**Ceļojums uz dabas sirdi**

**Ieteikums vadītājam:**

Tā kā jums nebūs laika veikt visus vingrinājumus, izvēlieties tos, kas jums ir visinteresantākie un kas sniedz vislielāko sajūtu par iesaistīšanos jūsu īpašajā vietā.

*“Kad es atklāju jaunu augu, es kādu minūti vai dienu sēdēju tam blakus, lai izveidotu mūsu pazīšanos un mēģinātu sadzirdēt, ko tas man izstāstīs .” — Džons Mūrs*

**Pirmie iespaidi:**

Pēc tam, kad esat izvēlējies īpašo vietu, veltiet laiku, lai staigātu apkārt un apskatītu, kas tur ir. Pēc tam izvēlieties vietu, kur varat padomāt par savu uzdevumu, iekārtojaties ērtāk, lai varētu atbildēt uz jautājumiem:

1. Kas ir pirmais, ko es pamanu savā īpašajā vietā?

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1. Kas man patīk šajā vietā?

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**Ieklausies! Ko Tu dzirdi?**

Ieklausies sev apkārt skanošo skaņu simfonijā. Sākumā koncentrējies uz tālajām skaņām un tad pamazām pievērs uzmanību tuvākajām skaņām.

Vai tu dzirdi, kā vējš dzied kopā ar kokiem? Izvērtē, vai vari izvēlēties dziesmu, ko dzied viens koks, un apraksti to.

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**Uzskicē savu labāku skatu!**

Atrodiet pēc savām sajūtām elpu aizraujošāko skatu un uzzīmējiet to. Savu zīmējumu parādīsi viesim, kurš pēc tam mēģinās atrast skatu.

**Dalies ar kaut ko, kas like Tev smaidīt!**

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**Vetikālais dzejolis**

Lai izmēģinātu šo vingrinājumu, vispirms novērojiet kaut ko tādu, kas jūs apbur — varbūt puķu lauku vai nomaļu jūras līci. Ievērojiet tā ietekmi uz jums un izvēlieties vārdu, kas tver jūsu jūtas. Pēc tam izmantojiet katru vārda burtu, lai sāktu savu dzejoļu rindiņu. Vienkāršā struktūra vertikālam dzejolim liek ļoti viegli rakstīt. Pēc sekmīgas vārsmošanas cilvēki man uzsauca: "Ir pagājuši četrdesmit gadi, kopš esmu uzrakstījis dzejoli!’’

Vertikālā dzejoļa piemērs ir uzrakstīts kādā mežā Ziemeļkalifornijā:

**F** ragrances of oak and pine

 **O** pen up the heart and mind.

 **R** emain still awhile and listen:

 **E** verywhere is Nature’s song—

 **S** ometimes as silent as a leaf falling;

 **T** ime is suspended. —*Tom W.*

**VERTIKĀLAIS DZEJOLIS**

Uzrakstiet izvēlēto vārdu, pa vienam burtam katrā rindiņā. Pēc tam izmantojiet katru burtu, lai sāktu savu dzejoli.

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