

# Restore your Qi

## Nature Meditation

- Take a walk in nature.
- Walk to your favourite natural spot and sit or lie down (take a blanket).
- Tune in to the environment around you.
- Look around you. What do you see?
- Really look and absorb what you can take in with your eyes.
- Close your eyes. Take some deep breaths and open yourself to feel into the environment.
- What do you sense? Feel the earth, the wind, the sun, the trees. Whatever is around you.
- Listen. What can you hear?
- Birds singing, rustle of leaves? Notice and absorb these sounds.
- Breath deeply now and feel into your own body.
- Notice what is going on in your body with no judgement
- Breath and open yourself up to receive energy from nature.
- It's natural for energy to flow.
- Allow nature around you to restore the flow to you.
- Breath into your heart
- Breath out any tension. Relax.
- Breath out any problems and anxiety.
- Breath in the peace of nature
- Repeat this step as many times as you need until you feel calm energised and peaceful
- Give thanks for what you have received.