



# TURN YOUR GAZE

to the morning dew sparkling on the iris and its vibrant green leaves. You can almost feel the flower unwinding up to fully open in the sun's rays.

**Breathe in deeply through the nose, and then out,**

focusing on this visual garden delight. Notices the different hues of purple and green, and the pops of yellow.

**Breathe in deeply through the nose, and then out.**

See the light on the flower and leaves, and the white highlights it casts on the scene. Observe the intricate veins of the iris leaves, especially near the yellow pops.

**Breathe in deeply through the nose, and then out.**

Continue looking at the flower.

Let it anchor you and your breath for a moment. Allow yourself to appreciate this gift of nature and the moments of joy it brings you.