



Nature

MINDFUL COLOURING

SHEETS FOR ADULTS

thewellnesssociety.org



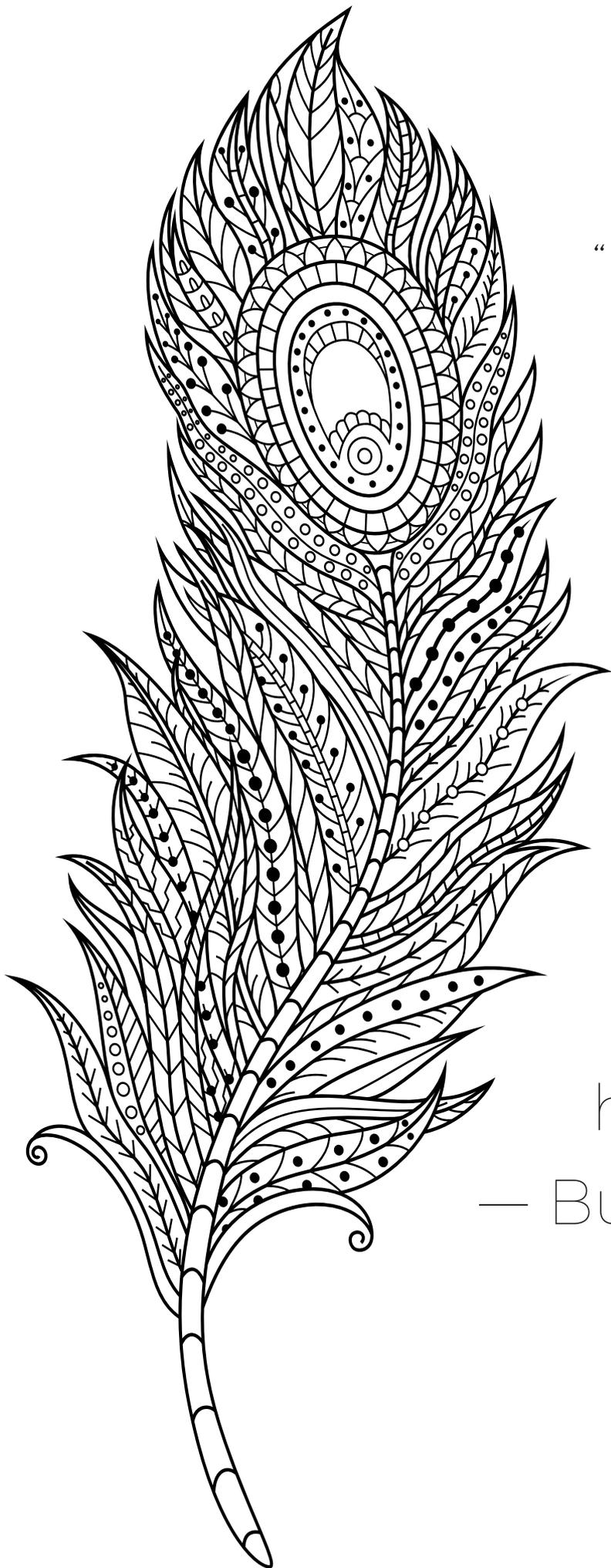


“The earth has music for those who listen.”
— William Shakespeare

“The best remedy for those who are afraid, lonely or unhappy is to go outside, somewhere where they can be quite alone with the heavens, nature and God. Because only then does one feel that all is as it should be and that God wishes to see people happy, amidst the simple beauty of nature. As long as this exists, and it certainly always will, I know that then there will always be comfort for every sorrow, whatever the circumstances may be. And I firmly believe that nature brings solace in all troubles.”

— Anne Frank



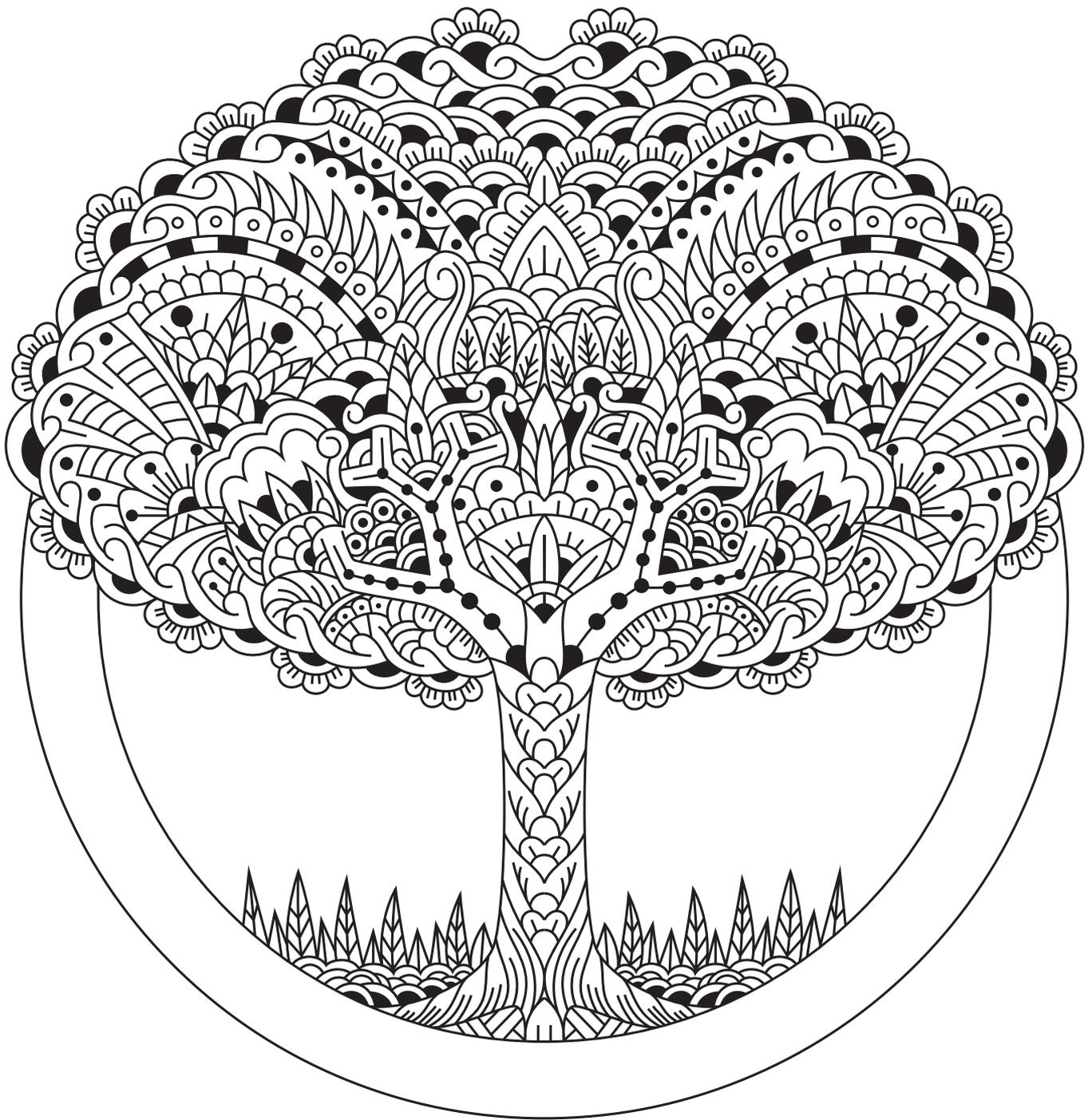


“If you wish to know the divine, feel the wind on your face and the warm sun on your hand.”

— Buddha



“Looking at beauty in the world
is the first step of purifying
the mind.” — Amit Ray



“Thousands of tired, nerve-shaken, over-civilized people are beginning to find out that going to the mountains is going home; that wildness is a necessity.”

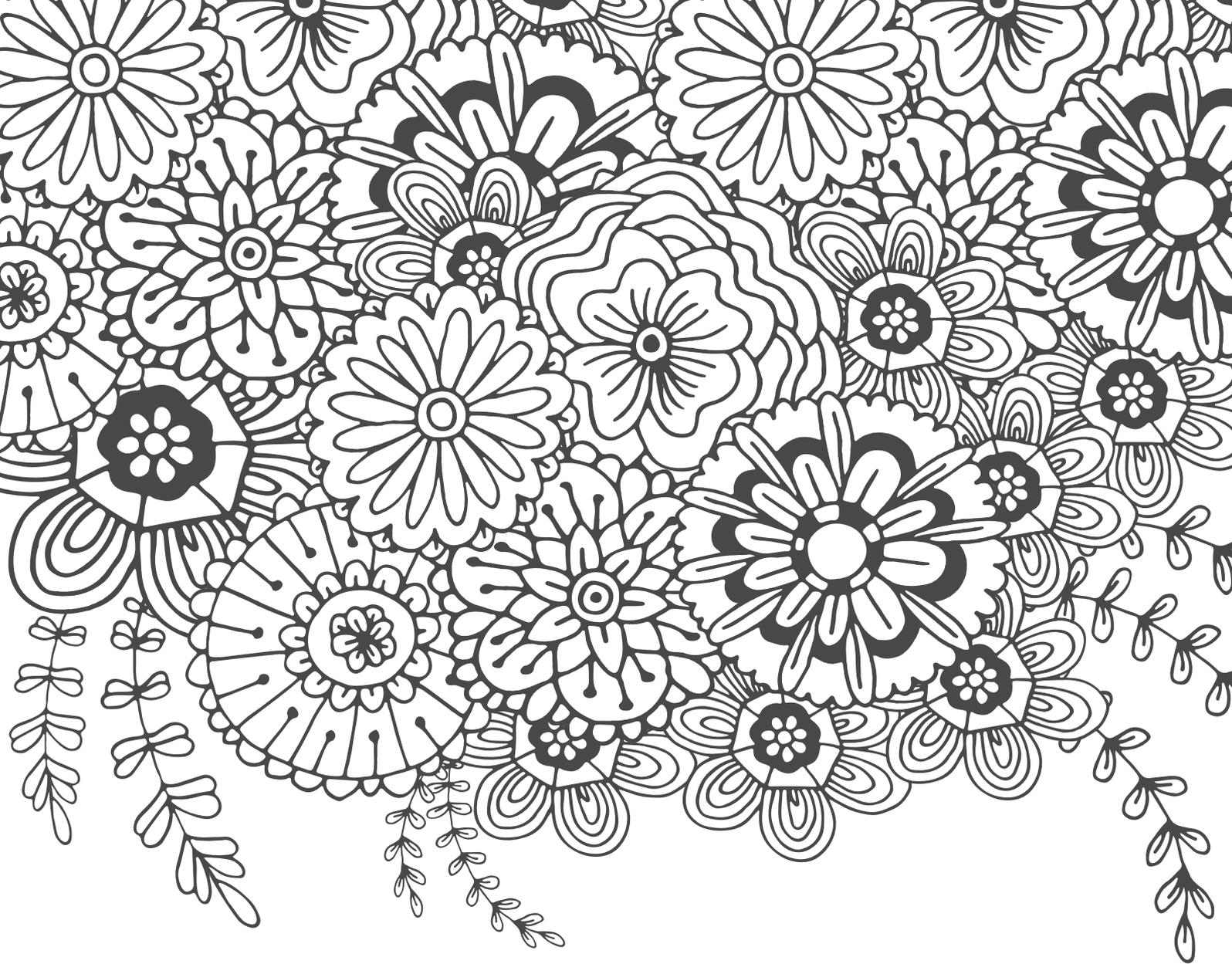
— John Muir





“In all things of nature there is something of the marvelous.”

— Aristotle



“Those who contemplate the beauty of the earth find reserves of strength that will endure as long as life lasts. There is something infinitely healing in the repeated refrains of nature - the assurance that dawn comes after night, and spring after winter.”

— Rachel Carson

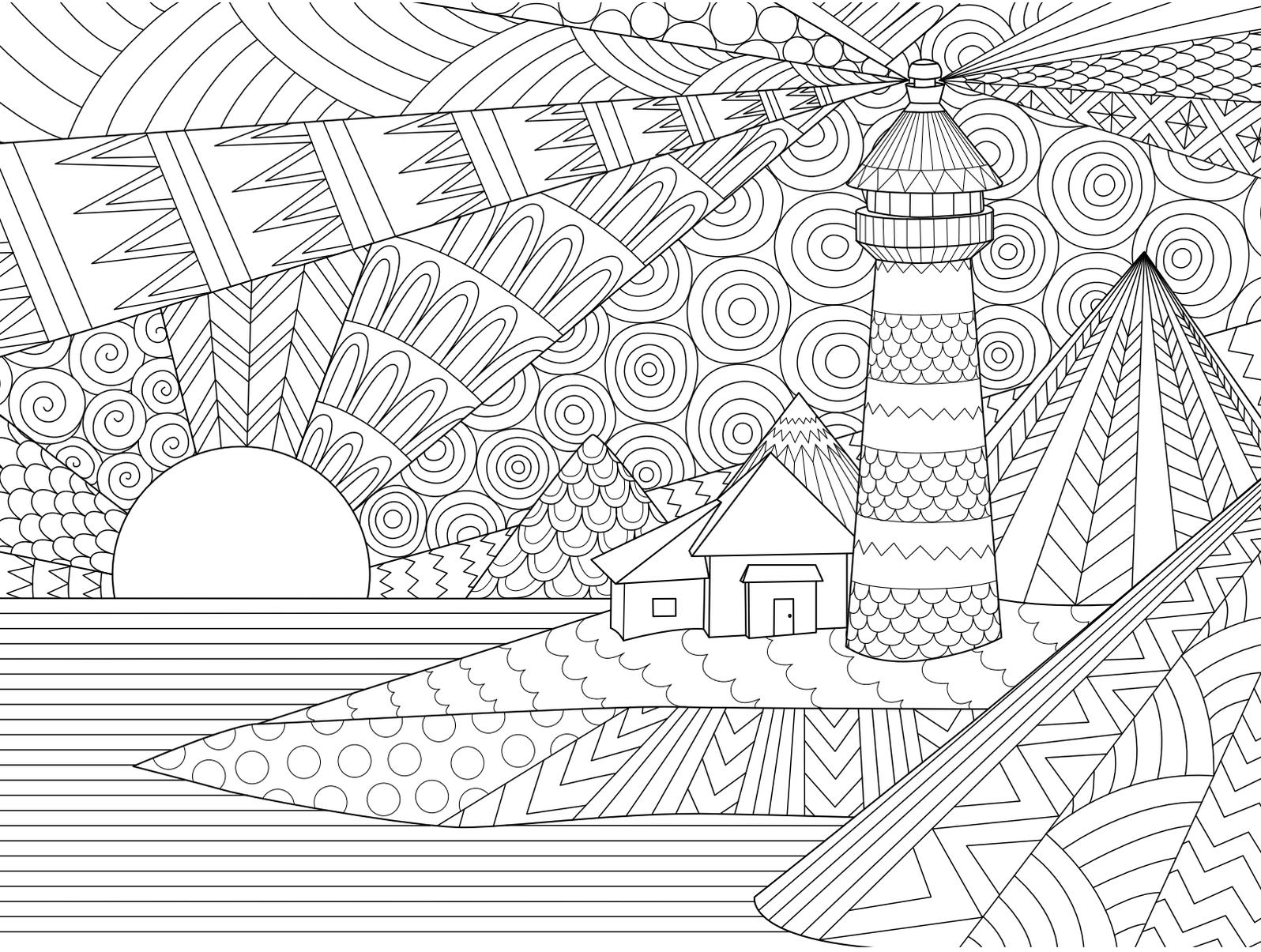


“Go for a walk in nature and focus on seeing, hearing and smelling. It's so easy to spend our lives lost in inner dialogue, missing the fullness of the human experience. You see, life is a lot like music. The more we can sense the richness that comes from noticing all of its layers, the more enjoyable it'll be.”

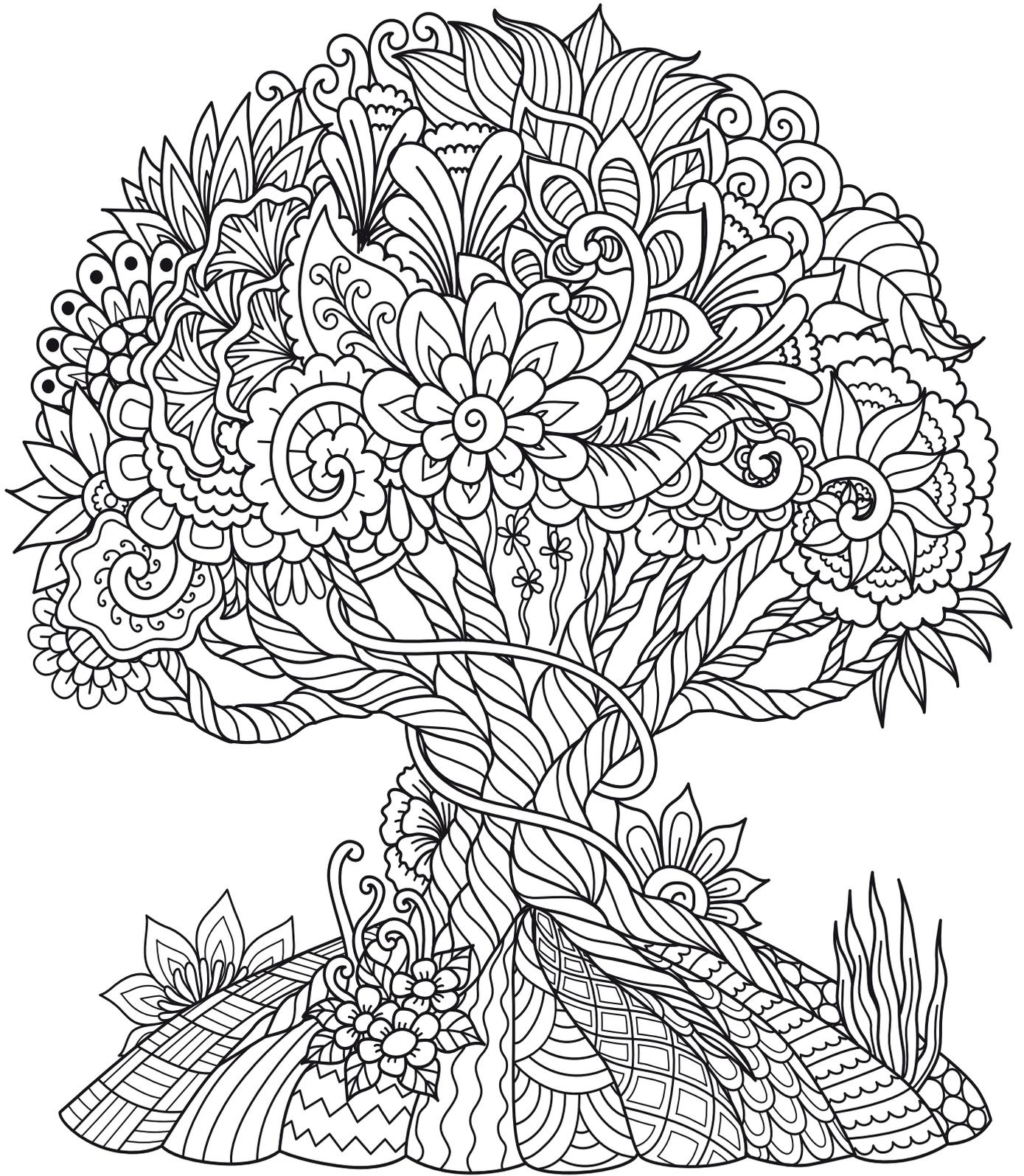
— Rebecca Marks



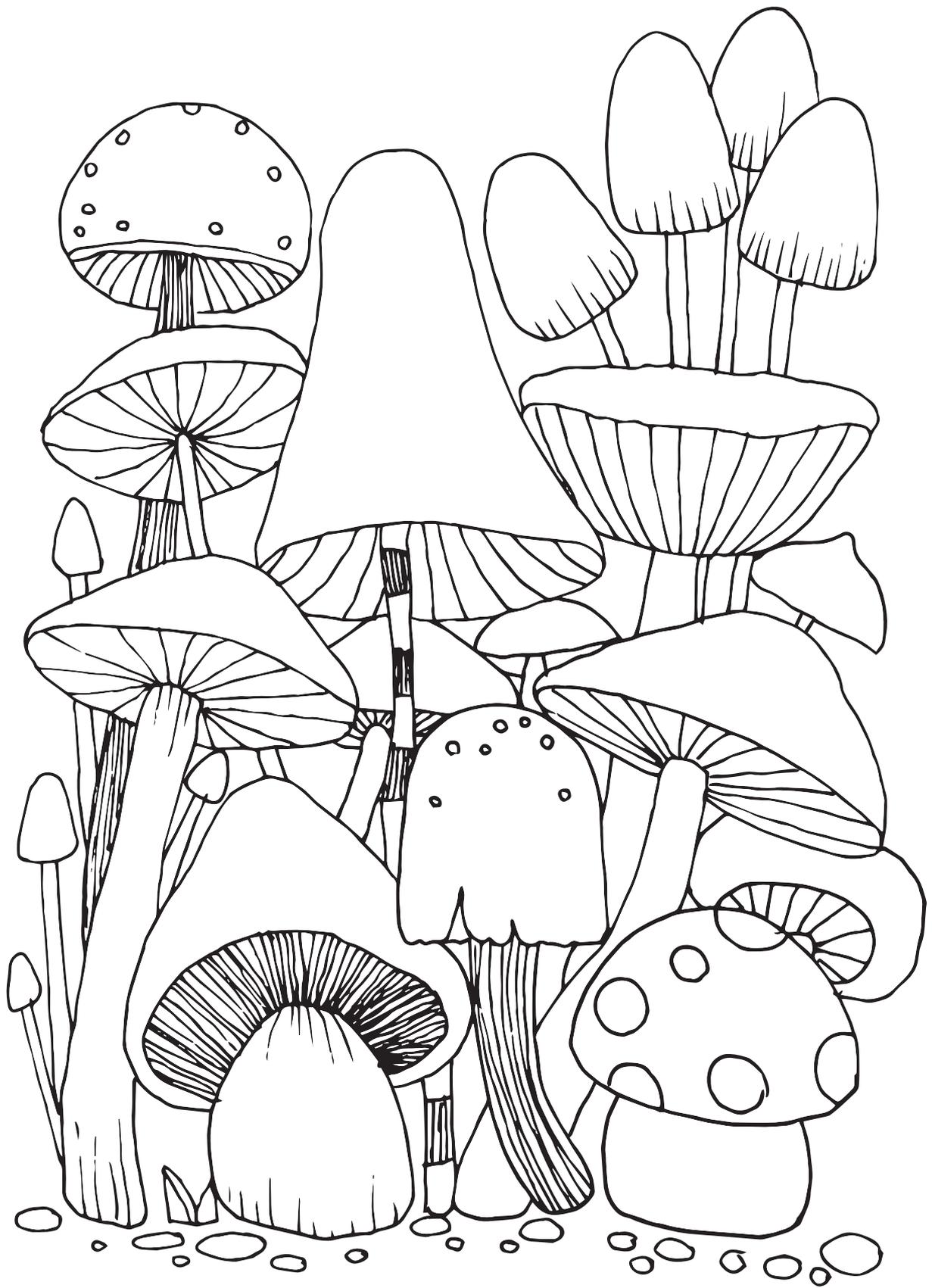
“Adopt the pace of nature:
her secret is patience.”
— Ralph Waldo Emerson



“When you do something noble and beautiful and nobody noticed, do not be sad. For the sun every morning is a beautiful spectacle and yet most of the audience still sleeps.” — John Lennon



“I took a walk in the woods and
came out taller than the trees.”
— Henry David Thoreau



“Nature is not a place to visit.
It is home.” — Gary Snyder





Want more practical self-help tools?

—
Head to thewellnesssociety.org
to browse our collection.

