

TAKE A MOMENT TO JUST PAUSE AND SUCK IN THE BIG ONES!! WE ARE SURROUNDED BY BEAUTY!

Pause..... Take a moment to look around you, we are surrounded by beautiful things, intriguing things.

We often move through our days oblivious to what is surrounding us on a daily basis.

Even if you take the same route everyday to work, take a moment to look around you with fresh eyes.

Nature is so incredible, and it has such a recharging affect on our being, it can be healing, relaxing, or it can recharge our batteries when we need it, filling our well if you like.

When we are out as a family, bike riding, driving, walking, what- ever it happens to be, our boys often hear us say, 'suck in the big ones boys!' By this we mean, take in your surroundings, take in what you are seeing and experiencing, let it penetrate your being, be in *this* moment.

Ritual

Breathe,

Take a moment to say to yourself "I find the beauty in today, wherever I am"

This is your mantra for this ritual.

Repeat it during the day as often as you feel it is needed.

To take this ritual one step further, take a photo, of anything! Look through the lens, it is amazing what you see through the lens of a camera. Keep this image as a reminder that you can find beauty anywhere!

Breathepause.....and suck in the big ones!

Here are just a few photos to share with you of some things I have found beautiful while I have been out and about.

Much Love Anna XXX



