



WANDER | OBSERVE | WONDER

THE COMPASS

WOW! REFLECTION RESOURCE

THIS COMPASS NETWORK RESOURCE IS MADE AVAILABLE TO
NURTURE THE MUTUAL THRIVING OF HUMANS AND NATURAL
HABITATS

Albert Einstein believed that by looking into nature, we come to understand everything better. What is everything? Creation? Our relationships to the natural world or others? Our own inner nature? Head outdoors and find out what it means for you.

Spending quality time with nature can be a powerful, positive practice. Try these simple WOW! steps to inspire moments of awe and to distill how it may have led to the greater sense of clarity, acceptance, and stillness Einstein intimated to with the words "understand everything better".

WANDER

Take time outdoors to wander through your yard, a park, or along a path. Time spent in and with natural landscapes can enhance mental, physical, and spiritual wellbeing. This practice can also be used after viewing nature photographs or videos.

Today I wandered ...

OBSERVE

Observe aspects of nature that capture your attention. If your mind begins wandering through the challenges of your day or life, gently return your focus to nature. Be attentive to how it may lead to a mental, physical, or spiritual shift (or lift) for you.

Today I observed ...

WONDER

Take time to wonder on your stroll, or as you move through your day, what life-affirming messages nature spoke to you. Consider if it brought you stillness, joy, understanding, or perhaps a greater sense of peace and acceptance.

Today I wondered ...

The Compass is an emerging network of Compass Points — nature-based sites for rest, reflection, and the renewal of mental, physical, and spiritual wellbeing. Sites features large natural grounding stones engraved with core value words that echo what we may need to extend or receive to find hope and healing in a chaotic world.