

# The Journey Within: Nature-Inspired

## Mindfulness Guide

Take a deep breath.

This is your space to soften, to reconnect, to be.

Through nature's calm and the quiet strength within you,

may you find peace, clarity, and lightness.

Grounding, Strength & Freedom

By William Hartwick (Featuring poetry from my book - *The Invisible Backpack*)

Welcome to Your Journey Within

How to Use This Guide

- Move gently—there's no rush.
- Pause after each poem or practice.
- Reflect. Breathe. Write, if you wish.
- Come back whenever life feels heavy.

Grounding Breath & Calm

Poem – Sunset/Sunrise

As the sun sets on another beautiful day  
I am glad to have experienced it in so  
many ways

Spending time with family, friends, and  
foe

Is always a joy no matter where you go

For these are the people that make

life neat

Being with them each day is a special

treat

As the darkness settles in and the

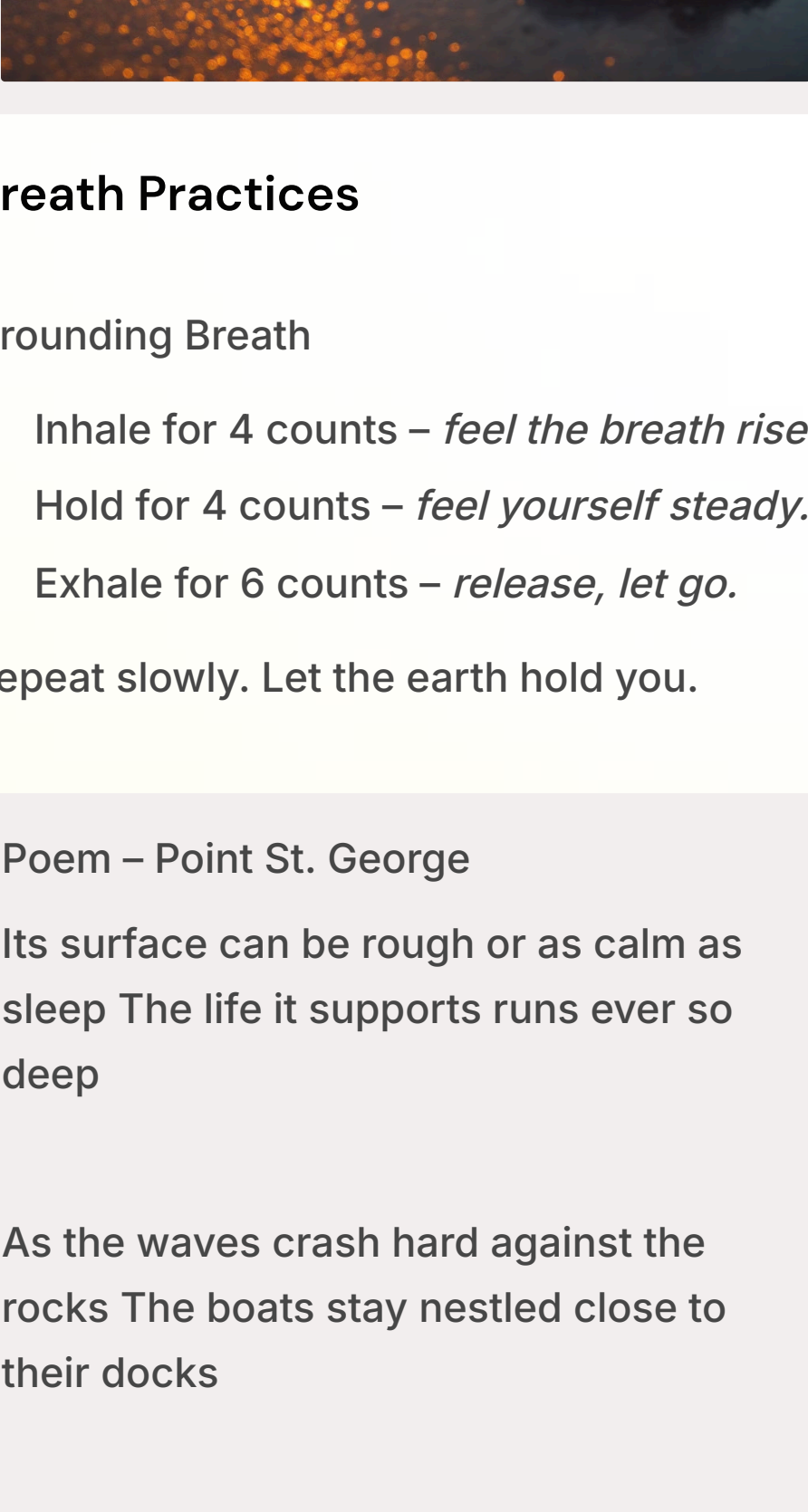
Days end is near

I look forward to tomorrow

Without any fear

With people in my life as special as this

I can't wait for the sun to wake me with  
her kiss



### Breath Practices

Grounding Breath

- Inhale for 4 counts – *feel the breath rise.*
- Hold for 4 counts – *feel yourself steady.*
- Exhale for 6 counts – *release, let go.*

Repeat slowly. Let the earth hold you.

Poem – Point St. George

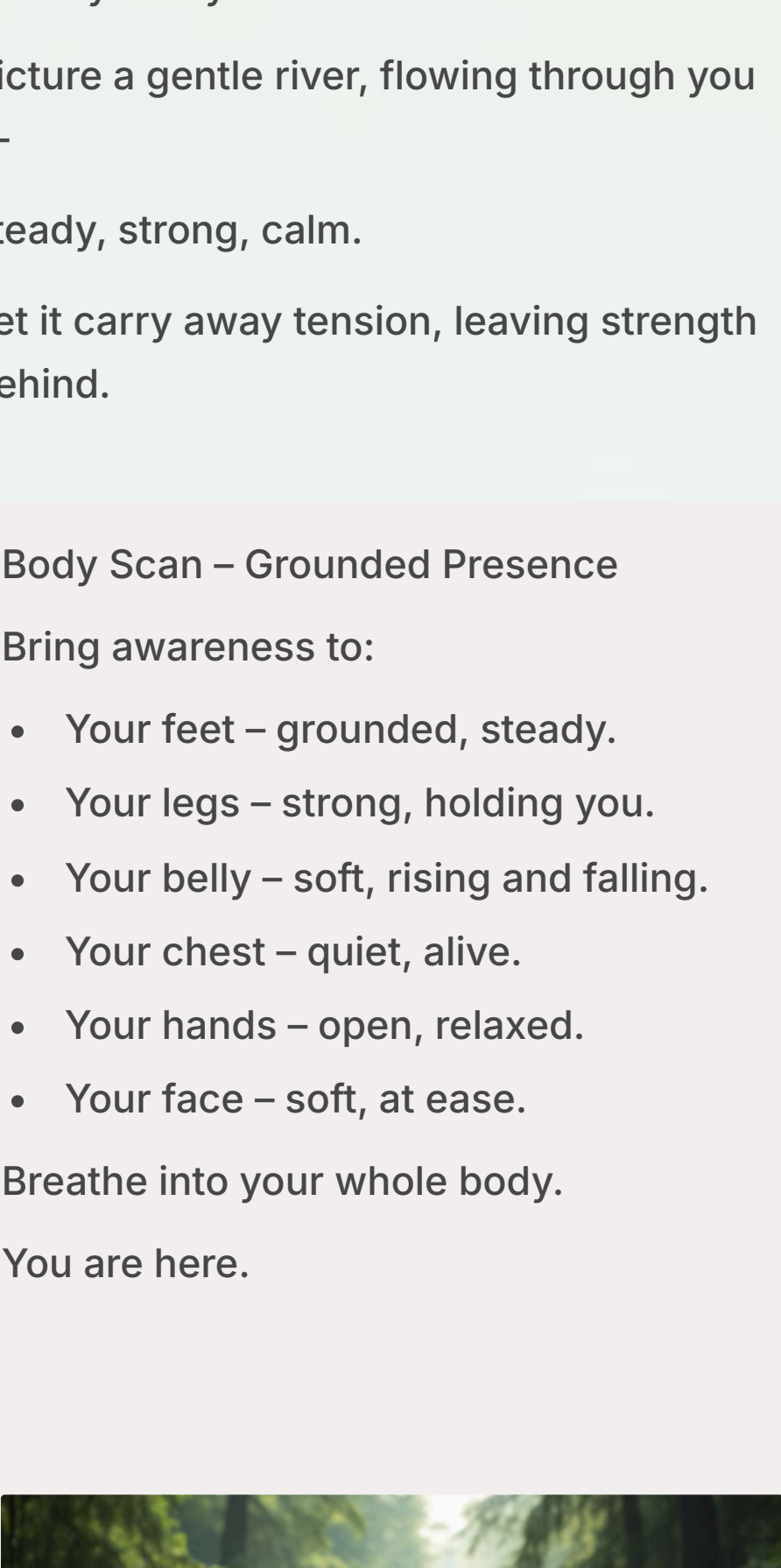
Its surface can be rough or as calm as  
sleep The life it supports runs ever so  
deep

As the waves crash hard against the  
rocks The boats stay nestled close to  
their docks

The brave try to challenge this powerful  
source Some of them winning, some  
losing, of course

To be out on her is a thrill of its own Or  
just to watch her work while you are  
alone

The ocean's beauty does so much for  
me Watching the boats fight that  
treacherous sea



Affirmations for Calm

"I return to calm with each breath."

"I am safe in this moment."

"The earth holds me steady."

Strength in Stillness

Visualization – Flow Like the River

Close your eyes.

Picture a gentle river, flowing through you  
—

steady, strong, calm.

Let it carry away tension, leaving strength  
behind.

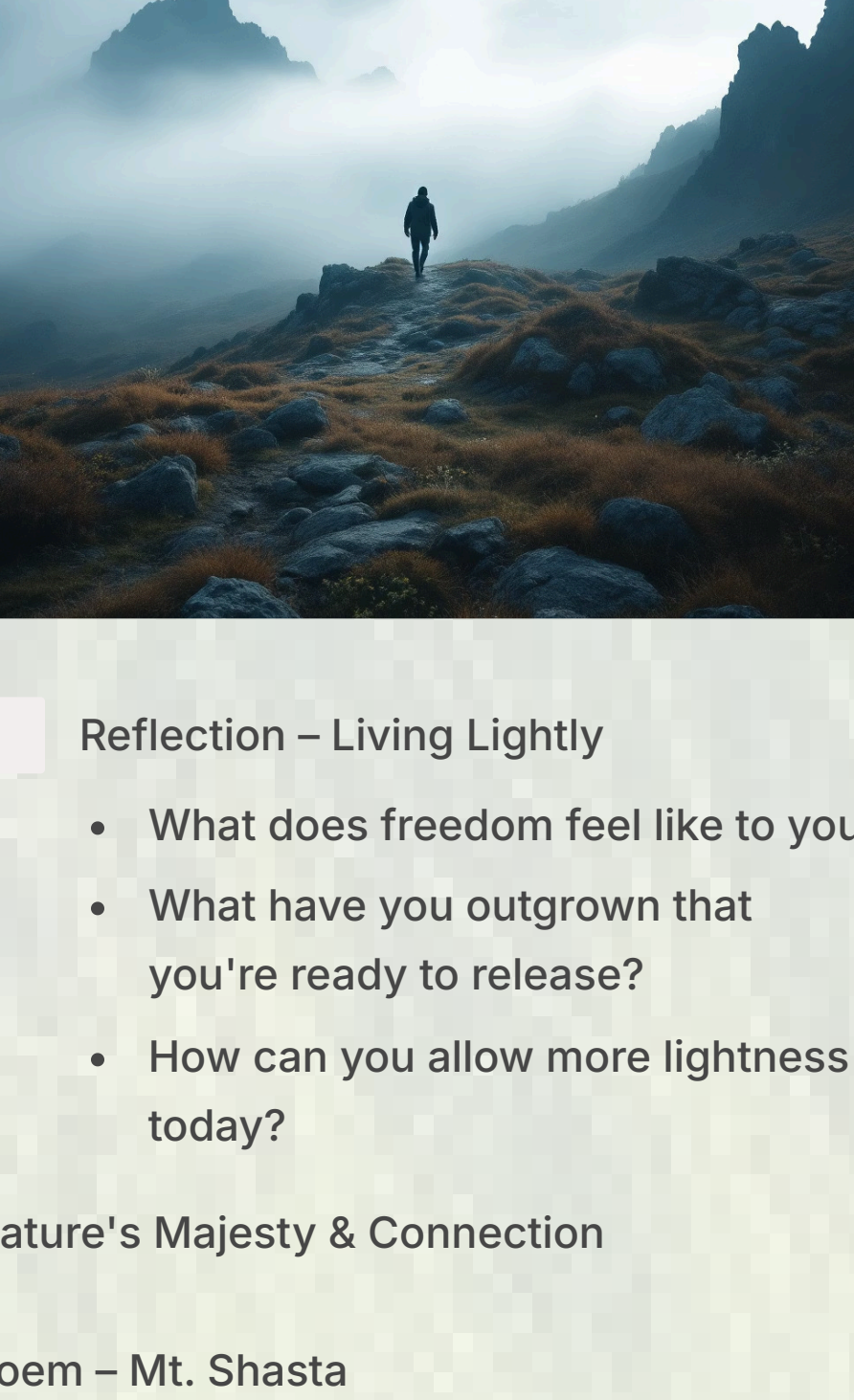
Body Scan – Grounded Presence

Bring awareness to:

- Your feet – grounded, steady.
- Your legs – strong, holding you.
- Your belly – soft, rising and falling.
- Your chest – quiet, alive.
- Your hands – open, relaxed.
- Your face – soft, at ease.

Breathe into your whole body.

You are here.



Reflection – The Quiet Power Within

- What quiet strength do you hold?

- When have you surprised yourself with resilience?

- Where do you need to trust your strength now?

Embracing Freedom

Heart Check-In – What Do You Need Today?

Place your hand on your heart.

Breathe gently.

Ask, "What do I truly need today?"

Listen softly.



Reflection – Living Lightly

- What does freedom feel like to you?
- What have you outgrown that you're ready to release?
- How can you allow more lightness today?

Nature's Majesty & Connection

Poem – Mt. Shasta

Her magnitude and ambiance stand alone  
on earth

Displaying enormous strength and girth

Dormant for now yet capable of awakening

Her beauty is magnificent, simply

breathtaking

To her peak, I soon will journey on

Knowing she will allow me to see far  
beyond

Each moment I have in the presence of this  
creation

Is time spent with God's gift to salvation

A visual phenomenon that few will ever see

Use your imagination and visualize it  
through me

Her snowcapped tips are a year-round  
sight

As they glisten with beauty from the bright  
moonlight

A Note from William

These poems were born from quiet

moments in nature,

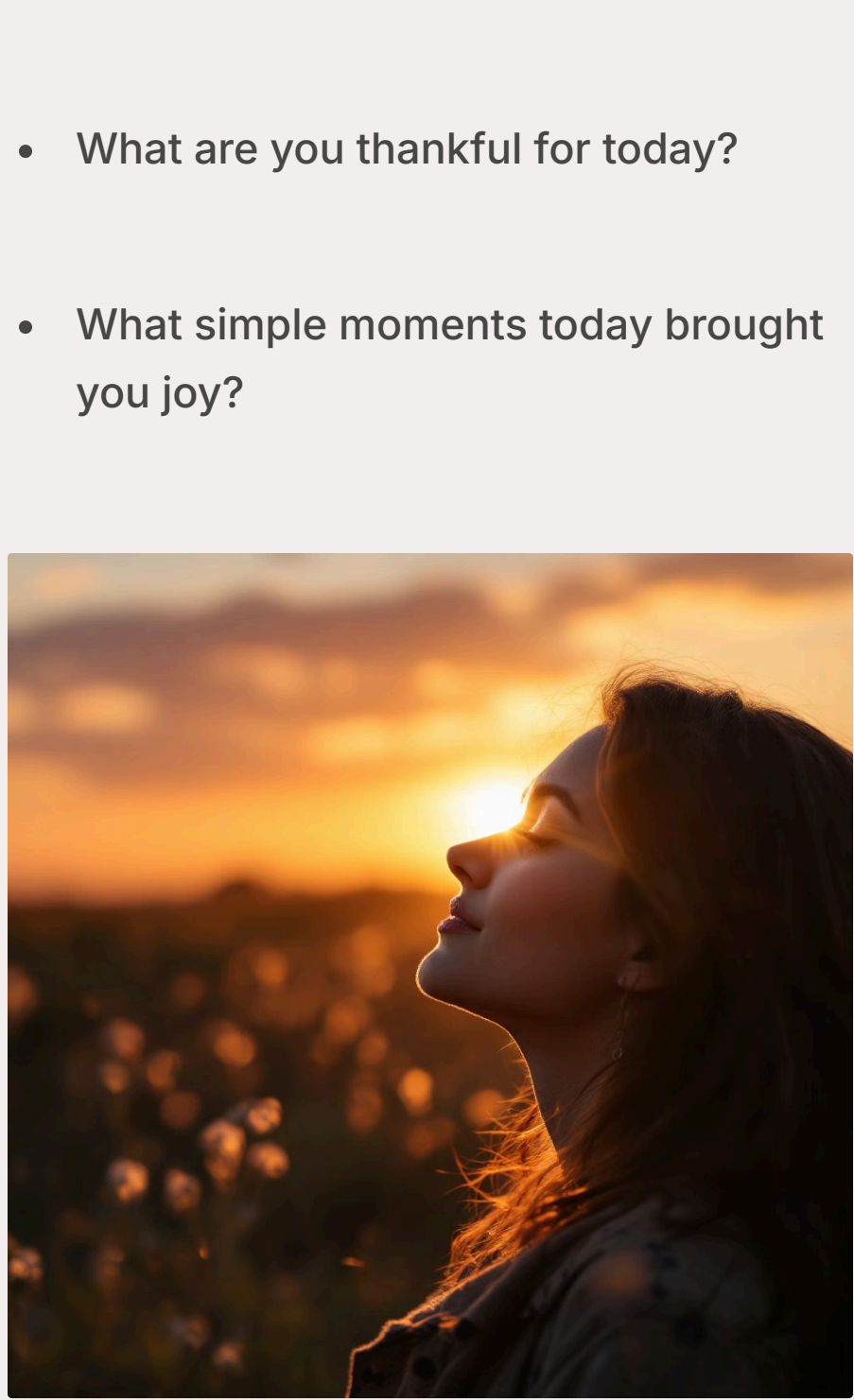
where I remembered to breathe and let go.

May they offer you peace and help you

carry

life's invisible weight with grace.

— William



Reflection – Gratitude & Light

- Who brightens your life?

- What are you thankful for today?

- What simple moments today brought you joy?

Breath Mantras

- **Inhale:** "I receive calm." / **Exhale:** "I release tension."

- **Inhale:** "I am here." / **Exhale:** "I am safe."

- **Inhale:** "I open." / **Exhale:** "I let go."

Reflection – Your Calm Place

- Where do you feel most at peace?

- What sounds, colors, or scents are there?

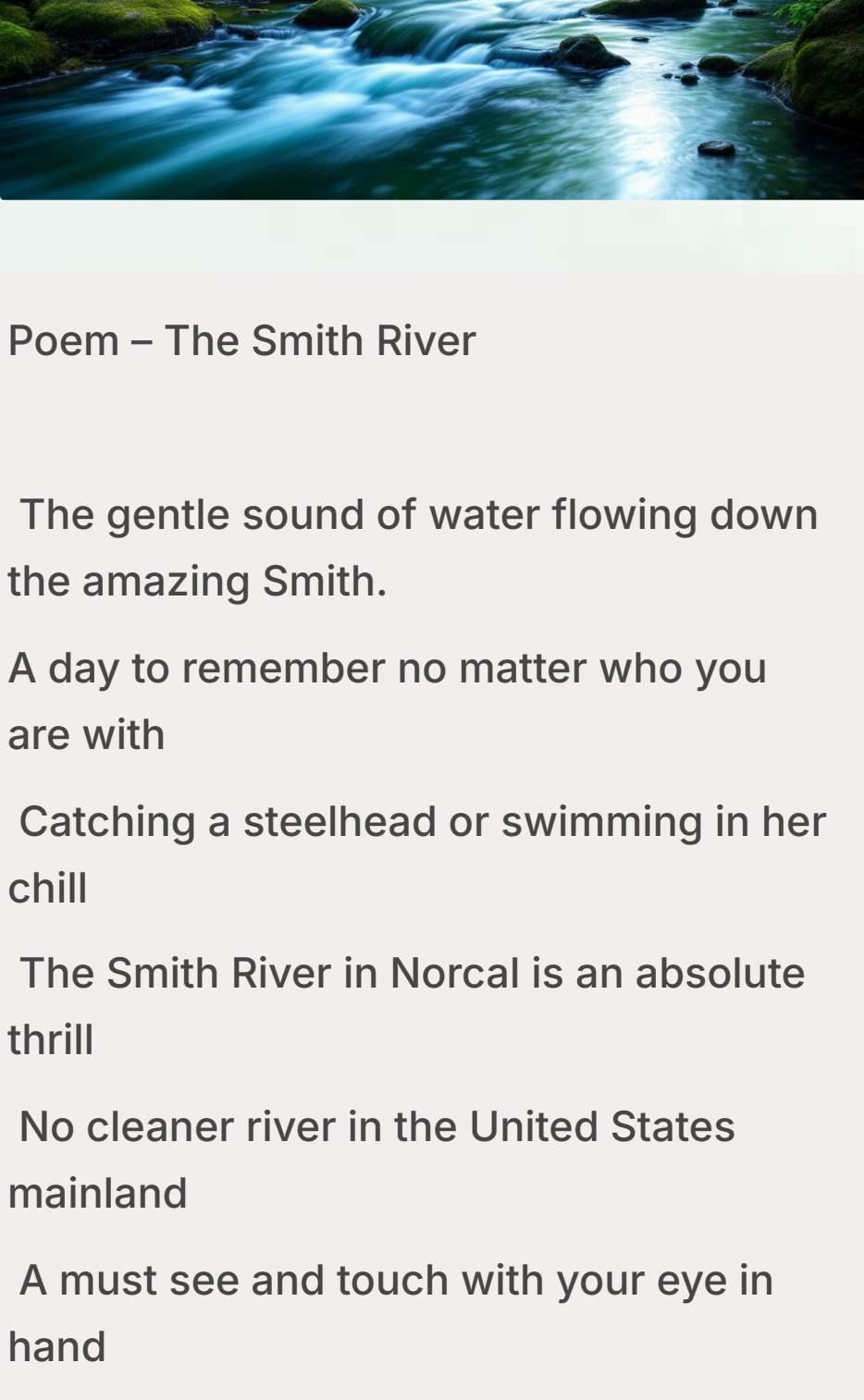
- What helps you return to calm when life feels overwhelming?

Breath Prompt

**Inhale:** " I breathe in calm"

**Exhale:** "I let go of all that weighs me down."

( Repeat 3-5 times, slowly)



Poem – The Smith River

The gentle sound of water flowing down  
the amazing Smith.

A day to remember no matter who you  
are with

Catching a steelhead or swimming in her  
chill

The Smith River in Norcal is an absolute  
thrill

No cleaner river in the United States  
mainland

A must see and touch with your eye in  
hand

Simply breathtaking to be in her or on a  
float

Do not miss the opportunity to drift her  
in a boat

During the fierce winter storms 25 feet  
high at least

In the summer Mother Nature somehow  
does tame this beast

Thank you God for this creation simply  
one of your best

Please keep the Smith River clean and  
beautiful for all the rest

Affirmations for Strength

"I am enough, just as I am."

"My strength is rooted in trust, not  
control."

"I rise by being true to myself."

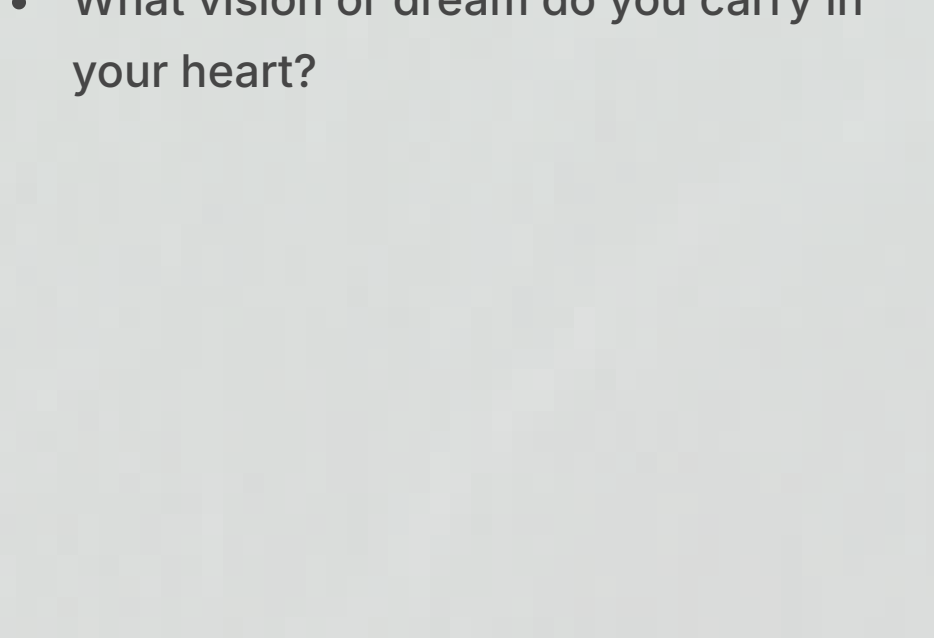
Poem – Free Bird

With each new experience comes a new  
dayLike watching the wind choose its way

By overcoming obstacles with an intelligent  
thoughtAllowing the mind to work not  
letting it rot

Take that freedom and put it to good  
useLive how you want, I choose to live  
loose

Don't abuse what you have at handMake it  
like music, and you are the band



Reflection – The Mountains Within

- What fills you with awe

- How can you hold onto wonder in your daily life?

- What vision or dream do you carry in your heart?