

3 Steps to Awaken to the Presence of Your Divine Connection to All

A mindfulness practice to get in touch with your soul—your 'knower' self—and feel your connection to all creation for which you are a part.

Let the natural world be your doorway to seeing life through the eyes of your soul. Rise above thoughts holding you back from reaching your higher consciousness and connecting to answers.

When you see yourself as soul and consciousness connect to All, you open the door to living more purposefully and in concert and companionship with your Creator, while naturally giving gratitude. There is nothing more powerful than that.



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THE BENEFITS

There are a number of benefits to this simple mindfulness practice as we see through the eyes of our soul—the first of which is that we bring mindful presence to the moment, and when we do, we:

- create a heightened awareness that we can carry throughout our day — awareness of our thoughts, our responses, our actions and our emotions.
- nurture unconditional acceptance—of the moment, of people and of circumstances—increasing our level for joy.
- make ourselves aware of the unique contribution of others within our lives and soul's learning.
- have a greater capacity to live in a state of gratitude. This alone can bring us closer to our Creator and live and be in companionship with Divine Guiding Presence.

This is the simplest practice you can do to instantly clear and refresh your mind, so that you can gain the clarity you need to fully utilize this day. It is only three steps and can be done in as little as 5-10 minutes.



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The Practice



STEP ONE

Find a place in nature that makes you feel good. It can be in your own yard or in a park or forest, but it must be a place that is quiet from any distractions.

* This practice must be done in a SAFE area. Do NOT do this practice while hiking along a path where you can fall or on a balcony, or another unsafe area because you may momentarily feel unbalanced or dizzy doing this practice.

You may do this practice while walking (slowly), standing or sitting. The key is to be mindful of nature—of all creation that surrounds you.

As you walk, sit or stand, rest your gaze at the trees, flowers or whatever it is that you wish to rest your focus on.

Rest your focus in one area while still noticing the rest of your environment in your peripheral vision.



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STEP TWO

As you rest your gaze, do not label anything that you see. This is the key to having a successful practice. Imagine that this is the first day of your life and you are seeing everything with the eyes of a child who does not yet know what such things are.

If it is a tree, simply notice the magnificence of its size, the colors of the bark, the leaves, the way the breeze manipulates the position of the branches and leaves. Do not think of it as a “tree.” Do not “think” at all.

Rest your gaze and take in the complete view that surrounds you, labeling nothing.

“YOU” ARE NO LONGER THE WATCHER

Soon you will begin to notice that you—the personality part of you—is no longer the watcher. You will begin to feel that you are looking through the “window” of your eyes. This is you—your soul—looking out.

You will—momentarily at first—connect to the vastness of all of the creation that surrounds you for which you are a part, and you will get a strong sense of your own vastness as “soul.”

You may notice an expansive feeling within your body and wonder how such vastness can fit into the small confines of your body. You are feeling that part of you that is a part of the grace, mercy and love from which it was created—that which is infinitely vast.

You may momentarily have blurred vision or feel dizzy as you feel from the deepest part of you that you are whole and complete, yet part of something much bigger.



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STEP THREE

Now take a deep breath and relax and bring your attention back to yourself and to this life.

As you come to the end of this practice, I like to give a thought of gratitude. You may use something like: “God, Jesus and Higher Self, thank you for the gift of this moment, this connection and all creation for which I am a part.” Or just say, “Thank you.”

Then go about your day’s tasks, now with a renewed sense of self to carry you throughout the day.

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Journal of Experiences



Date: _____ Experiences: _____



Date: _____ Experiences: _____



Date: _____ Experiences: _____



Date: _____ Experiences: _____



Date: _____ Experiences: _____



Date: _____ Experiences: _____



Date: _____ Experiences: _____

