

## Tree 1: Feel

Take time to feel the environment around you: by touch; through the soles of your shoes; through your skin; your face; heat, cold, rough; smooth; wet, dry. Feel the bark of the tree.

***Open my heart, Spirit of creation, help me to feel your life in all that surrounds me.***

What does this experience leave you feeling inside?

## Tree 2: Look

What do you see? (Take in the view) Repeat silently to yourself: I see...; I see ...; I see ... until you cannot add anything.

Be amazed how much you can see: from the small to the grand scale! Mindfully take in all that is around us.

***Open my eyes, Spirit of creation, help me to see.***

What insight (internal seeing) does this exercise give you?

## Tree 3: Hear

What do you hear? (Take time to listen to the sounds around you.) Silently repeat: I hear...; I hear...; I hear...; until you cannot add anything. Be amazed at what you can hear when you are still.

***Open my ears, Spirit whispering in creation, help me to hear.***

What are you hearing in your heart because of doing this exercise?

## Tree 4: Smell

What do you smell? (Take time to smell the environment around you.) Take some deep breaths and feel the air coming in your nostrils and then coming out of your body through your mouth. Then repeat silently in your mind: I smell ...; I smell ...; I smell ...

(Smell some crushed leaves.  
Which leaf gives off the best smell?)

***Spirit of Creation, breath of life, help me to draw in your life from all that surrounds me.***

What is the smell of God?