

GUIDED EXPLORATION EXERCISE

- Place your plant in front of you.
- Take a deep breath.
- And now, just for a moment, come into the garden.
- Feel yourself planted where you're seated.
- Take another deep breath.
- Pick up your plant and look at it.
- Notice its overall shape, size, different shades of green.
- Gently run your hand over it and notice its fragrance.
- Perhaps as you do this, thoughts and memories arise.
- Just notice them, letting them be there, like clouds passing by.
- Now, feel the stem, noticing its texture and shape. Is it square, round, flat?
- How are the stems attached to the stem? Are they opposite? Alternating? In a whorl?
- Take a look at the shape and texture of the leaves. Soft? Rough? Waxy?
- Are the leaf edges smooth or serrated?
- Notice the veins. Where do they start? Where do they end?
- Now, take a look again at the whole plant. Do you notice anything else that you hadn't noticed before?
- How do you feel? Welcome to the Garden.

Come forth into the light of things. Let Nature be your teacher. ~ William Wordsworth