

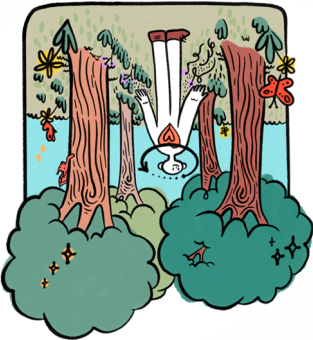
I See you nature

English

1.



When walking in nature we are always seen by a large number of tiny eyes. The way we walk or even think has a tremendous impact on how we are perceived by other beings, we can generate confidence or fear. By manifesting our mindset in a conscious manner, this exercise helps to create connections with wild beings other than human.



2.

STEP 1: Choose a place to walk and practice for 15 minutes where you can listen to nature. Set up roles as the observer and the observed at the same time.

Take a gentle walk, open your senses.

3.



STEP 2: Acknowledge the presence and look at other animals and plants with your peripheral vision and say with your inner voice "I see you, I love you, trust me" and you will get the right mindset to be seen and see.

Stop for a while sometimes and look around you in 360°, continue walking.

4.



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Swim in this ocean of beauty, feel the souls around you, the tiny heart beats and the plants sap flowing upwards, you are part of nature.

STEP 3: Let's sit in a circle for 15 minutes and comment on what we experienced.