



Serenity Walk

yrbp.org/serenitywalk

Welcome

Welcome to the Serenity Walk at the Yampa River Botanic Park, *a place of serenity that celebrates and conserves the plants, trees and birds of the Yampa River Valley and similar ecosystems worldwide.* The Serenity Walk is designed to provide an experience for participants to connect with nature and the gardens through senses, thoughts, and feelings. As you walk through the gardens and explore each of the 8 themes, know that you may do so in any order. You don't have to complete the Walk in one day either. You can even take the brochure with you and incorporate the tools into your daily life. It might be useful to use a small notebook for your thoughts. We hope you enjoy the Serenity Walk and that it helps bring your mind and body to a place of peace.

The mind can go in a thousand directions. But on this beautiful path, I walk in peace. With each step, a gentle wind blows. With each step, a flower blooms.

- Thich Nhat Hanh

Did you enjoy the Serenity Walk? We would appreciate your anonymous feedback. You can use this QR code or drop us a line at office@yrbp.org or give us a call at 970-846-5172.



Thank you to the Serenity Walk Committee

Wendy Baumann, *LPC*

Karen Bomberg, *Board Member*

Kim Brooks, *Horticultural Therapist*

Sally Hertzog, *Board Member*

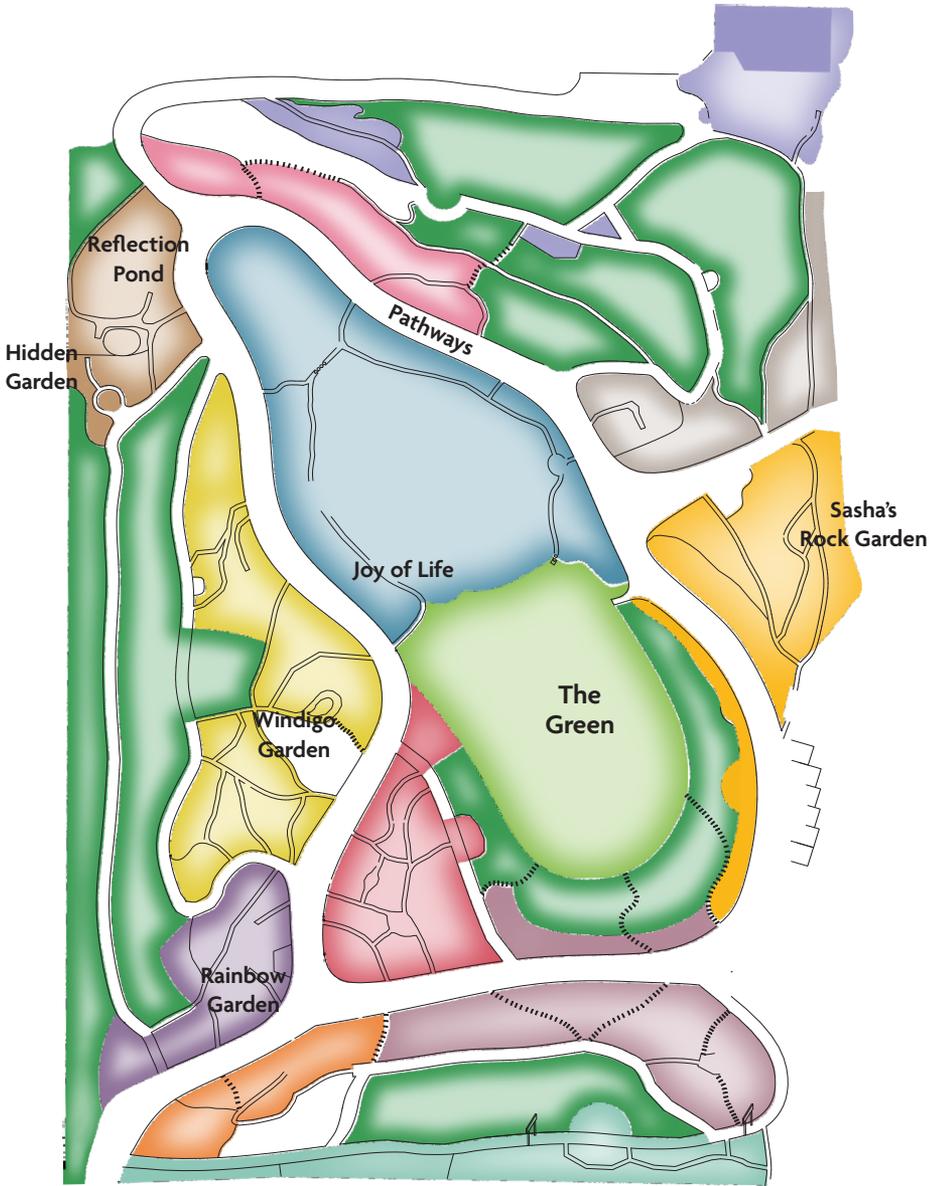
Jennifer MacNeil, *Executive Director*

Linda Nolte, *Ph.D., Psychologist*



Serenity Walk Map

Please use this map to locate each of the stations in the Serenity Walk.





Awareness in the Rainbow Garden

*Dare to love yourself
as if you were a
rainbow with gold
at both ends.*
- Aberjhani

Imagine a big, beautiful rainbow in the gardens before you.

Take a deep breath and focus on all of the shades of red that you see. Feel the power and excitement evoked by red. What feelings come into your awareness? What in your life needs your courage or attention?

When you are ready, shift your attention to the orange blooms. Let the orange hues connect with your optimism, your independent and adventurous spirit. What do you like to do for fun?

Now, notice the happy, friendly, yellow flowers. What opportunities have you overlooked? Be aware of any anxiety or frustration as you inhale. Exhale positivity and enthusiasm.

Feel the green all around you. How many shades of green do you see? As you breathe in green, feel refreshed, tranquil and in harmony with nature. Keep focused on green as long as you would like. Imagine your balance being restored.

When you are ready, shift your gaze to blue. Look for both light and dark (indigo) blues. Does blue evoke calm and joy? Blue can also evoke sadness. Does the shade of blue evoke different things for you? Listen to your heart.

Take a deep breath and notice the mysterious, luxurious purples. What comes up for you as your awareness shifts to the purple hues? Purple can awaken a range of feelings from compassion to creativity, loyalty, trust, romantic feelings. What wisdom does purple evoke for you today?

Return, if you'd like to the color that you connected with the most. Take a moment to look out at all of the rainbow colors in the garden. Experience the smile and reassurance that a rainbow brings.

Be at peace.

Service to Others in the Windigo Garden

By serving others, one often feels useful. Having a positive impact on another person's life reminds you of the value you bring to the world. It gives purpose to your life. Having purpose often leads to fulfillment, contentment and connectedness.

Look around. What sorts of service do you see being performed?

Are volunteers working in the gardens?
Do you see parents helping their children?
Are there people greeting others and providing information?
Do you see water providing life to plants?
Is the sun providing warmth and the trees providing shade?

Are you helping another person or organization?
In what way?

How have others served or supported you?

If you currently aren't serving others, is there something you could do to assist another person or an organization?

Each day try to learn something, contribute something, and enjoy something.

The best way to find yourself is to lose yourself in service to others.
- Mahatma Gandhi



Resilience

in Sascha's Rock Garden

Look around you. Notice the plants in the rock garden. What words describe them; delicate, small, tough, spiky? These plants can't control the weather, or the predators or pests that might damage them, or even where they live and grow. What they can do is adapt to the challenges that their environment presents. Can you notice characteristics that these plants have developed to increase their resilience to their environment? What do they gain from their community in this rock garden? Do some shade others? Do some support the structure of others?

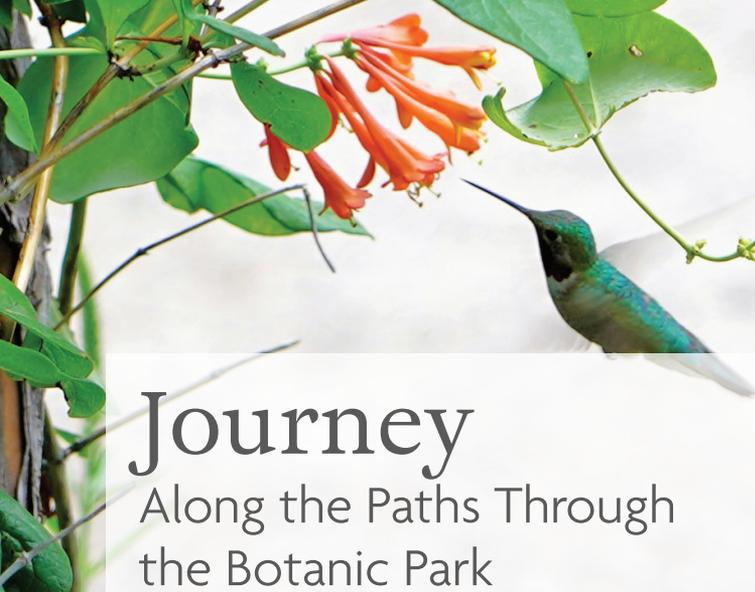
Think of a time in your life when you were challenged and overcame that challenge. What did you do that helped you face this obstacle?

Now think of a current challenge. What actions can you take to help yourself? What characteristics do you have that make you resilient? Are there people in your community who can support you? Trust in your resilience.

Like tiny seeds with potent power to push through tough ground and become mighty trees, we hold innate reserves of unimaginable strength. We are resilient.

- Catherine DeVrye, The Gift of Nature





*The journey of a
thousand miles begins
with a single step.*
- Lao Tzu

Journey

Along the Paths Through the Botanic Park

**Follow these steps for a walking meditation:
Choose a path to walk in the Park.**

The world has many paths. Some are lined with beautiful trees, some wind around fragrant fields, some are covered with leaves and blossoms. But, if we walk on them with a heavy heart, we may not appreciate them at all.

While walking, practice conscious breathing by counting steps. Notice each breath and the number of steps you take as you breathe in and as you breathe out.

As you walk, be fully aware of your foot, the ground, and the connection between them, which is your conscious breathing. As you continue to walk, breathe in and say to yourself, "I have arrived." Then, breathe out and say, "I am home."

Our true home is in the present moment. When you enter the present moment deeply, regrets and sorrows can disappear, and you can discover life with all its wonders.

If you see something along the way that you want to touch with your mindfulness - the blue sky, the hills, a tree or a bird - just stop, but while you do, continue breathing mindfully.

Finally, as you make the effort to let go of your worries and anxieties, please smile. Even the half smile is the fruit of your awareness that you are here, alive, walking. Smiling as your journey unfolds will keep your steps calm and peaceful, and give you a deep sense of ease.

From "The Long Road Turns to Joy" by Thich Nhat Hanh



Reflection

at the Reflecting Pond

*The mind is like water. When it's turbulent, it's difficult to see.
When it's calm, everything becomes clear. – Sindu Masilamani*

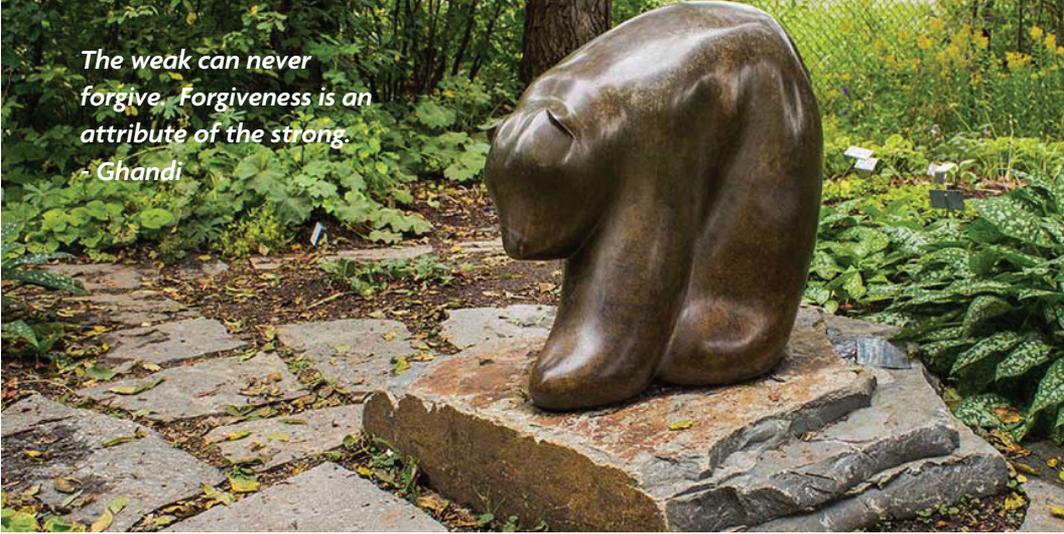
A rich inner life is difficult to achieve in trying times; it takes reflection, contemplation, and self-discipline. Connecting with nature guides you in this endeavor by allowing your mind to be still like the pond before you and your breath to be full as the wind blows through the trees. Your reflection grows from your remembrances and hopes for the future.

As you think about your life today, consider the joys and accomplishments, the love and meanings, and any challenges you face.

How can you use your reflection at the Reflecting Pond to assist in finding answers, resolving issues, or increasing your joy?



*The weak can never
forgive. Forgiveness is an
attribute of the strong.
- Ghandi*



Forgiveness in the Hidden Garden

Letting go, which is a step toward forgiveness, is often considered the hardest psychological task. Self-forgiveness is especially essential. Forgiveness does not condone the act: forgiveness is a gift we give ourselves. Anger, hurt, guilt, and fear, designed to protect us, often end up burdening us.

Today we work on letting go of that burden. As you enter the Hidden Garden, greet the bear. Consider a bear's strength.

Pause to reflect on times you have exhibited strength in your life. Notice currently where you need to gather strength. Perhaps touch the bear to feel that strength.

Rest on the bench. Set down your burdens.

Become aware of the fairy statue. Feel and absorb her lightness. Let that lightness of being help you let go and release your resentments, even if ever so slightly. Ask yourself, what can I let go of today? Continue to notice the strength and lightness it takes for self-forgiveness and forgiveness of others.

**As you leave the garden put your hand on your heart and repeat the phrase
"May I be well, may all beings be well".**

Forgiveness is choosing to love. - Ghandi



*Life doesn't have to be
perfect to be filled with
joy. – Anonymous*

Joy

at the Joy of Life

Take a seat on the bench next to the statue the Joy of Life by Peter's Pond. Look around you. What do you see that is joyful? What do you hear, smell, or even taste that is joyful?

Close your eyes and take three deep breaths. On your fourth breath breathe in a thought that brings you joy. Keep thinking of the things in your life that bring you joy and breathe them in with each breath.

When you are ready, open your eyes slowly. And look around again, at the pond's water, the trees, the hillside, the gravel under your feet and the sky above. What do you notice that brings you joy?

What can you do today that would bring you joy? What is something you could do that would bring someone you care about joy?

Whatever path of action you find that brings good and happiness to all, follow this way like the moon in the path of the stars. - Jack Kornfield

Gratitude

on The Green

Gratitude unlocks the fullness of life. It turns what we have into enough, and more. It turns denial into acceptance, Chaos into order, confusion to clarity...

Gratitude makes sense of our past, brings peace for today and creates a vision for tomorrow.

- Melody Beattie



Follow these steps for a gratitude meditation:

Settle yourself in a relaxed posture. Take a few deep calming breaths. Bring your awareness to your immediate environment. Be aware of nature, the color of trees, the sounds the birds make and the smell of plants. How do your feet feel on the grass? Say to yourself: "For this, I am grateful."

Next, bring to mind those people in your life to whom you are close: your family, friends, partner. Say to yourself: "For this, I am grateful."

Now, turn your attention onto yourself: you are a unique individual, blessed with imagination, the ability to communicate, to learn from the past and plan for the future, to overcome any pain you may be experiencing. Say to yourself: "For this, I am grateful."

Finally, rest in the realization that life is a precious gift. That you have been born into a period of immense prosperity, that you have the gift of health, culture and access to spiritual teachings. Say to yourself: "For this, I am grateful." (Still Mind, 2014)

Beginning to tune into even the minutest feelings of gratitude softens us. If we begin to acknowledge these moments and cherish them, then no matter how fleeting and tiny this good heart may seem, it will gradually, at its own speed, expand.

- Pema Chodron



Community Resources

Health Services

- Yampa Valley Medical Center**, 970-879-1322,
uhealth.org/uhealth-yampa-valley-medical-center
- Northwest Colorado Health**, 970-879-1632, *northwestcoloradohealth.org*
- South Routt Medical**, 970-736-8118, *southrouttmedical.com/*
- Steamboat Springs Urgent Care**, 970-871-9770,
uhealth.org/uhealth/urgentcare-
- Health Partnership**, 970-875-3630, *thehealthpartnership.org*
- Alcoholics Anonymous**, 970-879-4882, *www.steamboataa.org*
- Al-Anon**, *steamboatspringsalanon.org*
- Narcotics Anonymous (NA) Meetings**, 437 Oak St., Steamboat Springs
- Clean and Sober**, *solvingsudtogether.com*
- Peer Recovery Services**, 970-819-5657
- Planned Parenthood**, 970-879-2212, *plannedparenthood.org*
- Selah**, 970-871-1307, *selahsteamboat.com*
- Department of Human Services**, 970-879-1540,
co.routt.co.us/180/Human-Services

Psychotherapy and Other Counseling Services

- Licensed Psychotherapists in Steamboat**, *steamboatcounseling.com*
- MindSprings**, 970-879-2141, *mindspringshealth.org*
- National Suicide Prevention Lifeline**, Dial 988
- Reaching Everyone Preventing Suicide (REPS)**, 970-846-8182,
steamboatsuicideprevention.com
- Advocates of Routt County safeline**, 970-879-8888, *advocatesrc.org*
- The Foundry Treatment Center**, 844-955-1066, *forgingnewlives.com*

Housing/Food Assistance/Family Support

- Lift Up of Routt County**, 970-870-0727, *liftuprc.org*,
Food Bank: 970-870-8804
- Department of Human Services Heating/Energy Assistance**, 970-879-1540,
co.routt.co.us/180/Human-Services
- Newborn Network**, 970-879-0977
- Partners of Routt County**, 970-879-6141, *partnersrouttcounty.org*

Emergency Assistance

- Routt County Sheriff's Department**, 970-879-1090
- Steamboat Springs Police Department**, 970-879-1144,
steamboatsprings.net/145/Police-Services

