

Mindful Nature

Connecting
With Our Great
Green World

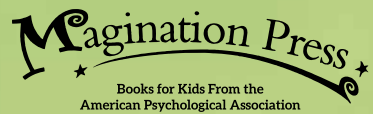


PAIGE
TOWLER

A close-up photograph of a single water droplet hitting a calm body of water, creating a series of concentric ripples. The water is dark and reflective. In the background, several autumn leaves in shades of yellow, orange, and red are scattered on the water's surface, slightly out of focus. The overall scene is serene and natural.

*Mindful
Nature*

For Calbee, who keeps me
mindful—PT



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**Rise and shine, harvest mouse.
Your cozy blossom bed is
speckled with fresh dew.**

Breathe deeply.

Can you smell

the sweet scent of the flower?

Relax, little meerkat.
The smooth sand is
warm on your belly.

Take a big yawn.

Wiggle your toes
against the ground.



Feel the earth around you.

A snowy owl is captured in mid-flight, its wings spread wide. The owl's feathers are white with dark brown spots. Its yellow eyes are sharp and focused. The background is a soft, out-of-focus blue sky and white snow. The owl is positioned on the left side of the frame, facing right.

**Swish. Stretch your
arms out wide like
an owl in flight.**

*Bring your wings up, up, up
and gently back down.*

Breathe in and out.

*Hoot softly as you imagine
gliding through the chilled air.*