



Pink River Dolphin – Beginner’s Mind Reflection Page

Just as the boto rosa blushes pink with joy and curiosity, we, too, can return to our childlike wonder. This page invites you to explore life with fresh eyes and a playful spirit. After your next mindful walk, yoga practice, forest bathing moment, or simply while pausing in your day, let these reflections ripple through you.

"If your mind is empty, it is always ready for anything, it is open to everything. In the beginner's mind there are many possibilities, but in the expert's mind there are few." -Shunryu Suzuki

What feels fresh and new in my life right now?

What are a few things I am grateful for?

Where did I notice playfulness or curiosity today?

What is one area of my life where I can approach with beginner’s mind?



What small wonder or surprise made me smile?

How can I bring more playfulness into my daily flow, like the dolphin twirling in the river?

Pockets of Nature Practices

1. Dolphin Drift

Next time you're near water—a river, stream, or even your bathtub—pause and imagine the pink river dolphin swimming with ease. Close your eyes, listen to the water, and let yourself “drift” into a sense of beginner’s mind. Notice what feels new in that moment, even if you’ve been there a hundred times before.

2. Blush of Wonder

On your next walk, choose one thing in nature to focus on—a flower, a leaf, the way sunlight touches the ground. Stay with it for a minute longer than feels natural, and notice if any fresh detail “blushes” into awareness, just like the dolphin’s pink flush.

“Just Breathe; Nature and Yoga will do the rest.”

Cheers! Kether, Spunky Mind