

INQUIRY WORKSHEET 1

Do in your chosen natural space
(good to do straight after meditation 3)



Introduce yourself;

I am and I am from I grew up in I like to walk in etc etc
Sit for sometime and just rest, radiating your energy into place softly.



Sit and breath. Feel into the space. Lightly gaze and allow whatever arises in the natural space to take place. Just smile and stay grounded if your mind gets busy with judging, hoping or doubting.



Without too much contemplating just organically and spontaneously write:

How you feel sitting here?

How the space feels to you,
what do you notice about it?

If you were to express your experience with place in this moment — through a poem, a sketch, a sound, a movement, or even a single word — what would it be?

