" or "Maravillioso"

Listen = Engage your listening to hear Nature sounds both far away and close. Turn 360° while still listening

Touch = Run hands through the air



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