

1. Begin our practice by grounding ourselves and practicing listening to the sounds around
2. Listen to both the internal and the external
3. Begin to relate to what we notice internally, sensations, emotions and thoughts as ‘nature’ instead of as ‘mine’
4. Relate to thoughts like birds chirping in the trees. It is the nature of the thinking mind to think.
5. It is the nature of the body to feel and experience emotion and sensation.
6. When we encounter that which we don’t like internally or externally
7. We can use the phrase ‘In this moment, everything belongs’ or ‘This is nature’
8. Instead of seeing our emotions and thoughts as ‘messy’ we can reflect on them as ‘wild’ or ‘belonging to nature’
9. What is it that is aware of this nature arising and ceasing, passing and changing form?
10. Without trying to give it a definition, take the position of the awareness that allows nature to be as it is
11. Allow the wild heart of nature to unfold and change according to its own form.