

Day 16 - Living Nature

21-Day Meditation Challenge <meditationchallenge@chopra.com>

Tue, Mar 26, 2013 at 1:18 AM

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"I believe a leaf of grass is no less than the journey-work of the stars." —Walt Whitman

Quick Links

[Access today's meditation](#)

[Choose Love – Move from Constriction to an Open Heart](#)

Nature's Touch: 5 Ways to Boost Your Health by Going Outside



Welcome to Day 16—Living Nature

As we've discussed, connecting with nature is a wonderful way for us to witness the dance of the universe and to see ourselves as part of this magnificent symphony. Today, we have a very special visualization exercise that takes us on a journey through nature, enabling us to enter the silence through the wonderland that is nature's rich and limitless bounty.

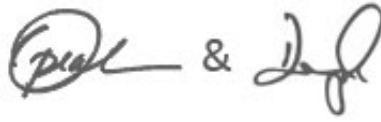
Let today's experience remind you how important it is for our health and wellbeing to connect with nature and enjoy all that it generously offers us each day.

Our centering thought for today is:

I am an exquisite expression of nature.

We're looking forward to sharing today's journey with you.

Blessings,

A handwritten signature in black ink, appearing to read "Paul & Jeff". The signature is written in a cursive, flowing style. The first name "Paul" is followed by an ampersand "&" and then the second name "Jeff".

MINDFUL MOMENT

Commit to spending some time in nature today. Whether you choose to be active or simply gaze at the stars in the night sky, express your heartfelt gratitude for all that nature offers you and for your place in this beautiful cosmic dance.

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