



## Spunky Mind Field Notes—The Joy of Seeing Nature

Looking at nature, whether it's a mountain vista, a blooming flower, or even a photo of a calm river, reminds us **why nature makes us happy**. These reflections invite you to notice how simply *seeing* nature can ripple joy into your body, mind, and spirit throughout the day.

*"The clearest way into the Universe is through a forest wilderness." – John Muir*

**What natural scene (real or imagined) brings me a sense of joy today?**

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**What are a few things I am grateful for?**

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**What colors, shapes, or textures in nature inspire me most?**

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**When I pause to look at nature, what thoughts or feelings arise?**

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**How can I weave more moments of “seeing nature” into my daily routine?**

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**Pockets of Nature Practice:**

1. **Find a Pocket:** Notice one small natural detail that delights you—the pattern on a leaf, the way sunlight glows on water, or a bird’s song drifting by. Pause and savor it fully, as if slipping a treasure into your pocket.
2. **Carry It With You:** Take a photo, a mental snapshot, or a slow breath to “store” the moment. Later in the day, revisit it—look at the photo, recall the sound, or breathe in the memory—and notice how it refreshes your mood.
3. **End the Day with Gratitude:** Before bed, reflect on your collected pockets. Each one is a reminder that joy doesn’t need grand gestures—it lives in the little details nature offers freely.

Pairs with: “Why Nature Makes Us Happy: The Joy of Seeing Nature”  
—[SpunkyMind.com](https://SpunkyMind.com)

*Just Breathe; Nature and Yoga will do the rest.” Cheers! Kether, Spunky Mind*