

RESTORATIVE NATURE PRACTICE ®

CIRCLE PRACTICE:

Circle Practice is a simple guided meditation intended towards quickly bringing you into connection with your environment, yourself and others; your impression on the environment around you, and the environment's impression on you. It is intended to bring you into the awareness that you are connected to everything and vice versa. You are part of an interrelated and interdependent system of balance between cause and effect.

- * Dress for the weather so you will be comfortable outside for about 20 minutes.
- * Find a place outside where you can sit (preferably) on the ground that is safe and relatively quiet.
- * Remove anything from your hands or lap.
- * Close your eyes and become aware of the movement of your breath. Do not force your breath or modify it, just notice the gentle natural rhythm of your inhalation and your exhalation.
- * Your breath is the center of a circle that you occupy always.

- * Imagine that as you breathe, the expansion and contraction of your chest and torso are compressing against on an inhale, and drawing close to you on an exhale the air outside of you and around you.

- * With every inhalation this expanding motion of your form is radiating out from you. Now imagine that this expanding away from your circle goes out for the length of your arm, then further - the length of your body, then further with each inhalation as it compresses the air around you and this compression continues - being pushed out and away in every direction with every breath, touching the grass or trees next to you, then further and further out to even the distant hills or valley.
- * This is your circle making an impression on and affecting other breathing being circles around you in the environment around you. Grass, animals, trees, stones all contract in their own way.

- * Now imagine that as you breathe, with the contraction of your chest and torso on every exhalation this motion of your form is drawing the air around you closer to you - everything distant and near from every direction drawing closer to you with every exhalation.
- * This is your circle being impressed upon and affected by the circles of everything around you as they inhale and expand. Grass, animals, trees, stones all expand in their own way.

- * You are breathing in everything around you as it exhales; you are being breathed in by everything around you as you exhale.

- * All breathing beings have their own breath rhythm. All these rhythms are interacting in a complex and continuous symphony of rhythms. You are a part of the rhythm.

Through circle practice we become aware that everything rises and passes away and we are as much a part of that process as it is part of us. In this awareness a deeper connection to all things, to nature, others, ourselves and the totality of life is more possible. And the peace, gratitude and compassion that can arise from that experience of connection is also more possible.