

# 10 SECRETS *for* DISCOVERING *Calm & Clarity* *Naturally*

If you are someone who loves being outside and intuitively knows you are more grounded and clear when you are in nature -you will love these practical tips.

Perhaps you are not a keen outdoors person but have been reading about the many benefits of mindfulness and time in the forest and you know you need to do something-you are in the right place keep reading.

Today life is so hectic you need to be proactive in seeking out moments of calm & clarity. Research shows that with today's many distractions your brain easily gets fatigued and when that happens it does not work optimally. That means you ruminate more and your ability to think critically and make decisions is greatly impacted.

The good news is research shows that mindfulness and time in the forest is just what the brain, the mind and the body needs to reset itself.

This document outlines my top 10 favourite practices that cultivate calm & clarity.

Enjoy,  
Ronna





*But first here is a thought to start with by Mary Oliver...*

## Mindful

Every day  
I see or hear  
something  
that more or less

kills me  
with delight,  
that leaves me  
like a needle

in the haystack  
of light.  
It was what I was born for -  
to look, to listen,

to lose myself  
inside this soft world -  
to instruct myself  
over and over

in joy,  
and acclamation.  
Nor am I talking  
about the exceptional,

the fearful, the dreadful,  
the very extravagant -  
but of the ordinary,  
the common, the very drab,

the daily presentations.  
Oh, good scholar,  
I say to myself,  
how can you help

but grow wise  
with such teachings  
as these - the untrimmable light

of the world,  
the ocean's shine,  
the prayers that are made out of grass?

## Take Five

Start your day out right. Wake up five minutes earlier and give yourself some “me” time. This is time to get your grounded and ready for the day. You may want to read something inspirational, do yoga, mindfulness meditation or practice deep breathing. Simply do something you enjoy that helps you get present and start your day on the right foot.

*Here is nice morning poem from Rumi...*

The Breeze at Dawn

The breeze at dawn has secrets to tell you.

Don't go back to sleep.

You must ask for what you really want.

Don't go back to sleep.

People are going back and forth across the door sill  
where the two worlds touch.

The door is round and open.

Don't go back to sleep.

# Take a Deep Breath

Deep breathing is one of the main tenants of yoga and mindfulness. When you take slow, equal in breathes and out breathes you reset your nervous system.

In 5-10 min you can shift your nervous system from being agitated to a rest response. Due to our constant technological stimulus most people live in a fight or flight state, this might feel stimulating, pushy, and action oriented. If you can't shift gears you become more agitated and tired which affects your ability to think, your relationships, overall effectiveness and your sleep habits.

When you drop down into the restorative part of your nervous system you feel calm, you digest your food better, and clarity comes more easily.

*It's easy. Try this...*

Slowly breathe into your diaphragm (at the base of your rib cage), lungs, and collar bones (in the front and back of the body) for the count of 4. Breathe out your diaphragm, lungs, and collar bones for the count of 4. After a few minutes start to pause for 2 counts between each breath as you allow the breath to a rise or fall away. Do this for 5-10 min and you will see a noticeable different in your state of being.

# Go for a Walk

You may know that you need to do something like mindfulness meditation to calm your busy mind.

But for some meditating is very difficult – I get it.

Try going for a walk instead.

Go to a local park or natural area. At the beginning of the walk pause and listen, then walk slowly and notice what is around you...what is moving? 15 min is all you need, simply walk for 7 min slowly noticing what is in motion and then walk back the same way.

*It may sound simple but it really works.*

## Have a Sit

Pausing in nature will help reset your brain networks, your nervous system and decrease your blood pressure. In 15 min you can reduce your stress hormone (cortisol) by 12%.

Find a spot in nature preferably under a tree and sit for 15-30 min. Your back yard will do. Start with tuning into your sense and notice what is going on in nature around you.

*Consider these words when sitting...*

### Lost

Stand still. The trees and the bushes beside you  
Are not lost. Wherever you are is called Here,  
And you must treat it as a powerful stranger,  
Must ask permission to know it and be known.

The forest breathes. Listen. It answers,  
I have made this place around you.

If you leave it, you may come back again, saying, Here.

No two trees are the same to Raven.

No two branches are the same to Wren.

If what a tree or a bush does is lost on you,  
You are surely lost. Stand still. The forest knows  
Where you are. You must let it find you.

- David Wagoner

# What's in Motion

As you walk or sit notice what is in motion. Simply pay attention to what is moving around you. Pause and look at the grass waving in the wind. Watch the clouds.

*When you slow down you will notice everything is in motion in nature.*



# Come to Your Senses

Your senses are the doorway to being present. When you take the time to fire up all your senses your brain resets itself, you can focus more, and your thinking and decision making will improve significantly.

At the start pause...close your eyes...feel your feet on the ground... the air on your skin...listen...smell the air...open your eyes...really see what is around you.

*Take your time.*

You can sit and notice things through your senses or go for a walk and sense your way along the trail.

# Listen Up

*If you only have 15 minutes at lunch to go for a walk or sit under a tree, try using your sense of hearing.*

Simply listen to the sounds around you...the birds...wind...leaves. Listen to the furthest bird sound...the silence next to you...the leaves rustling in the wind...water running. Suspend judgment of what you are listening to – simply listen.

Listening in this way helps reset your ability to concentrate and focus. It's a perfect thing to do at lunch so you are affective in the afternoon (when you typically can't focus).

# Take Your Shoes Off

Go back to your childhood days and take off your shoes and socks and see what it feels like to walk in bare feet. Alternatively, just sit, lay down or have your bare feet on the ground.

*There is a science to this.* Earthing or grounding refers to the practice of reversing the positive electrons which build up in your body due to exposure to WiFi, bad diets, etc. Positive electrons produce free radicals which cause your cells to die faster which can contribute to degenerative diseases and aging.

When you ground with the earth, allowing the soles of your feet or any other body part to touch bare ground, it balances out this positive charge with a negative, grounding charge. It's a quick and effective way to reduce stress, boost your health, and improve sleep.

# Breath In I See, Breathe Out I Smile

One of my favourite mindfulness techniques for walking is the “breathe in and breathe out” practice as shared by Thich Nat Han.

As you walk your eyes will rest on something like a branch, inwardly say “as I breathe in I notice a branch.”

As you exhale say “as I breathe out I smile (or have inner gratitude) for this branch.”

*Keep practicing this as you walk or sit in nature and see what happens.*

# Give Gratitude

Giving gratitude daily has a profound impact on your thinking, emotions, social interactions and even your physical well being. This simple habit has a huge trickle down affect for you and those around you.

As you start to acknowledge the good things in your life your thinking and habits change which then spurs different choices and soon good things start to accumulate in your life. Some are genuinely good occurrences but others are a result of how you see them.

## *Try this...*

Each day give moments of gratitude for elements in your life. It could be as simple as being grateful for what is working in your body, the people in your life or what you have in your life.

Start a gratitude journal and write in it daily all the things you were grateful for that day.

Giving gratitude has proven to increase your happiness, develop your personality, increase your self esteem, and improve your sleep. It's just a thought away.



# Need to find Calm & Clarity? I can help.

Join me:

[www.forestfix.ca](http://www.forestfix.ca)

Email: [ronna@forestfix.ca](mailto:ronna@forestfix.ca)

LinkedIn: [www.linkedin.com/in/ronnaschneberger](http://www.linkedin.com/in/ronnaschneberger)

Instagram: [www.instagram.com/forestfixcanada](http://www.instagram.com/forestfixcanada)

Facebook: [www.facebook.com/ecoyogaadventures](http://www.facebook.com/ecoyogaadventures)

## About Ronna

Ronna is a seasoned speaker, coach, yoga & meditation teacher and professional naturalist and hiking guide in the Rockies. She is the first person in Alberta to guide the simple yet powerful Japanese practice of Shinrin Yoku or Forest Bathing.

She is best known for her EcoYoga Retreats and her unique strategies to help people find Calm & Clarity through time in nature. In today's busy distracted world finding ways to let go of the constant motion will determine if you are successful and happy or just busy.

As a transformational coach, speaker, and guide Ronna helps busy people come back to a state of calm. From this place of clarity she invites them into powerful conversations that put them back in the driver seat of their lives.

To learn how you can walk with Ronna go to:  
[www.forestfix.ca](http://www.forestfix.ca)

