

Seasons



- How in tune do you feel with the rhythms of nature?
- Spend a few minutes outside, looking around and noticing what's there. Try to engage your different senses.
- Where is the sun and how does the light feel?
- What's the temperature? What does the air feel like? Are there any particular scents?
- Can you see any birds, or animals or plants?
- How are your energy levels in this particular season?
- Try to return to this spot in different seasons and notice how things shift.
- Are there any habits you could adopt which would help you feel more aligned with the changing seasons?

“Everything has seasons, and we have to be able to recognize when something's time has passed and be able to move into the next season.”

Henry Cloud

