



INSIGHT MEDITATION

12.30pm every Monday, The Courtyard, Burren College of Art

Connecting with Nature

"In every walk with nature one receives far more than they seek."

- John Muir

Step 1: Gong rings.

- Close your eyes, and start to slow your mind.
- Ground yourself to your immediate surroundings.
- Breathe with *Mindfulness*

Step 2: Gong rings.

- Visualise a shape or symbol that represents *Nature* to you.
- Slowly begin to walk with mindful breath.
- *Begin to draw.*

Step 3: Gong rings.

- Slowly come back to the centre. Reconnect.
- Final gong marks the end of *Insight Meditation*.

Walking Meditation
8 minutes long

Step 4: What represented nature for you?

Please draw your symbol on the tag provided.