

the TRAIL of BEAUTY

A Sky and Earth Touched Me Wellness Exercise
by Joseph Bharat Cornell



During this exercise, you will walk a beautiful trail and read uplifting quotations that inspire feelings of communion with the surrounding landscape.

To Practice:

As you walk, read and reflect on the quotations and feel the inspiration from the natural beauty around you. You'll find that each quotation encourages loving interaction and oneness with the natural world. Some quotations are accompanied by exercises. The purpose of these exercises is to give you your own experience of nature.

*"The hours when the
mind is absorbed by
beauty are the only hours
we really live."*

— Richard Jefferies

After you have completed the Trail of Beauty Walk:

WRITE YOUR OWN QUOTATION

While outdoors, John Muir saw harmony and unity everywhere. When he gazed at the beautiful symmetry of an island, or the harmonious colors in a flower, he felt that these were visible signs of a divine intelligence. What do you feel when you're outdoors? What words would you use to describe your experience of nature?

Write your own quotation telling why it's important to spend quiet time in nature. Express yourself simply and powerfully.

MY NATURE QUOTATION:

