

THE SPIRITUAL ARTIST

Morning Altar Mindfulness

Wander & Awaken the Wonder Within

The first step of the Morning Altar mindfulness practice is an invitation to Wander and awaken the Wonder within. Wandering with the Earth is a treasure hunt that transforms the mundane and reveals the magical connections that are happening all around us. Through practicing wandering with wonder, we can remember that we are a part of this vibrant web of the world.

What you'll need: Yourself, your curiosity, space to wander. The landscape for your wander can be "in Nature", but could also simply be the sidewalk right outside where you live or even your own backyard.

Optional: A timer. When we wander, it can be helpful to set a timer so that we can put away our watches and phones. Our wonder and curiosity love to play with we are not "on the clock". Therefore setting a timer will allow us to know when it is time to return to our schedule, while freeing ourselves of keeping track of a clock.

Let's Begin

If it is safe to do so, close your eyes. Begin by allowing your senses to wander without your eyes. What do you feel, touch, smell and hear? Take a few breaths, allowing your feet to root into the land and soil with each exhale.

Whenever you are ready (remember, we're not counting time on our wander, so this can be as long or short as you want - find what feels good!), open your eyes. What draws you in? Allow all your senses to be awake together.

When you're ready, allow your feet to move. Follow them. There is no need to "think" of where you are going. Does a scent catch your attention? Perhaps your feet move you closer, as slowly as possible, to discover where the scent is pooling in the air. Are there leaves that sing to your eyes? Observe them as closely as you can. Explore touching them with a single, gentle fingertip. (Please be aware of any plants in your neighborhood that prefer boundaries, like Nettles and Poison Ivy).

As you wander, see what conversations are happening around you between the birds, plants, humxns and any other facets of the Earth. Listen to their voices as they share the story of the landscape with you.

When your timer goes off, check in with your senses again. Offer gratitude to this Place, this Home and all her family, for welcoming you today. Explore what you feel now, after your wander and perhaps gift yourself a few extra moments to journal or write down the story of your wander.