

Replenishment ~ a Landscape Reflection

created by Kathy Sandquist

Introduction

This is a reflection exercise that uses an outdoor landscape, music, several questions, your senses, and your imagination to offer you some replenishment. The recorded exercise is just under 40 minutes long but I recommend you make a little more room in your day for it so you can linger where you need to.

Ahead of the Experience

Choose an outdoor setting

Find a view of something that lights you up, makes you smile, brings you joy in some way. You may want to choose a physical location; somewhere you can go to see and be in the living landscape or scene. Or you can choose a digital image of a landscape that is life-giving to you. It may be a mountain scene, an ocean view, a cityscape, a backyard, a busy playground, or something else. It may be teeming with people or full of silence. You may be out in the landscape or looking through a window or viewing an image on a computer screen. What matters is that it is a scene that makes you smile, brings you joy, connects you to a sense of life.

Access the recording

To access the recording, click the audio bar that goes with this resource item on the Inner Studios Free Tools page.

During the Experience

If you are at home, find a quiet place without the usual distractions and place your landscape image in front of you. If you are going “on location”, take a beach chair or something comfortable to sit on, as well as a journal, your phone, and headphones. Then listen to the recording and follow the prompts.

After the Experience ~ Ways to Take it With You

- Take a picture and keep the image in a visible place for a period of time (screen saver, desk, etc.) Let the visible reminder reconnect you to the experience, even if just for a minute.
- Choose something tangible from the landscape to carry home (for your pocket, dashboard, or nightstand)
- Perhaps the exercised evoked a new question. Find a way to carry that question with you for the next few days. It may not have an answer right away. Stay curious about it.
- Write a haiku about it. (It helps gather the essence of what you “saw” and experienced.)

Music Credits

The following music in this exercise is [Used with a license ©Artist](#)

Unwind / Faith ~ by Simon Wester

A New Deep / The Wonders ~ by Dear Gravity

Context / When I Looked up / On Earth / Drifting ~ by We Dream of Eden

The Beauty of December ~ by Borrtext