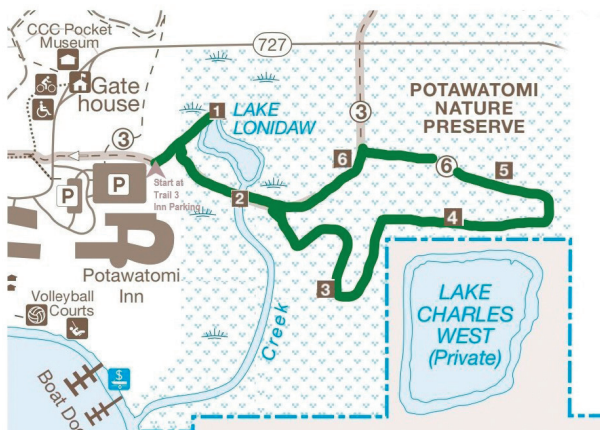


## Mindfulness Fundamentals

- Mindfulness is a respectful focus.
- Allow yourself to let go of distractions and tend to the present ...
- In the silence, feel the rhythm of your footsteps. Hear the scurrying retreat of others. Note the traces of those who preceded you. Consider the footprint you leave behind.
- In the stillness, catch the flutter of wings, the flip of a turtle, the flash of a tail running through the woods. Witness the breeze ruffling the shore, tickling the leaves, creating a waltz of swaying treetops.
- In the moment, feel the weight of life in a discarded shell, the groan of a tree, the snap of a falling acorn's touch-down. Perceive the geometry of growth in a blossoming flower, the ephemera of a snowflake, the heredity of a rock.
- In the presence, marvel at the instinctive artistry of a spider's web, a bird's nest, an explosion of fungi. Revel in the seasonal exuberance of marsh peeps, the smell of rain, the quiet burble of fresh running water.
- In this place, reflect upon the peaceful wetlands and the sparkling sunlight. Acknowledge the many tendrilled connections of earth and sky. Validate this world of growth and change and renewal. Savor the pulse.
- Allow yourself to dissolve into being.



### Map Key

- Circled Items indicate trail number.
- Square items indicate mindfulness stops.

Start at inn parking (northeast corner) at Trail 3. Follow signs to Lake Lonidaw. Return and turn left, heading out on the boardwalk. At Trail 6, turn right. After completing Trail 6, you'll come to Trail 3. Turn left and proceed back to the inn parking.

### Want More Information?

Visit our website:  
[on.in.gov/pokagon](http://on.in.gov/pokagon)



Memories made naturally.  
INDIANA STATE PARKS

## MINDFULNESS HIKE

This is a 1.5 mile moderate hike to help you begin your mindfulness journey. There are 6 spots to stop and practice mindfulness habits. They're your cues to stop, reflect, and be present.

Using the map as a guide, stop at each marked point. At each, read the prompt, quiet yourself, and reflect on your own thoughts.







### STOP 1: LAKE LONIDAW (DOCK)

Sit on the bench. Watch for movement on the lake. What is causing the movement ... insects, leaves, a breeze?

*In all things of nature there is something of the marvelous.—Aristotle*

### STOP 2: WETLANDS (BOARDWALK)

Sit on the bench. Close your eyes. Concentrate on your breathing. Breathe in. Breathe out. Breathing in, I calm body and mind.

*Breathing out, I smile. Dwelling in the present moment I know this is the only moment.*

—Thich Nhat Hanh



### STOP 3: TREES

As you continue on the trail, notice the trees in various stages of decay. Nature is a cycle of beginnings, growth, maturity, loss, decay, and rebirth.

*In the cycle of nature there is no such thing as victory or defeat; there is only movement.—Paul Coelho*

### STOP 4: RUSTIC BENCH

Notice houses to your right and nature to your left. Sit on the bench and physically turn away from the buildings. Listen. What sounds do you hear? Is it silent?

*In a world filled with noise, it is in silence that we can hear the whisperings of our soul.*

—James Whitcomb Riley



### STOP 5: UPROOTED TREE

Look closely at the tree's surroundings. What caused the tree to uproot? How mighty did the tree appear before its fall?

*Realize deeply that the present moment is all you ever have.—Eckhart Tolle*

### STOP 6: 2ND RUSTIC BENCH

Sit. Relax before your return to the inn. Center yourself. Feel the solid bench. Is it cool? Warm? Smooth? Rough?

*Adopt the pace of nature. Her secret is patience.*

—Ralph Waldo Emerson