

Daisy



‘Just living is not enough, said the butterfly. One must have sunshine, freedom and a little flower.’ Hans Christian Anderson

- This quote reminds us that there’s a lot more to life than simply getting put of bed in the morning and putting one foot in front of the other. We need joy, happiness and beauty if we’re to feel fully alive and flourish.
- If possible, find a quiet place outside where you can close your eyes, listen to your breathing and still your thoughts. Open your eyes and take time to observe what’s around you.
- Focus in on something like a wild flower, something that speaks to you of the beauty of the natural world and maybe helps you feel connected to something greater than yourself.
- Notice your feelings, do you feel more peaceful? Energised?
- How can you interact more with the natural world day by day?

‘In all of nature there is something of the marvellous.’ Aristotle