

# Routine Observations of Life

Place: \_\_\_\_\_ Date: \_\_\_\_\_

Simply note what I notice now...

What's the quietest sound that I can hear now?

The subtlest sight? A sign of life that surprises me?

Waters and soils, and the life within them?

Low-growing plants, food, medicine, beauty?

Animals?

Trees?

Birds?

Weathers?

Sun, Moon, Stars?

People?

Myself? In mind, heart, body, spirit? At my root, heart and crown?