



Find Your True Nature

1. Head outdoors to a spot that feels natural to you.
2. Ground yourself with a few breaths. Spend a few moments noticing your surroundings.
- 3.. Read the poem Lost by David Wagoner.
4. Stand still & set an intention for what you want to explore today. Breathe.
3. Spend some time exploring your surroundings and find 1-3 natural objects you want to explore.
4. Offer some presence to the objects and spend time playing with positioning them noticing shape, line, colour, and texture.
5. Assemble the objects in a way that feels natural and complete.
6. Photograph it or sketch it.
7. Give your creation a title. Write 5 or 6 lines of poetic voice to it.

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