



## 🎵 The Sounds of Crickets – Field Notes 🎵

When we slow down and rest in silence, the crickets are always singing. This page invites you to notice the whispers of your inner voice and the harmony within. Let these prompts guide your reflections after meditation, a nature walk, or a quiet mindful moment.

*“Silence is the language of God, all else is poor translation.” – Rumi*

**What natural sounds (like crickets, wind, or birds) bring me a sense of connection?**

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

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**How can I honor silence in my daily rhythm?**

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**When do I hear my own inner voice most clearly?**

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**What subtle sounds or sensations did I notice today that I usually overlook?**

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**How can I create more space to listen—to both nature and myself?**

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### **Pockets of Nature Practice:**

#### **The Crickets' Pause**

Find a quiet spot outdoors, or even by an open window. Close your eyes and take three slow breaths. Allow yourself to listen—not searching for anything in particular, just receiving whatever sound arises. Each time your mind wanders, gently return to the crickets' song (or any small sound nearby) as your anchor. Stay with it for 2–3 minutes.

#### **Silent Echo Walk**

Take a short walk in silence, letting your steps be steady and unhurried. With each step, notice a sound around you—a leaf crunching, a bird's call, the wind brushing past. Imagine that each sound is an “echo” of nature reminding you to stay present. When you return, jot down what you heard and how it shifted your awareness.

Pairs with: “The Sounds of Crickets” — [SpunkyMind.com](https://SpunkyMind.com)

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

***Cheers! Kether, Spunky Mind***