



# LETTER LANDSCAPE MEDITATION

# CONSCIOUS CRAFTING

Lets begin.

Place both feet flat on the floor, hands placed flat in your lap.  
Allow your body to relax gently into the seat while still holding  
your spine straight.

And when you are ready you can close your eyes

Let's take 3 cleansing breaths in through the nose and out  
through the mouth

Feeling the breath fully and deeply

Making sure to breathe into your chest and belly

Your ribs

Your back

Feeling the air as it touches your nose, fills your lungs like  
balloons in a 3 dimensional breath

Good

Now you can return to your regular breathing in and out  
through the nose.

Before you is a long pathway. Watch as it uncurls in front of  
you, winding on and on and on into the distance.

Take a step forward as you breath, letting the fog of your mind  
slip away as if you are walking right out of it.

One

Two

Three

Keep breathing in deeply as you let everything else dissolve and  
you are just left with the path in front of you.

Feel it beneath your feet.

How does it feel?

Is it soft?

Does it crunch under your step, or crack, or shift?

Now looking down, what is the path made of?

Cobbled stone with many cracks and crevices?

Maybe dry worn dirt with small puffs of dust?

Soft, green moss on giving soil?

Maybe white sand with many footprints.

Has this path been smoothed down by wear, well used ?

Or is it freshly trodden, barely used before you walked on it?

As you envision the pathway beneath you, take another deep,  
filling breath,

In

and Out.

Now, look up from the path and up to where it winds and winds  
until it meets the horizon.

What do you see?

Does it seem to stretch on forever, or it is blocked by forms and  
shapes?

Maybe trees, or mountains, or something different.

Where is the sun?

Is it high in the sky above you, a pinprick of light between  
clouds?

Maybe it's just risen, or setting.

Is it at the horizon before you or maybe behind you, out of sight?

Another deep breath as the landscape begins to form.

In

And out

Now, turn to your other senses.

What can you hear?

All around you are the sounds of the landscape, as soft or loud  
as they are meant to be.

Can you hear the wind? Whipping about trees or howling  
through cliffs? Gently rustling leaves or grass?

Are there birds? What do they sound like?  
Squawking?  
Cooing?  
Singing or chitterling?

Can you hear water?  
Maybe the lapping of waves, or bubbling, or a rushing?

Are these sounds far off in the distance?

Or are they close by?

Are they rhythmic, repeating over and over? Listen to them for a  
moment, as you take another deep breath.

In

And out.

The landscape around you has begun to take a more solid form



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now.  
Can you see it taking shape?

Now, what are you feeling? Are you hot? Cold?  
What does being here make you feel on your skin?

A warm breeze?

A brisk wind?  
Maybe a cool rain.  
Is the sunshine warm or is it overcast?

Feeling your skin as you stand there, take another deep breath

In

And Out

Is there anything you can smell in this landscape?

Is it light, and fresh? Maybe the smell of fresh hay, or rain, or flowers.

Maybe it's stronger, something closer by. Take a breath and imagine the scent of this landscape as you do.

Deep breath In

and Out.

Take a moment to feel yourself wholly there.

As you are standing before your landscape, let your minds eyes search the space around you.

Let them pass over every curve and edge of your surroundings, picking out the patterns you can see across them.

Feel it beneath your feet, on the pathway

Feel it on your skin, in your lungs.

As you stand in your landscape,

**(Pause here for a few moments)**

**Let's take 3 more deep breaths**

**In through the nose**

**And out through the mouth**

**Feeling the breath fully and deeply**

**Making sure to breathe into your chest and belly**

**Your ribs**

**Your back**

**Still keeping these words in our heads, we can begin to come back to the space.**

**Bring your awareness back to your body**

**Feeling the seat on the chair**

**Noticing the temperature of the air on our skin**

**Hearing any sounds**

**All while keeping these visuals in your head.**

**Both feet flat on the floor, hands in your lap.**

**Give your toes and fingers a wiggle, feeling your mind come back fully to your body as you do.**

**And when you are ready you can open your eyes**