

# DIALOGUING WITH MY CITY'S FORESTS

## CONNECTING WITH ECOSYSTEMS THROUGH MEDITATION AND RELAXATION

### **Introduction for the facilitator**

Conscious listening is essential to perceive the world around us in a different way because it allows us to be more present and attentive.

To listen consciously is to bring one's mind to the present moment. The mind's nature is to be active, jumping from here to there and meditation practice helps us to silence our mind and allows it to simply be in total presence perceiving the world with greater clarity and understanding.

Various meditations are suggested to experience the sound map with the following purposes:

1. **To allow students to experience different Bogota's ecosystems from a deeper and more subtle way.**
2. Provide students with tools to practice the exercise of being in the present, allowing them to silence their minds and help them listen with greater attention and awareness.
3. Relate to these city spaces from a place of gratitude and empathy.
4. Use the sound universe of our ecosystems as a relaxation tool.

### **Meditation:**

Meditation should be performed in a comfortable place where the person can sit down with his/her back straight.

We offer three meditations to experience the sound map:

- Gratitude Meditation

- A gift for an ecosystem
- I make a pause in the chaos

### **Listen to the meditations:**

**To listen to the meditations, visit the following link**

**<http://bit.ly/voztterra-meditaciones>**

### **Deep relaxation:**

This is a relaxation technique known as Yoga Nidra, it is a deep relaxation on a physical, mental and emotional level. In this practice our mind is conscious and our body is completely relaxed. Our mind remains between a state of sleep and wakefulness and can become very receptive. During practice, a positive resolution is repeated, which acts like a seed that is sown in the subconscious. This resolution must be a short and positive sentence about something that one wants to attract to life. Example: I'm healthy, I have confidence in myself.

Tips for the place where the practice is done:

Peaceful place

Good ventilation

A place where no one will interrupt the practice.

Posture: Ideally lying on your back. If you have a back problem, look for a position where you can remain comfortable in stillness throughout the practice.

It is good to put on a blanket since body temperature can drop.

The most important thing: Enjoy the practice.

**To listen to Deep Relaxation audio, visit the following link:**

**<http://bit.ly/voztterra-meditaciones>**