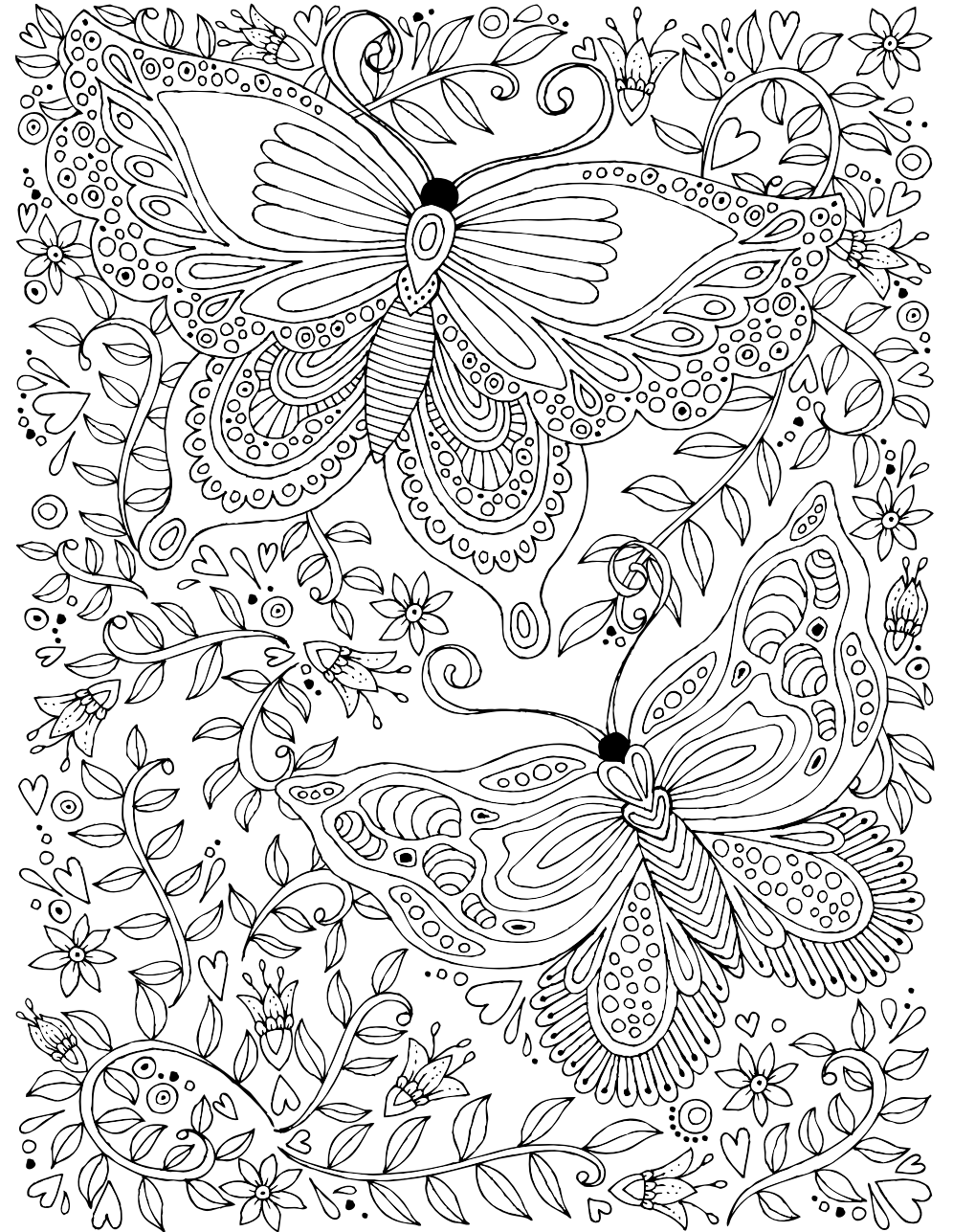




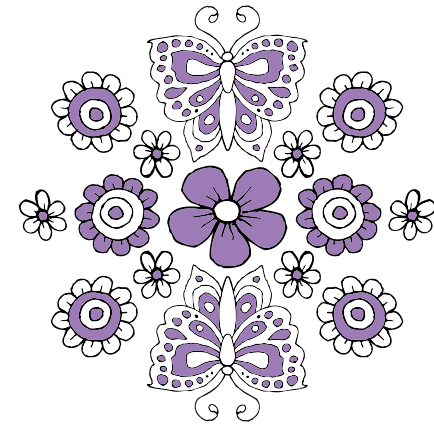
## Mindfulness in Nature

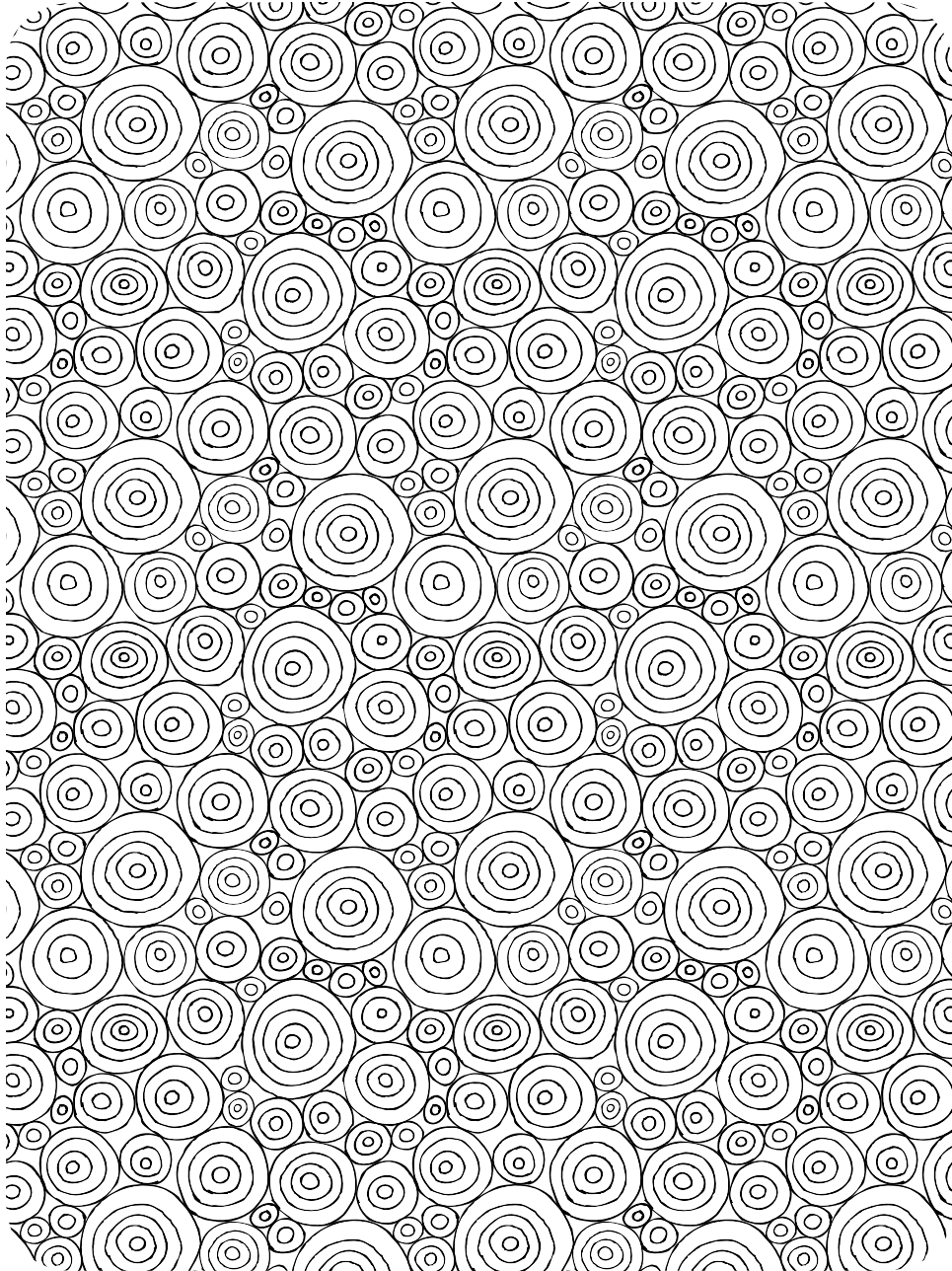
What would it be like to colour this page outside? If the weather is suitable and you are able to do so, you could try it. You may choose to sit in a local park, in the outside space of a café, or in a garden perhaps. Select somewhere with natural beauty and a peaceful energy for you. When you reach this place, take some time to absorb your environment mindfully. What colours, sounds, textures and scents surround you? When you decide to colour, allow these observations to inspire you. Rest your attention upon certain colours that you see, and incorporate them into the picture you are colouring. Let Mother Nature be your muse.



‘The art of being wise is  
knowing what to overlook.’

*William James*





## A Non-judgemental Attitude

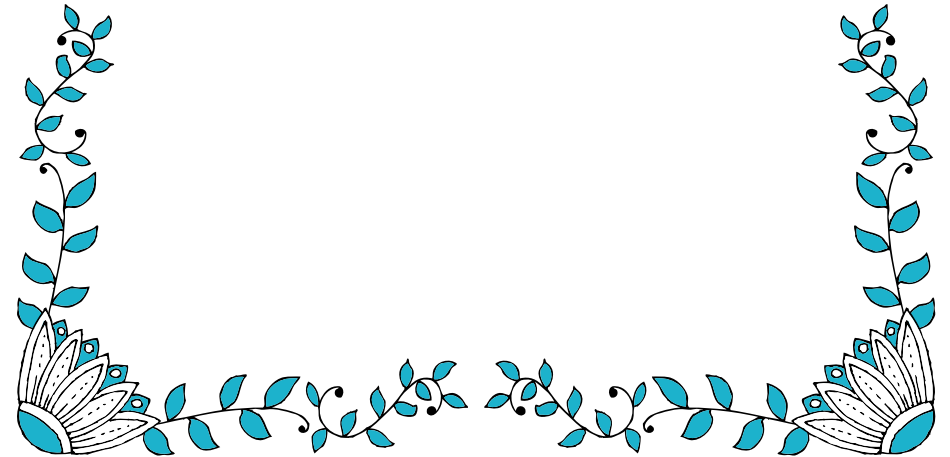
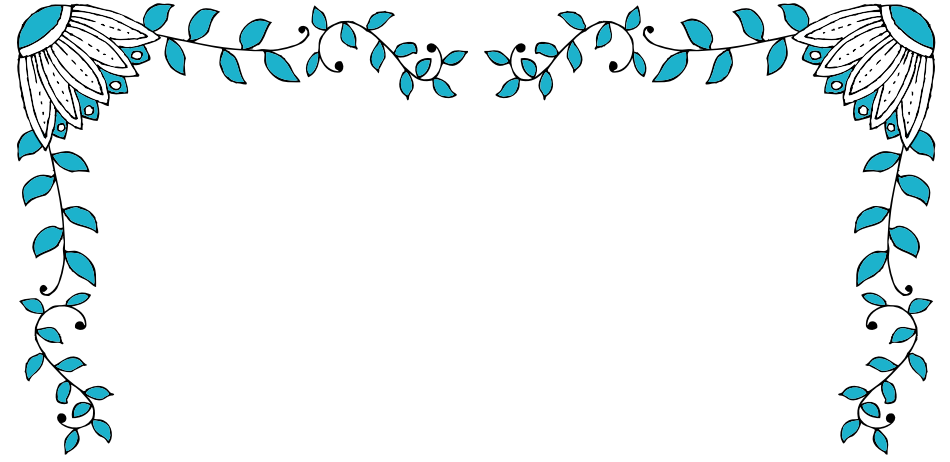
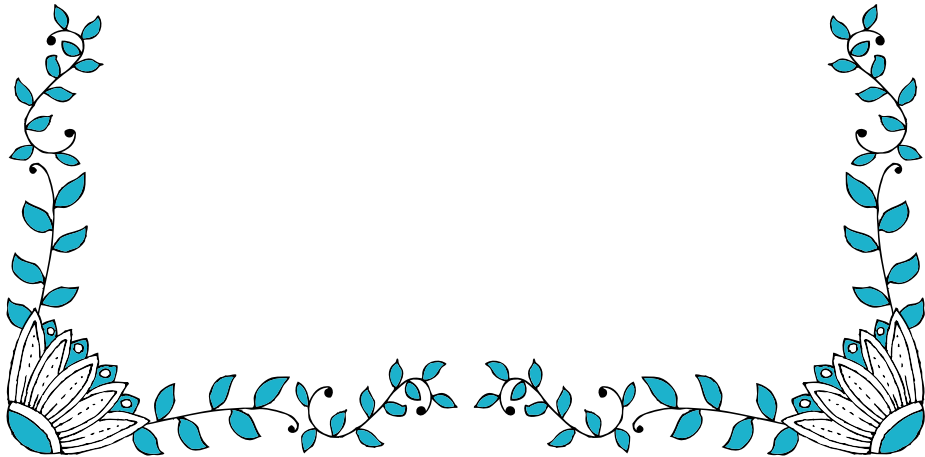
While you are colouring, take a moment to pause and observe the picture before you. Notice the colours you have chosen and the aspects of the pattern that your mind is drawn to. Allow the picture to be just as it is, without wanting or needing things to be different. If you notice critical or judgemental thoughts, this is not a problem. Simply recognize that they have come into your mind, and then return your attention to the present moment, to the shapes and colours that you can see, and your breath as you breathe in and out. With kindness and respect, simply observe what lies before you in this moment.



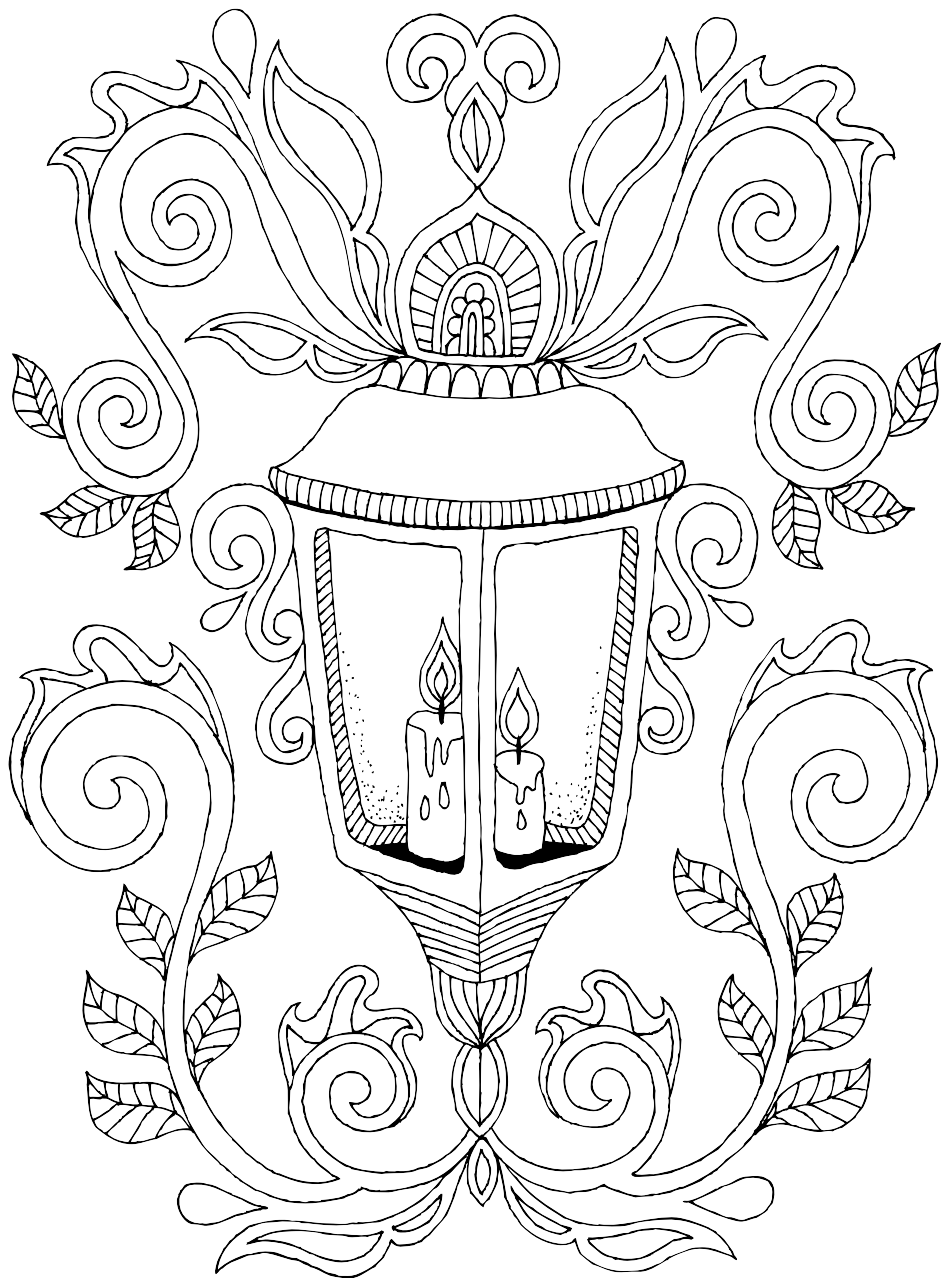


## A Mindful Moment

I can choose how I respond  
to my thoughts.







## Set Your Intention

Create the intention to colour this picture in a pleasant, warm and relaxing environment. Consciously carve out this time for yourself, and select a space that is quiet and peaceful.

You may wish to gather items like incense, candles, a soft cushion and a blanket for your comfort. Perhaps put on some soothing music to enhance the tranquillity of your space.

Create your setting and remind yourself of the reason behind this: *I deserve this time, to relax and care for myself.* Hold this kindness and warmth with you while you colour mindfully.

