

A close-up photograph of a person's hand reaching down towards a body of water. The hand is positioned on the left side of the frame, with fingers slightly curled. The water is dark and rippled, reflecting light. The background is a soft-focus view of the water's surface.

Embracing Nature's Wisdom

**6 Powerful Exercises
to Express Deep Peace**

Simon Paul Harrison

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The intent of this e-book is simple, but life-changing:

**Give you tools that re-connect you deeply with Nature,
so you can express your inner-peace.**

Let me know your experiences. My email address is here:

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I want to hear from you, this is my passion!

1. Why Does Nature Support Peace?

We have a strange paradox in today's society. In almost every facet of life we have more. More than we've ever had before; facts, figures, information, knowledge, goods, materials, even greater life expectancy. It seems we've got the quantity aspect of our lives sorted. But what about the quality? After all, what good is it to live a long life if we are forever stressed, living in fear and quiet desperation?

It is a rare individual who can say they are truly happy and that they express deep peace. Indeed, it seems that as we have become kings of material wealth we have become paupers of peace. Externally there is abundance. Internally we are suffering.

There are a growing number of individuals, like you, who are looking at this situation we have created and are saying, "Enough." We realize that the material world can never bring us the peace we so desire in our hearts. It may be able to bring about physical security, but at a certain point, we realize that even this is irrelevant. We yearn to go deeper.

We yearn to express our inner-peace with a depth that we would not trade all the material wealth in the world for.



Why Nature?

Re-connecting with Nature is particularly effective at supporting us to express our deep, inner-peace, because so many things are in our favor. There is no time, no destination, no expectation, and no I. To put it another way, it is remarkably easy to go with the flow.

Going with the flow of Nature requires no money, qualifications or social status. There's no guru, doctrine or rules to follow. Everyone has access to it. And, possibly the most important, it supports us to let go of the illusions that society excels at training us to cling to. This is the crucial part. Without looking deeply into our collective illusions the changes we seek to create will not be manifest.

If we wish to build a house, it is vital we build a strong foundation. The same is true for our expression of peace. It simply cannot happen by building the foundation upon illusions. It must be based in reality. Nature, if we let it, can put us back in touch with reality amazingly quickly. Our foundation becomes solid.

Nature moves to a different rhythm than modern society. When we feel a cool wind blowing and let it move within us our anger dissolves. When we become the goose as it flies overhead our fears dissipate. As a single rain-drop hits the palm of our hand our true nature is revealed to us. Nothing to chase, nothing to run after, nothing to fight. We are peace. We are freedom. We are the-spirit-that-moves-through-all-things – that which moves and that which is moved through. Nature shows us the path back 'home'.

Requirements to re-connect with nature

There really is only one requirement. Put simply, the ability to ask questions without deciding the answers in advance. We can term this 'emptying our cup'.

However, this can prove a huge stumbling block because we live in a society that tells us that in order to be happy, we must fill our cup to the brim with external success and material possessions, then fill it some more.

Many people would rather suffer endlessly, or cause others to do so, than consciously change their own life. I think if you downloaded this e-book you do not fall into this category, and are already both seeking and creating change. Keep it up!

Nature is an ever-willing helper in the process of emptying our cup. We can give to Nature so effortlessly because we know we are not being judged. This is tremendously liberating and healing. We often say we are able to “let go” of our troubles. When we continually let go, we become empty to the point that we experience life as never before.

In this case, emptiness is a good thing. Our physical boundaries dissolve and we experience ourselves as more, larger, grander. When we feel the spirit-that-moves-through-all-things flowing in us just as it flows through the morning birdsong, the seed is planted. The grip of the illusions is broken and it's inevitable the seed will grow.



Your experience, your truth, your expression

The six exercises included in this book are designed to help you re-connect with Nature, allowing you to express your deep inner peace. Centered upon experience rather than information and stripped of any cultural or religious dogma, they get straight to the heart of the matter.

The exercises support you in creating the environment and the space in which you will discover your relationship with the flow of life. They will help you create your own expression of peace. You will not have to accept someone else's version of what you should think, do, and say to lead an increasingly peaceful life. There is little power or merit in that.

Instead, these six powerful exercises will support you to both express and experience peace on the path that is most agreeable to you. They do not dictate or prescribe which path you should take.

We should always be dancing to our own tune, creating our own masterpiece, conducting our own orchestra, and ultimately finding our own truth. It is only when we embrace the truths that we ourselves have discovered that we express deep peace.

How to Get The Most From the Exercises

These simple exercises are life-changing when we incorporate them into every aspect of our daily life; on our way to work, on the train, while we cook dinner, as we talk to a loved one, or even as we take a shower.

There is never a time we're not surrounded by Nature, the wonderful vehicle for reminding us who you really are. All the exercises are amazingly simple, and can be done just about anywhere, anytime.

It does not serve any of us to create a situation where we have two separate

worlds, yet we often do just that. The first is the one in which we function, go to work, pay the bills, purchase groceries, look after our children, manage stress, and so on. This is what we sometimes term the “real” world.

Then there is a second, separate world, which we perceive as our time, in which we meditate, exercise, play, and really come alive. There is never a time life is not happening, so we are never short of an opportunity to embrace our deep connections.

By knitting seamlessly the two worlds of “real” life and “time to come alive”, any moment we choose we can consciously express peace.

2. The Sit Spot

If you only do one of the exercises, make it this one! The sit spot is the essence of the idea that embracing simplicity is life changing. And the sit spot is about as simple as it gets.

Choose a place in the natural world, sit down, and enjoy the show Nature puts on. In addition to giving you the opportunity to watch what many consider to be the greatest show on Earth, this exercise creates an almost perfect environment in which to re-connect.

First, it provides us with the space to become still and quiet. These are our two greatest allies in leaving our illusions of separateness behind and plugging back in to the flow of life.

Modern society is remarkable in its ability to distract us from this flow, causing us to forget who we really are. It does so in a number of ways, but a very harmful distraction is the constant bombardment of our physical senses. If we are not already deeply connected to the spirit-that-moves-through-all-things, we become locked in to an existence where everything is separate, fighting against everything else for survival. We identify ourselves as the wave, and not the ocean.

It's in the quietness and stillness that we are able to hear, feel, and most of all experience that we are deeply connected to all of life. We are the ocean, not just the wave. We are not isolated individuals, fighting one another for the right to exist.

As we learn to maintain our awareness of this connection, the distractions become easier to ignore and to transcend. But to find that place of truth inside of us, there really is very little as effective as finding a sit spot and using it frequently.

Location

The first thing a good sit spot needs is the best location we can find. Ideally, this should be in Nature, out of sight or sound of anything human-made.

However, those places are few and far between and sadly becoming rarer. In reality, we should aim for somewhere with access to Nature—maybe the bottom of our yard or the edge of a field on our way to work. The farther away from the distractions of society we can get, the better.

I've known people who are fortunate enough to be able to walk to national



forests each morning as well as people in New York City who do their sit spots at the window of their apartment halfway up a skyscraper. We can always find a little oasis somewhere that works for us.

Easy Access

The second thing to consider is how easy our sit spot is to access. We want somewhere that doesn't take a huge amount of time or energy to get to. All other things being equal, we are more likely to visit our sit spot if it's two minutes away as opposed to twenty minutes. By making it easily accessible, the rhythm of going there regularly is life changing.

What do you do exactly?

When we get there, the great news is there are absolutely no expectations. There's nothing we have to do. It's impossible to fail! We simply enjoy the time, revel in the experience, and grant ourselves the freedom to not do anything. We simply enjoy just being.

I strongly recommend that you not write in a journal when you're at your sit spot. You can do that when you get back home. Naturally, cell phones, computers, books, or anything else human-made that can distract you from becoming still and quiet should be left behind.

People often ask how long sit-spot time should last, and it's a very good question. It's important not to equate quantity with quality. We might be at our sit spot for as little as five minutes and feel inspired, peaceful, and very much in touch with the spirit-that-moves-through-all-things. Equally, we could spend half a day and feel nothing but distracted and agitated the whole time.

It all depends how effectively we can let go of our expectations and illusions. Of course, twenty minutes will give us longer to let go than two minutes will. But we must honor what feels right for us in the present moment.

There's nothing worse than having someone else tell you that you should go for X number of minutes each day. In the moments where it just doesn't feel right, trying to force stillness and quietness is extremely counterproductive.

If we do this, it's likely we will not experience anything other than frustration and be distracted, the very things we are trying to let go of and leave behind! This turns what should be a peaceful time into a battle, as we try to make it to the magic number. Most of all, we should make it an enjoyable experience, because then we'll be more likely to return to it the next day.

If you arrive at your sit spot and it feels as if you are forcing things, you should accept that you are doing so. Simply stop, get up, and go and do something else that doesn't require you to force the issue. When you feel like it again, an hour, a day, or even a week later, you can return to your sit spot.



It's worth noting that not forcing things applies to the rest of these exercises. We need to find a balance between pushing ourselves to break free of the illusions that block us from peace, and in the same moment, being gentle with ourselves.

The power of a sit spot cannot be overstated. In the quietness and stillness, there is a certain magic that happens without us even trying! We experience

that the source of all our peace is not outside of us. It's always been with us—it's the very essence of who we really are.

The birdsong in the morning does not cause us to suddenly become peaceful; rather, it awakens the flow of the spirit-that-moves-through-all-things inside of us, and we express peace. The bird (or any other part of Nature) is simply the messenger that causes us to look inward, to see that we are at once the wave and the ocean.

The changes might happen slowly, but like a dripping tap, over time they add up and before we know it we express peace with a depth like never before. For those willing to commit the time to this quietness and stillness, I have never seen the sit spot fail to change lives. Enjoy!

3. The Senses

In this exercise, we are cultivating deep mindfulness of the present moment. It's only in the here and now that deep peace can be expressed. And what better way to be in the present than to allow our senses to run riot in Nature?

This exercise simply brings the focus of our awareness onto each of the senses in turn. As we do so, our ability to hold the experience of the present moment is strengthened. In a relatively short time, it becomes strong and effective, allowing us to express peace with far more ease.

We should find a place, away from distractions. The first few times we try this exercise we can close our eyes. Soon we should keep our eyes open for a fuller experience. We have learned to be so sight dominant that our visual sense can tend to take over and tell our other senses what's going on. Because we've done it for so long, our other senses have deferred to our sight. This can, if we are not careful reinforce the illusions of separateness.

Let's begin with our sense of hearing. With eyes closed at first, we focus on the quietest, smallest sound we can hear. Then we switch to the loudest, the largest sound. Finally, we allow sounds to find their way to us, bird song, leaves rustling in the wind, even car engines. We simply explore them for a period of time that's enjoyable.

Now on to our sense of smell. We find something you can explore by smelling it. Ideally, this should be done without physically touching or holding the object. For example, a flower, the bark of a tree, the air even. We smell in every way we can, with short sniffs and long inhalations until we feel you've explored every nuance of that fragrance.

We don't need to worry about placing labels such as sweet, earthy, or stinky on what we're smelling. Rather, we simply experience the sensations without the filter and distraction of a label.

Next, we move to our sense of touch. Again with eyes closed (for the first few times), we find something to explore with our fingers, lips, or any part of your body you choose. Again, nature provides an endless supply of material. We shouldn't be satisfied simply with the first detail we feel. We should try to discover all the subtle nuances and beauty of the thing we are touching.



We seek the same level of discovery with our sense of taste. Just make sure it's something safe to put into the mouth! And finally, we explore something intimately with your eyes.

With all five senses, the more intimately we explore the object, the more our awareness is trained onto the present moment, the home of the deepest expressions of peace. Choose things that are appealing to you in some way; a feather, a river, bird song, a wildflower. We are all inspired differently, so find something you really want to explore.

Just like the sit-spot, this is simple, yet life-changing. With time, our connection with nature grows ever deeper. There is a point at which the bound-

aries between you and the object you are experiencing begin to break down. This is where it gets really interesting! We are turning our consciousness from that of solely the wave to a deep expression of peace as we realize we are the very ocean itself.



4. Mindful Walking

Mindful walking is the act of moving with complete awareness and consciousness of the present moment—the home of our deep expression of peace.

Almost always we move because we have a destination to get to. We are physically moving ourselves from A to B. And because A to B is the purpose of the movement, we usually seek to get it done as quickly as possible.



While our body is moving in this manner, we do not really take part in the journey, because we have already projected ourselves to the future destination. The journey becomes a means to an end. But life does not take place in the future because the future hasn't happened yet. And life obviously does not take place in the past because the past is already gone. Life only happens in the here and now. So we cannot be truly alive if we focus solely on the destination.

When we move at the pace of our modern society, life flashes past us and we are reduced to desperately trying to grasp at something in order to enjoy a brief moment of peace. The act of grasping restricts the flow of life around us.

Mindful walking permanently grants us the experience of our true selves. Thus, even something as fundamental as walking to the car in the morning can be used amazingly effectively to reconnect deeply.

How to Walk Mindfully

Focus on walking slowly and gently, as if your feet are coming down onto a living thing, which of course they are. Thich Nhat Hanh, a wonderful teacher of mindful walking, says you should envision your feet kissing the Earth with every step.

Avoid striking the ground with your heels. This isn't healthy for our physical body, but in particular it causes us to move too quickly, reducing our sensitivity. Instead, we focus on the sensations that we feel, the movement of our body, the contact between ground and foot, the wind on our cheek

We can have a destination—the car, the bathroom, aisle twelve of the supermarket to pick up peanut butter—but as soon as we know where we're going, we switch our focus back to the step we're currently taking.

Creating Rhythm

As we become aware of the steps we are taking, we should begin to also become aware of our breath, inhaling and exhaling. We count how many steps we take for each in breath, and how many for each out breath. We should aim to maintain consistency, because this allows for rhythm to develop.

For example, if you take four steps as you inhale and four steps as you exhale, simply count this number of steps for every subsequent breath you

take. How many steps you take is up to you. But you should always feel unhurried, at peace, and able to take great joy from this simple practice.

When we enjoy the rhythm of our breath and the movement of our steps in a slow dance together, we naturally begin to let go of many of our illusions. We don't even have to try. Peace seems to just express itself, without any sense of forcing it from us.

If we practice often, in a relatively short span of time our ability to express peace will dramatically increase. There is no fight, no desperate attempt to push away from negative thoughts and feelings. There is a tangible experience of letting go of everything we thought we were and everything we were trying to be.

With nothing to grasp, nothing to hold, and no place to go, there is only the expression and experience of peace.

5. Soft Focus

The next exercise is again multifaceted. On the surface, it appears to be a purely physical act, but it extends to cultivate sensitivity and connection in every part of our being.

Allowing our eyes to relax into a soft focus totally changes the way we perceive the world and subsequently our relationship with life. It supports us very effectively to let go of our normal methods of thinking. We begin to 'be' instead of 'do'.



In any relationship, there are times when it is our turn to do something and times when it is our turn to simply be—to listen and be still. This allows us to move through life with balance. Or, to put it a different way, to go with the flow.

The way we have learned to use our eyes is to constantly have them flitting from one object to another. This is actually tunnel vision because the object we focus upon at the end of the tunnel is the only thing we are really aware

of.

Everything else either becomes diminished or we become completely unaware of anything else around us until we shift our attention onto the next thing.

We do need tunnel vision. It serves us very well when we want to focus on and do something like change a light bulb, identify a tree, or read a book—it supports us in our doing. But, as just explained, if doing is all we do, we're going to find it very challenging to be peaceful.

Doing Is All We Do

In modern society, it is normal for us to constantly be doing something. Fixing this, improving that, working out how to get ahead. If we aren't doing something that we perceive supports our progress or improvement, we may feel guilty and search desperately for anything to fill the void.

Because we are so heavily skewed to the doing aspect of life and so far away from the stillness of simply being, we don't take the time to listen, to see, and understand the flow of life.

As such, when we act, our doing is usually steeped in our illusions and lacking in true understanding. This invariably leads to suffering for all beings concerned—ourselves, our fellow humans, and all our brothers and sisters in Nature.

The main reason our ability to use our soft focus has diminished is our frenetic lifestyles, which push us away from the power of the present moment. Because we are addicted to worrying about both the past and the future, we do not take the time to simply be. There's always somewhere to go, something to do, and a plan to be made.

Soft focus, like all our experiences of communion with the spirit—that-

moves-through-all-things, can only ever be accessed in the present moment. Because we choose to spend so little time there, we end up finding there is very little time in our lives when we feel calm, inspired, and truly at peace.

How to Switch to Soft Focus

To use soft focus, we look at everything, but nothing in particular. Allowing our eyes to relax, we gently push the edge of our vision as far left, right, up, and down as it can go. This should be done without turning our head or moving our eyeballs. This should be very relaxing. If it's not, relax!

If something catches our attention, by all means we can go into tunnel vision and focus on it. Then, after a few seconds, we return your vision to its expanded and relaxed state.

You'll find very quickly that using your eyes in this soft focus makes it far easier to let go of the illusions that we are all separate individuals. We could go so far to say that soft-focus is a doorway to the experience of ourselves as the ocean, the spirit-that-moves-through-all-things.

Soft focus, just like mindful walking, becomes not simply a different way to use our eyes, but a different way to live.

6. Get With Change

As we breathe right now, the wind is gusting and receding, leaves are growing and decaying, tides are shifting back and forth, dew is forming and evaporating, animals are being born and are dying.

Nature is constantly changing. Nothing stands still, not even the tallest mountains. In not standing still, nothing is permanent, not even the earth itself.

Change can bring us great frustration and anger when we look at it but refuse to see it. When we live blindly, following our cultural illusions we see Nature as something brutal, cruel even. Change is viewed as something very aggressively, which is the cause of killing and dying.



Embracing change, or impermanence is a very effective pathless-path to peace. In modern society we are unable relax for even a second because we are clinging, in constant fear of loss. We cling to our social status, our finances, our success, our identity and even our beliefs.

In a world of constant change, nothing exists. As soon as we identify what it is we're going to cling to, it no longer is. Rivers teach us this very effectively. As we watch a river ebbing and flowing past us it is easy to see that the river that existed just a minute ago does not now exist.

The droplets of water we were looking at are now a few miles closer to the ocean. The river in front of us is new water from the mountains. So what can we cling to when we have nothing? It is obviously pointless, a complete waste of energy.

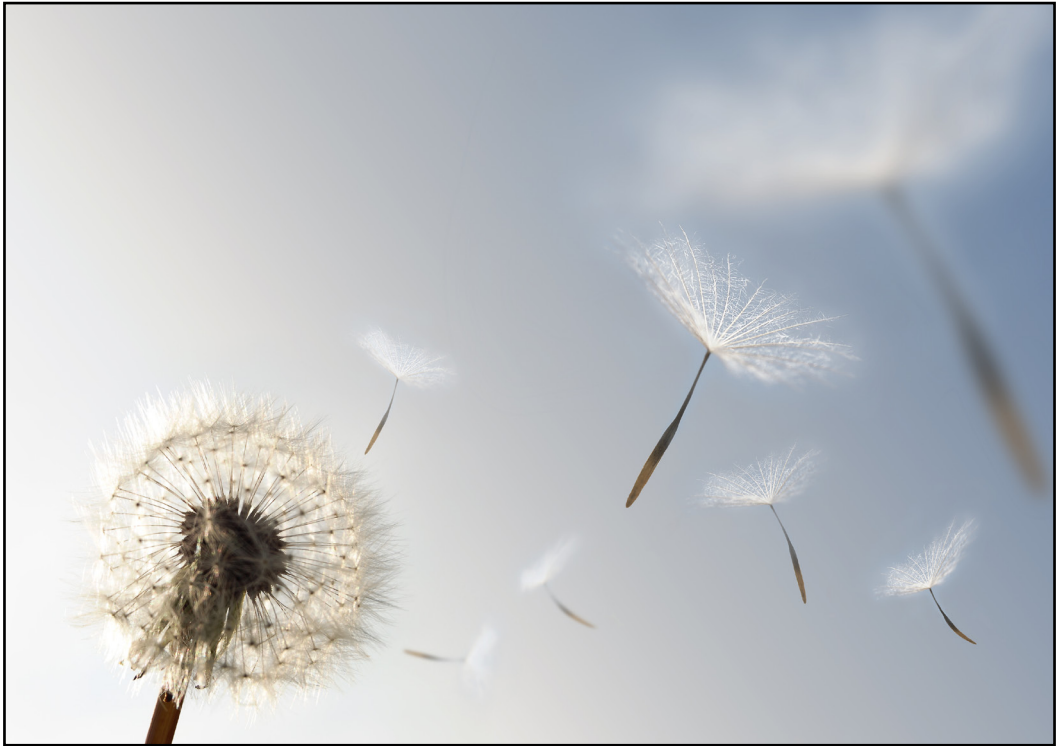
We can also ask, who exactly would be doing the clinging? How would a wave cling to itself when it is the very ocean it is seeking to distance itself from? It would be like grabbing our own nose and then proclaiming, "I've got him!" Only with the most monumental denial of self would this be possible. No "I" to cling, nothing to cling to.

When we look deeply in to the nature of life to be in constant flux we find we refuse to acknowledge it for essentially one reason. It is the process we believe is bringing about our death - that which will ultimately annihilate us. This illusion has grown to be truly terrifying. The fear of it paralyzes us to the point that we are actually afraid to live. In our quest, we push peace away from us faster than we can express it.

The block in the flow here is not that things change, but our relationship to it. If we are to express true peace we must look deeply into what Nature shows us about change, and in particular the notions of birth and death.

Nature's wisdom is quite simple here - nothing dies because nothing is born. If we follow a trees rhythm we know that it grows from a seedling.

Ever changing it takes nourishment from the sun, rain and soil and grows tall. After many years of bearing fruit it will become physically weaker and begin to break down. It may even one day suddenly fall to the ground.



We can view this as the death of the tree, but if that is the extent of our understanding we will inevitably be paralyzed by our fear of death. The tree's rhythm simply changes. Just as it once embraced the rhythms of the sun, rain and soil now the earth embraces the tree. The physical appearance changes but it does not cease to be. Rhythm continues.

We can also follow this rhythm from a different perspective. In many years of bearing fruit, seeds drop to the ground, take hold and begin to grow. The little seedlings are different trees to the one they fell from only if we say they are. We can see that one tree continues. Nothing comes and nothing goes, for where would it come from and where would it go to?

It is the identification with only the physical body, separate and isolated

from the rest of life that sets up the grand illusion that we must fight against change, right up to our last breath.

One of the reasons we have not only turned our back on Nature but seem, as a society, hell-bent on its destruction, is that it very constantly reminds us that life is change, and change is life, and we humans are no different. We are going to die.

But because of our fears we refuse to acknowledge that we are subject to the same processes as Nature. Surrounded by our concrete jungles, we can fight to block out that change, and so maintain our illusions.

As we spend time close to Nature we watch the leaves falling to the ground only to appear on the tree the following spring. We observe the rivers flowing to the ocean only to become the rain clouds that once again nourish the river. We see that no rhythm is permanent but this is exactly what allows all rhythms to be eternal.

How to Flow With Change

The next time you are in nature, look for change. See it in the sky, the wind, the leaves, the rivers, everywhere. Smile to the nature of change, understanding and embracing it for what it is - life itself. Let that same change you see in Nature flow through you, and feel yourself flowing in it. Dancer and danced. Mover and moved. You wouldn't believe how powerful this is!

7. Empty Your Cup

aka Get With Child-Like Wonder!

We move through three distinct stages in order to re-connect with Nature and express deep peace. These stages can be understood if we imagine ourselves as a cup. There are only three things we can do - fill, empty, or discard.

Society excels at the first, filling the cup. We have created entire belief systems around it. Our cultural stories, from sacred religious beliefs to inane marketing campaigns are all steeped with the assumption that our cup is inherently empty. Our job, even the very purpose of our life, we are told, is to toil and sweat till it is full.

If we don't toil and sweat, or if we look like just packing it all in and getting off the hamster wheel, we are reminded of the unspeakable, unspecified terribleness that will befall us should we not get right back to fervently filling our cup. This unknown something, so awful that we whisper in hushed tones and avoid certain words is the same thing that authors use in fictional children's stories to create fear. In our fear, we conform and act like everyone else.

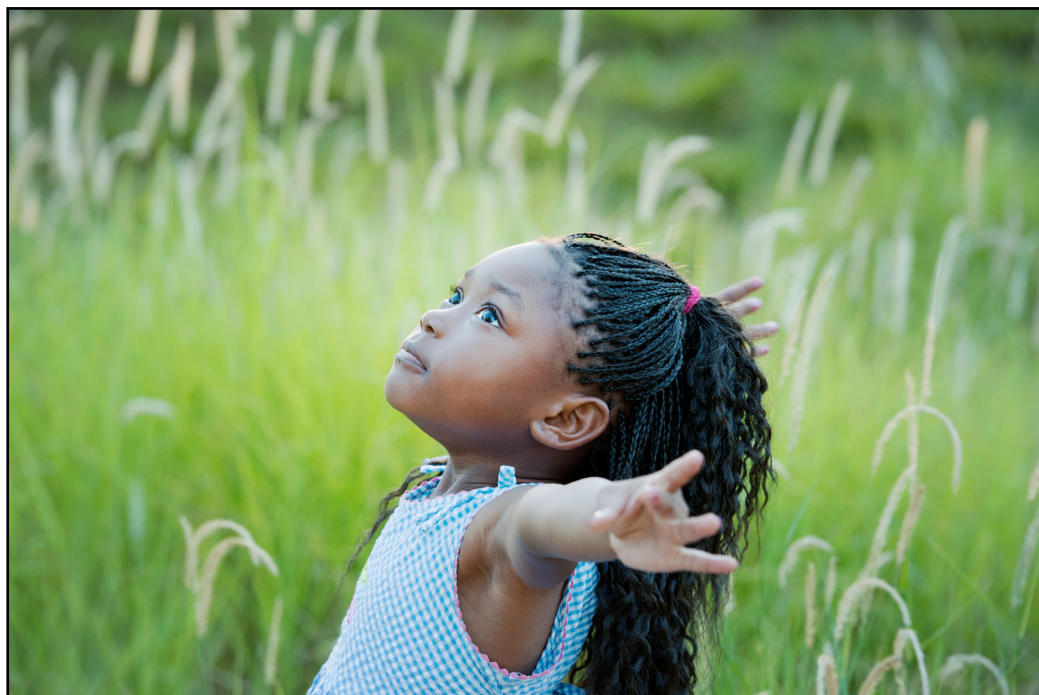
The vast majority of this filling is performed by the physical mind in the form of information, facts, beliefs and assumptions. We push these into our children as quickly as possible because we live the illusion that the fuller the cup, the greater the chance of success. Then we constantly test children to check if the filling process is working. Schools measure their filling efficiency against other schools and nations measure against nations.

A clever person is not seen as one who has the wisdom to move with the flow of the spirit-that-moves-through-all-things, but one who can recall information he has acquired from others. Society is one great big filling machine.

But there is one obvious drawback to a full cup - nothing new can be held inside. When our cup is full it is impossible for us to experience the spirit-that-moves-through-all-things flowing through us, for there is nowhere for it to do so. We are cut off from an intimacy with life because we only experience our full cup – the past. Like the dammed up river, we become stagnant and isolated.

The peaceful experience of moving as one with the spirit-that-moves-through-all-things is like our friend, the mountain stream. Dammed up by rocks, to experience it flowing once again it is obvious what we must do: Remove the rocks, one by one. Nothing needs to be added, simply let go of.

If we have a favorite place to walk in Nature, it is likely we have taken the same route many times. If we do not empty our cup before we walk we will be unable to experience the present moment. We will only express the full cup of the past, projected onto the here and now. We may have been experiencing the same sky for months, the same birdsong for years and even the same trees for decades. No wonder life becomes so old.



When we let go of our full cup of the past we flow with what is right now - the blue sky, shimmering with life, the bird song, alive with melody, and the trees, dancing in the wind. Our whole walk can be like this, for even if we walked that path a thousand times, we have also never walked that way before.

This is really true because even if we walked it just yesterday, everything has changed. The sky is not the same sky. The bird is not the same bird. Trees will have both grown and decayed. Even we ourselves have changed.

When we empty our cup in each present moment, with no expectations for how or when it will be filled, the space is created to return us to a deep sense of peace. Our focus goes into emptying the cup rather than filling. We touch the spirit-that-moves-through-all-things because we are open to the flow of the present moment.

The last stage, experiencing there is no cup to either fill or empty, sees us shift from touching the spirit-that-moves-through-all-things to moving as one with it. As we continually empty our cup there is a natural expansion of the self that occurs. We soon begin to ask, who is the “I” that is emptying the cup? We are that which is flowed through and that which flows.

How to empty your cup

Just choose to do it. Let go! We simply let go of everything we thought we knew - who we are, what we need, where we're going. If you're at all unsure how to let go, think of this not as emptying our cup, but getting with our child-like wonder!

8. Everything Is Within

The six exercises are designed to create an environment that constantly reminds us that we are both wave and ocean. Cutting through the illusions we have acquired from society is the key to re-connecting with Nature and expressing deep peace.

Everything we need is within us. Inside an acorn is an entire oak tree—it is just waiting for the right conditions to grow and flourish. The same can be said of our expression and experience of peace. It is inside of each of us, right now. It is simply waiting for the right conditions to be able to flourish once again.



When we immerse ourselves in calmness and stillness of nature, peace is inevitable. We realize that it is never found, it is only expressed.

The power of these exercises lies in the extent to which you can integrate

them into your daily life. You can sit in stillness and quietness on your lunch break, use your senses in a grocery store, enjoy time with soft focus as you wait for an appointment, and walk mindfully to the car in the morning, find change in leaves dancing in the breeze and empty your cup before sipping your coffee.

Relatively quickly, all these small experiences cascade into other aspects of our life, and very soon we see ourselves as having made great strides. But in the same moment, we also recognize that we have not moved anywhere, for who is there to move?



To Wrap Up For Now

Though they might seem too simple, everything you need to re-connect with nature and express deep peace is in these 6 activities. I promise you, the power is in the simplicity.

But if you need more help, get in touch. I'll be glad to hear from you.

I support people to **express their inner-peace** through **deep re-connection to nature. It's simple, and it's life-changing.**

Together, we'll work to cut through the illusions of modern society that create stress, disconnect and frustration and return you to both **experiencing and expressing deep peace.**

You can find out more about working with me by [clicking here](#).

In peace, and very excited for your new experiences,

Simon

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