



A BREATH OF *Fresh Air* WITH TAPS OUTDOORS



OCTOBER THEME: GETTING & STAYING GROUNDED

Week 2: October 14 - 20

Activity: Listen. Learn. Love.

This week's activity is "Listen. Learn. Love.," the theme of this year's virtual [National Military Suicide Survivor Seminar](#). What's most important about grounding exercises is that you find one that works best for you.

Below you'll find a deeper exploration of the Listen. Learn. Love. grounding exercise and different ways you can explore the present moment with it.

"Listen. Learn. Love." Grounding Exercise:

Connecting with the natural world:

Listen to the world around you without bias by asking question like:

- Is the wind blowing?
- What do I see? Are there trees, rocks, waves, or...?
- What kinds of animals are around me?

Learn from the ecosystem of life around you.

- How does that wind or lack of affect the environment?
- What's happening with what I see? Are the trees swaying? Are the birds chirping and cicadas singing? What does the water rippling over pebbles or crashing onto the beach sounds like?
- How does this movement make me feel?
- What can I learn from how this ecosystem interacts?

Love what exists in this moment.

- The wind can blow over the things we wished remained, make it hard to move as the environment tries to push forward, or we can desire for the wind as we sit in the stillness. How does the environment adapt to this and accept?

- How are the animals communicating and adapting? Can they teach me to love the present moment?
- What do I love about the sound of water?

Connecting with ourselves through metaphor:

Listen to your heart and mind without bias.

- Is the wind creating resistance as I navigate my journey; is it cooling me off with its breeze; or is it at my back pushing me ahead?
- What is my internal ecosystem saying? Is it loud? Is it quiet?
- Are the waves of the ocean crashing into me or are they taking something out to see with them?

Learn through simply knowing what your heart, mind and body are saying.

- How do I react to the wind when I face it or when it whisks me up?
- What do I do when the ecosystem of my mind is loud, quiet or both at the same time? How do I navigate the way noises clutter my brain?
- How do I feel in this space right now after listening?
- What can I control?

Love yourself in the wild of this life.

- When the wind blows, can I choose to love myself no matter how it challenges me? Will I see the way I sway like the trees, adapting and growing resilient in this wind?
- Can the calm of the water on the rock and the crash of waves upon the sand show me how to love this internal ecosystem as they show me resilience and persistence?
- What perspective am I choosing in my wild?

Share Your Experience with Us

- ❖ TAKE A PHOTO OR VIDEO, SHARE IT ON SOCIAL MEDIA, AND TAG US AT @TAPSORG AND USE THE HASHTAG #TAPSOOUTDOORS.
- ❖ OR EMAIL US YOUR PHOTOS, VIDEOS AND EXPERIENCES AT EXPEDITIONS@TAPS.ORG!

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