

Nature Soloing

Nature soloing is spending time in nature by yourself, rediscovering your connection with planet Earth. Below are steps to finding and preparing a space for soloing in nature. This is time to transition from doing to being. Becoming one with the Earth. (Check out www.wildernessingbook.com for what to pack and wear by clicking on **Resources**.)

1. At the trailhead, turn your cellphone volume off so it will not disturb you. Then use your senses to become present. In the Wildernessing book there are a variety of invitations to become present for your use.
2. Find a threshold to step into your child like wonder. I usually try to find trees to walk between or you can use the change from pavement to dirt as a threshold. Your child like wonder is that sense of awe observing the natural world.
3. As you hike, look for spots that call to you. Using an intention and your intuition find a space where you feel safe. A space that is quiet enough for undisturbed observations and reflections. This may be by a creek, under a tree, in an open field or valley, or on a rock to name a few. Most important is to get and be comfortable so you can spend some time there.
4. Create a sacred space. This is a way to ask permission to be in this space. The Wildernessing books has many examples of how to do this by connecting the elements associated with the 5 directions.
5. Connect with the earth. Here are some examples: touch a tree, take your shoes off and feel the ground with your bare feet, or lay down on your back.
6. Connect with you breath. You could meditate, do Tai Chi or a couple of yoga poses to name a few.
7. Observe your thoughts and feelings. Use the back page of your journal to capture any to do list items that pop in. This way you can rip the page out after the solo. At any time, return to your senses to become present if your mind wanders. Otherwise, be curious, grateful and expect miracles.
8. Observe nature. The Wildernessing book has many activities for ideas on what to focus your observation on while soloing.
9. Play!!! Explore different ways to play. The Wildernessing book has a variety of invitations to play in nature. One of my favorites is ephemeral art.
10. Capture your realizations, ah ha moments, and your heart felt thoughts and feelings around your soloing adventure in your journal. The Wildernessing book has journal prompts to get you started if need be.
11. When the solo feels complete, thank the world around you. Be grateful for all that made this solo in nature possible. Be grateful for your breath, your beingness, your growth, any new perspectives and/or realizations but most of all be grateful for the beauty. It is after all a reflection of you.