

## **Exercise:**

### **Get to Know a New Friend**

Find a tree, plant, rock or something that draws your attention in. You don't have to go far to find it. If you walk straight out your front or back door, look around.

Do you see anything that catches your eye that you can take inside? If you find something on your walk you can bring home or spend special time with that is fine too.

If you can, hold it in your hand. If you can't hold it, sit near it. Talk to it in your mind or out loud. Tell it how beautiful it is and thank it for sharing its space and energy with you.

### **Ask it a question**

Once you feel connected to your item, ask it a question that you don't know the answer to such as:

- What would you like to share with me?
- How are you?

When you ask it a question, listen and feel for an answer. It might be tingle, a flutter in your stomach or actual words.

BELIEVE in what you receive! Write down the first thing you feel, know, hear.

Thank the item.