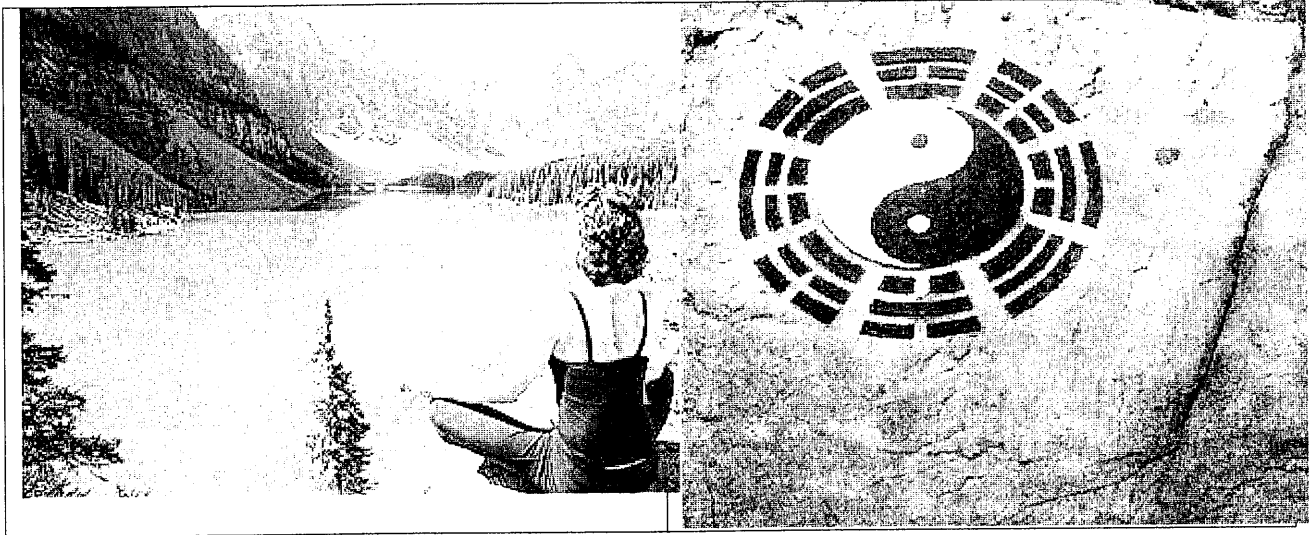


Taoist Meditation



Taoist Meditation revolves around surrounding yourself in nature. The point is just to be in nature. Once surrounded by nature you should clear your mind and just be in nature. Just be present. Look around you. Listen to the sounds. Feel. Breathe. Just be.

This is Part 1 of Taoist meditation. Just be in nature. Part 2 now involves your mind. After 5-10 minutes (or more) of just being with nature, what does your mind think about? What personal inspirations arise to you during this time? For, after all, YOU are also part of NATURE. Taoists believe that natural inspiration and wisdom will come to you once you are at peace in nature. As part of this, LOOK around you in nature and what do you SEE? What lessons can you draw from this?

Homework due Monday.

- 1) Find somewhere in nature (outside!) where you can sit all by yourself for 20 minutes & bring a pen and paper to write.
- 2) Go sit there all by yourself for 20 minutes. Turn off your phones and all devices.
- 3) For minutes 1-10 just sit and be present. Sit up with your back straight- but not stiff.
 1. Notice all you can with your eyes
 2. Notice all the sounds you can hear with your ears. (My favorite is to listen to as many different bird calls as you can)
 3. Be present in all your senses: what do you smell, feel, taste?
 4. JUST SIT FOR 10 MINUTES!!!!!!
- 4) Take out your pen and paper & write for minutes 10-20
 1. First write down your name, the date, the time, and the place you are at
 2. Describe what you see, hear, smell, and feel around you. Describe as much as you can.
 3. Write down any thoughts, ideas, inspirations, etc. that come to you in these last 10 minutes. If no inspirations that's OK. Just write about what you are thinking/feeling right now.