

EXPERIENCE PEACE IN NATURE

A nature walk
for KFBG visitors
to refresh one's connection
with nature, and
explore inner peace





Nature's peace manifests, and can be experienced, in many ways—the fragrance of a flower, the song of a bird, the gentle movement of a stream, the spectacular view from a mountain top. Intrinsic to nature are also the principles of balance and harmony; peace is an inherent quality of these principles and thus of the natural world. We human beings are also a part of this wonderful, multifaceted natural world and for this reason, peace is also within each one of us. We can learn from nature how to bring our body and mind back into a state of balance; this enables us to perceive life from the perspective of that natural state of peace which is within us.

In this booklet, seven practices are especially designed for you to practice in seven locations in the beautiful natural environment of the Kadoorie Farm and Botanic Garden (KFBG). These practices build on one another, yet they can also be practiced independently. Each practice has a specific focus, yet they share the same intention, which is for us to refresh our connection with the peace in nature and experience this peace in our own hearts.

KFBG is a secular nature conservation and education organisation. These practices are not intended to be, or feel, religious.

*Please enjoy
this journey of peace
in nature and
in you.*

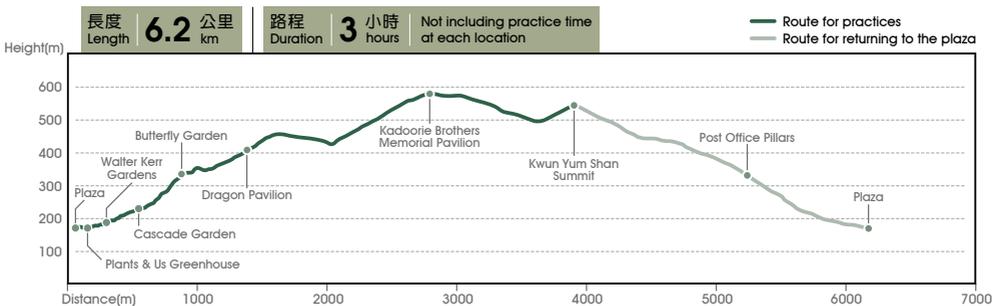
Notes to Booklet Users

For each practice a minimum of 15 minutes is recommended.

These seven practices can be undertaken as a complete series moving from locations 1 through to 7, or at selected locations, according to one's time and preference. For details about the distance and elevation changes between locations, please see below.

Please bring a pen or pencil to record your experiences.

- 1 Engaging with Your Senses
- 2 Breathing with Your Tree
- 3 Connecting with the Earth
- 4 Reflecting on Your Discoveries
- 5 Experiencing Your Inner Stillness
- 6 Opening Your Heart
- 7 Offering Gratitude



To complete the whole loop will be fairly physical in natural surroundings, so please wear good footwear and bring enough water. The duration of the walk indicated above is for your reference only. The actual walk time depends on your pace.

Alternatively, you may purchase KFBG shuttle bus tickets and take a shuttle bus down from near Kwun Yum Shan Summit after completing your walk and practices.





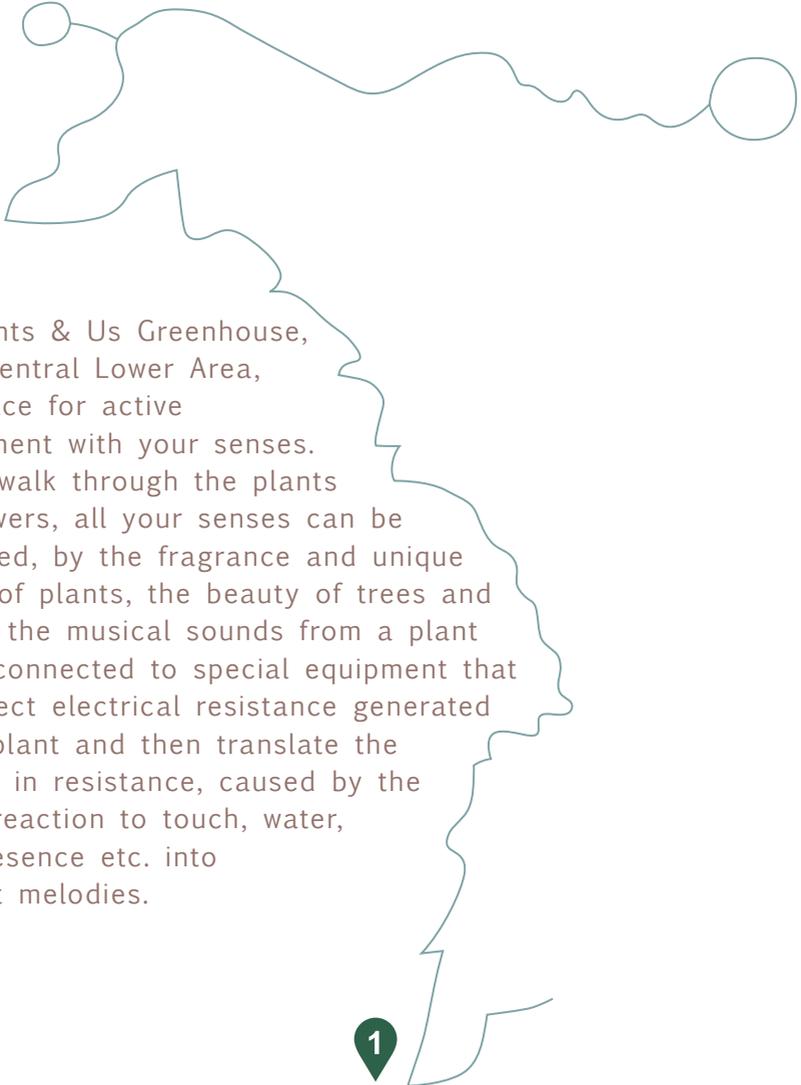


“Nature
does not hurry,
yet everything is
accomplished.”

– Lao Tzu

Practice 1 :
Engaging with Your Senses

Plants & Us Greenhouse



The Plants & Us Greenhouse, in the central Lower Area, is a space for active engagement with your senses. As you walk through the plants and flowers, all your senses can be stimulated, by the fragrance and unique texture of plants, the beauty of trees and flowers, the musical sounds from a plant that is connected to special equipment that can detect electrical resistance generated by the plant and then translate the changes in resistance, caused by the plant's reaction to touch, water, your presence etc. into different melodies.

A close-up photograph of a plant with vibrant purple and green leaves. The leaves are covered in small, clear water droplets, giving them a fresh and glistening appearance. The lighting is soft, highlighting the textures and colors of the foliage.

“Look deep
into nature
and then
you will
understand
everything
better.”

– Albert Einstein



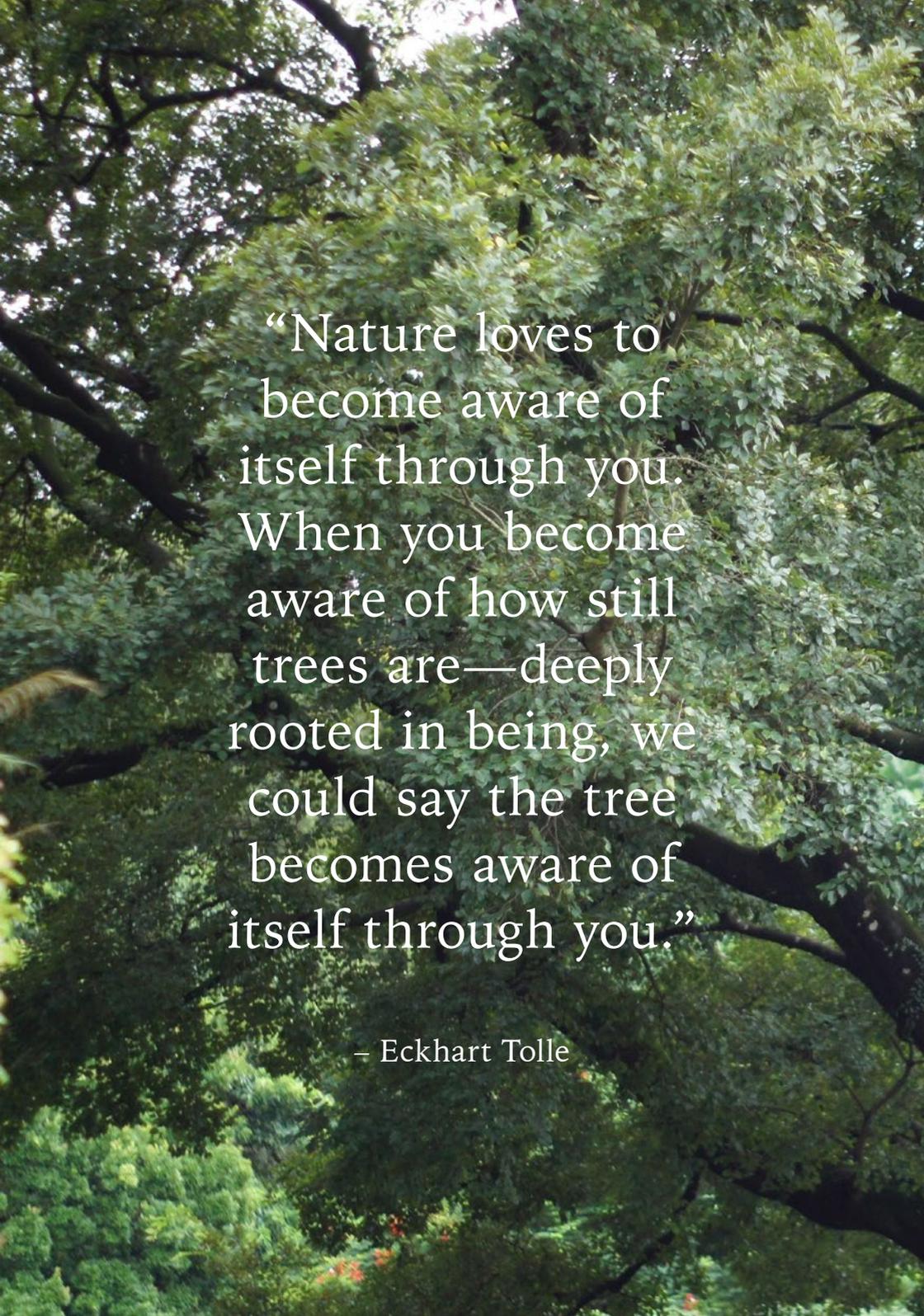
Practice 1

Actively engage your senses with the plants and flowers: their appearance, smells, and textures, and the sounds around you.

Identify something that captivates your interest, and then spend some time observing it. Notice how simply observing what captivates you can evoke the feeling of peace inside you.

Write about, or draw, on the opposite page.

What captivates my interest is ...

A photograph of a dense forest with lush green foliage. Sunlight filters through the leaves, creating a dappled light effect. The trees are thick and their branches are visible, creating a sense of depth and tranquility.

“Nature loves to become aware of itself through you. When you become aware of how still trees are—deeply rooted in being, we could say the tree becomes aware of itself through you.”

– Eckhart Tolle

Practice 2

Sit quietly and be aware of your breathing as you observe your surroundings.

Identify a tree that you would like to connect with.

If the tree is safely accessible, go to the tree and greet it with your gentle touch on its trunk. If the tree is not physically accessible, greet the tree with your kind thoughts toward it.

Find a place to sit where you can easily see your tree.

Look at the tree with full attention until you can see it clearly in your mind even with your eyes closed.

With eyes closed, breathe in and out with the vision of the tree in your mind; then repeat silently, in your mind, “Breathe in, inhaling freshness from the tree; breathe out, offering my respect to the tree; I am breathing with the tree.” You may simplify the words as “breathe in, freshness; breath out, respect”.

Write about, or draw, your tree on the opposite page.

My tree looks like this ...

Practice 3 :
Connecting with the Earth

Cascade Garden



This garden is set on three terraces beside the stream, near the Chicken Houses. You will find some unusual art here. The fish mozaic plays a part in our 'Little Fish' workshops. The Nature Trail (Butterfly Path) meanders on up from here through the forest to the Rainbow Pavilion and/or the Butterfly Garden.

A close-up photograph of several long, narrow, green leaves with prominent veins, set against a blurred background of more leaves. The lighting is soft, highlighting the texture of the leaves. The quote is centered over the middle of the image.

“He who regards
all things as one
is a companion of
Nature.”

– Chuang Tzu

Practice 3

Find a spot that allows you to see nearby hills.

Stand in a natural and upright posture and focus on the mountains; allow the qualities of the hills to inform your body (such as being grounded, solid and connected to the earth).

Breathe in and out, deep and long, three times, feeling the support from the earth through your feet.

You may close your eyes to fully feel this connection between your feet and the earth for a moment; then feel this connection gently moving upward and permeating your entire being.

When you feel your connection with the earth is solid, you could open your eyes and walk around the fish mozaic in a slow pace; continue feeling your connection with the earth through your feet. You may also repeat to yourself, "I am connecting with Mother Earth."

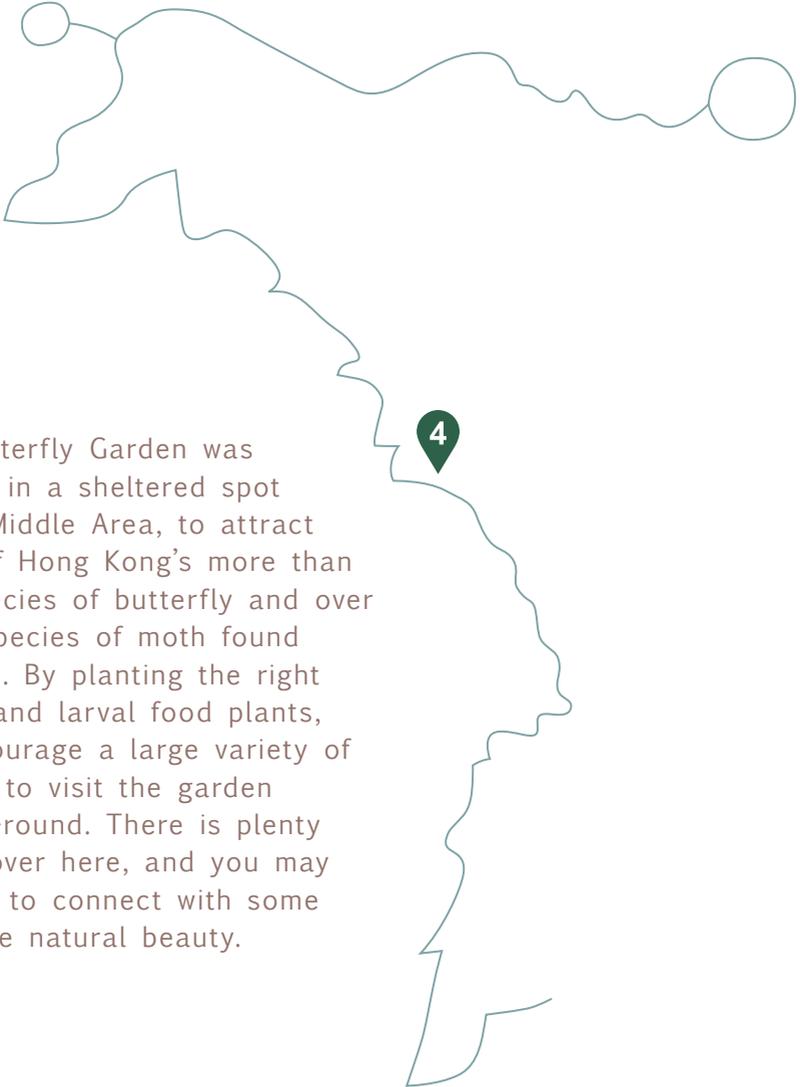
Whether you will continue your journey up the mountain or return to the Lower Area, maintain your awareness of this connection with each step you take. You may only spend 10 minutes in this way, yet you may notice far more than you ever have on a walk before.

Write down your experience on the opposite page.

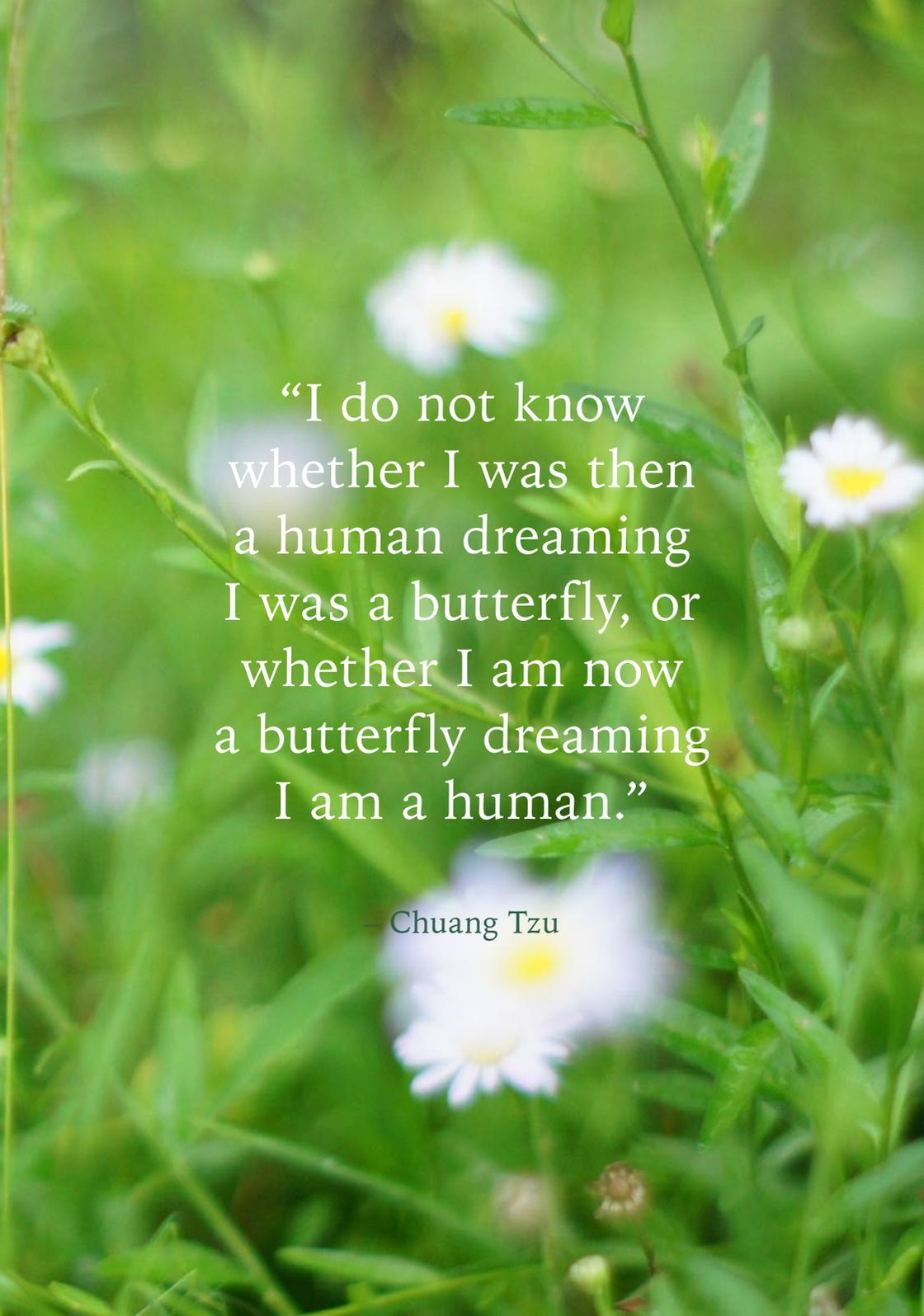
My experience is ...

Practice 4 :
Reflecting on Your Discoveries

Butterfly Garden



The Butterfly Garden was created in a sheltered spot in the Middle Area, to attract some of Hong Kong's more than 230 species of butterfly and over 1,100 species of moth found at KFBG. By planting the right nectar and larval food plants, we encourage a large variety of species to visit the garden all-year-round. There is plenty to discover here, and you may be able to connect with some awesome natural beauty.



“I do not know
whether I was then
a human dreaming
I was a butterfly, or
whether I am now
a butterfly dreaming
I am a human.”

Chuang Tzu

Practice 4

As you walk around the garden, discover 3 natural objects that draw your attention.

Write down or draw these 3 objects on the opposite page.

Find a comfortable place to sit down and reflect on this question: In what ways can these 3 objects be related to each other?

Write down your thoughts on the opposite page.

Then ask yourself: What are my own relationships with these 3 objects?

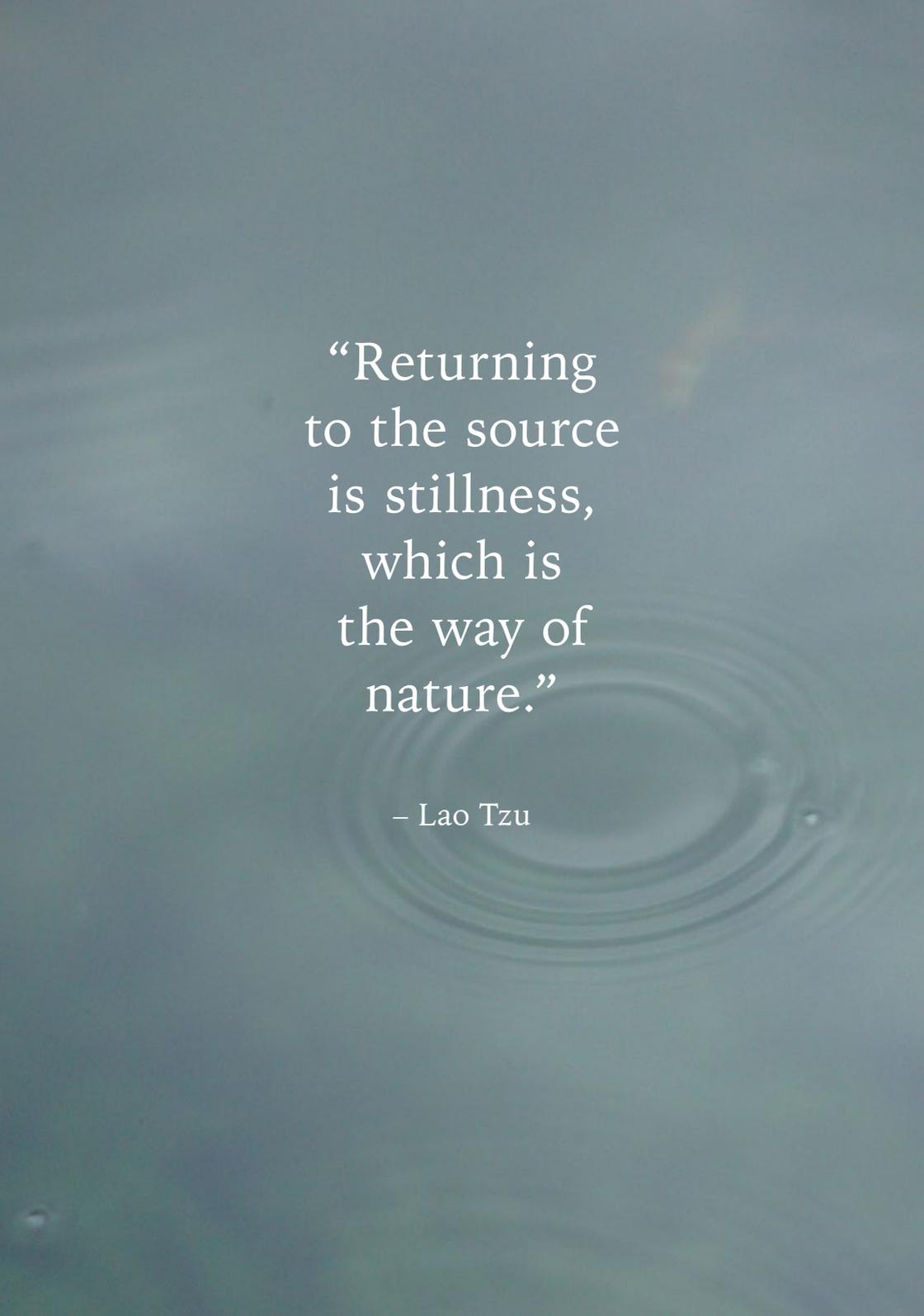
Write down your answer on the opposite page.

Then sit quietly for a moment with these relationships in mind, and see what feelings arise.

The 3 natural objects I've discovered are ...

These 3 objects can be related in these ways ...

My own relationships with these 3 objects are ...



“Returning
to the source
is stillness,
which is
the way of
nature.”

– Lao Tzu

Practice 5

As you arrive at the Dragon Pavilion, take a moment to carefully observe your surroundings.

Find a place to sit comfortably, with your spine elongated and shoulders relaxed.

Breathe in and out naturally with eyes closed. When breathing in, repeat in your mind, “nurturing”, and when breathing out, repeat “relaxing”.

After about 5 minutes of breathing in this way, bring your attention to the natural pause between the in-breaths and the out-breaths. This pause may be just a split second, yet it exists.

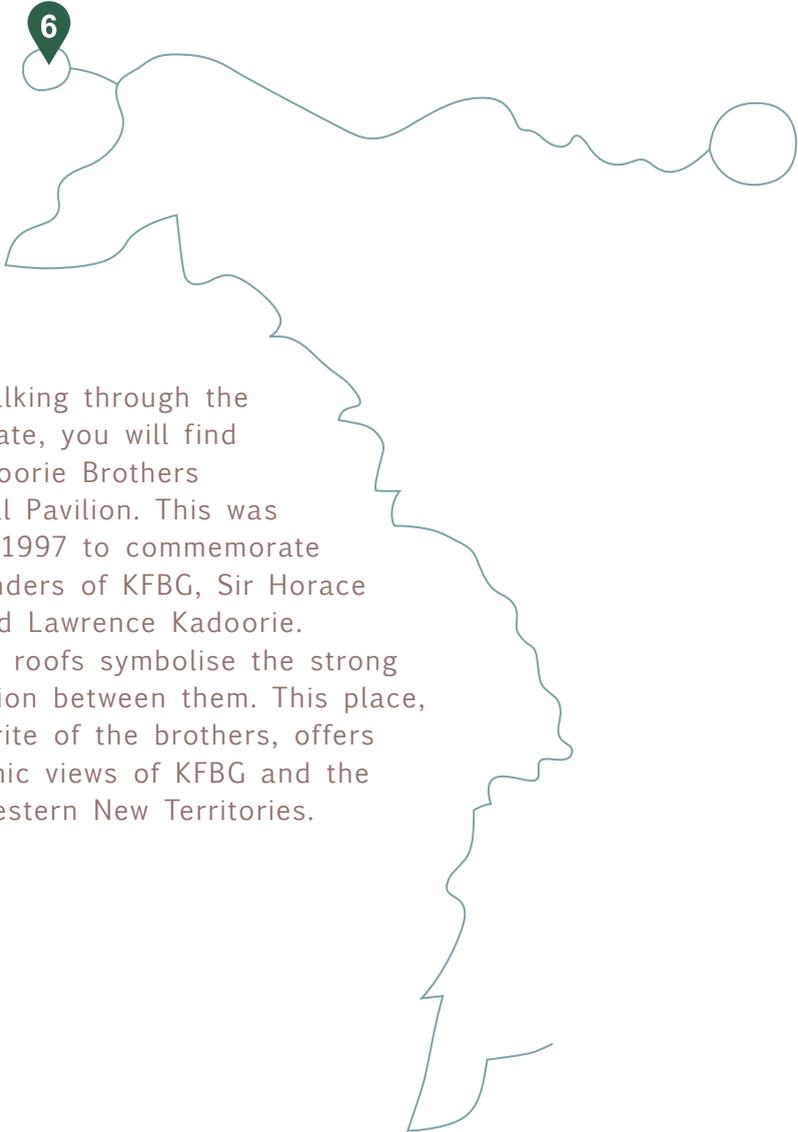
When you are ready to move on, gently bring your awareness back to your body and open your eyes.

Write down or draw your experience on the opposite page.

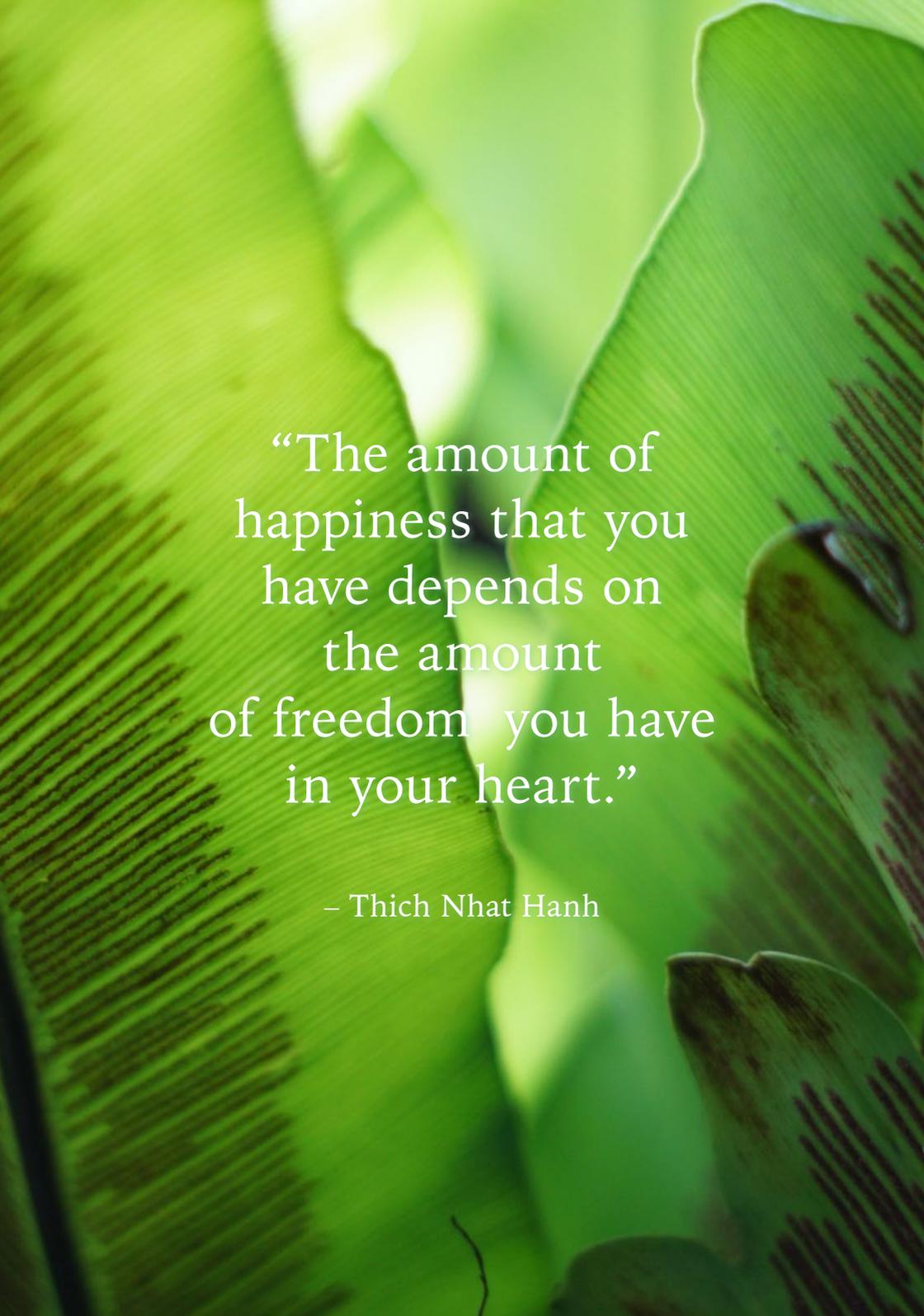
My experience is ...

Practice 6 :
Opening Your Heart

Kadoorie Brothers Memorial Pavilion



After walking through the Moon Gate, you will find the Kadoorie Brothers Memorial Pavilion. This was built in 1997 to commemorate the founders of KFBC, Sir Horace and Lord Lawrence Kadoorie. The two roofs symbolise the strong connection between them. This place, a favourite of the brothers, offers panoramic views of KFBC and the north-western New Territories.



“The amount of
happiness that you
have depends on
the amount
of freedom you have
in your heart.”

– Thich Nhat Hanh

Practice 6

Take some time to enjoy the breathtaking panoramic views. As you walk around the area, allow yourself to fully take in the beauty of the scenery.

Complete a circle on the path. Was there a spot where you felt a sense of joy, ease or freedom? If so, return to there.

No matter whether you choose to be in a sitting or standing position, gently stretch your body so that there is a sense of openness in your chest.

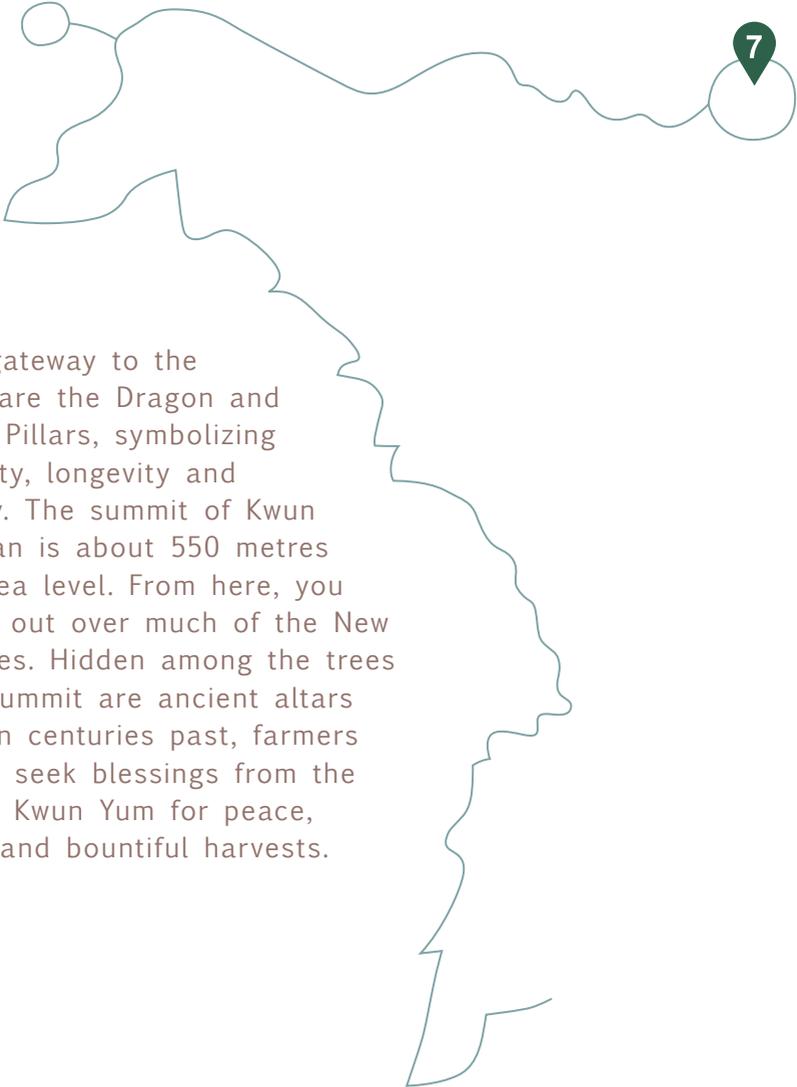
Now you may calmly gaze at the scene in front of you. As you inhale, repeat in your mind, “I breathe in the vastness from nature”; and as you exhale, repeat “I offer my love to nature”; or you may simplify the words as “Inhale, Vastness”, “Exhale, Love”. Enjoy this practice for as long as you wish.

Write down or draw your experience on the opposite page.

My experience is ...

Practice 7 :
Offering Gratitude

Kwun Yum Shan Summit



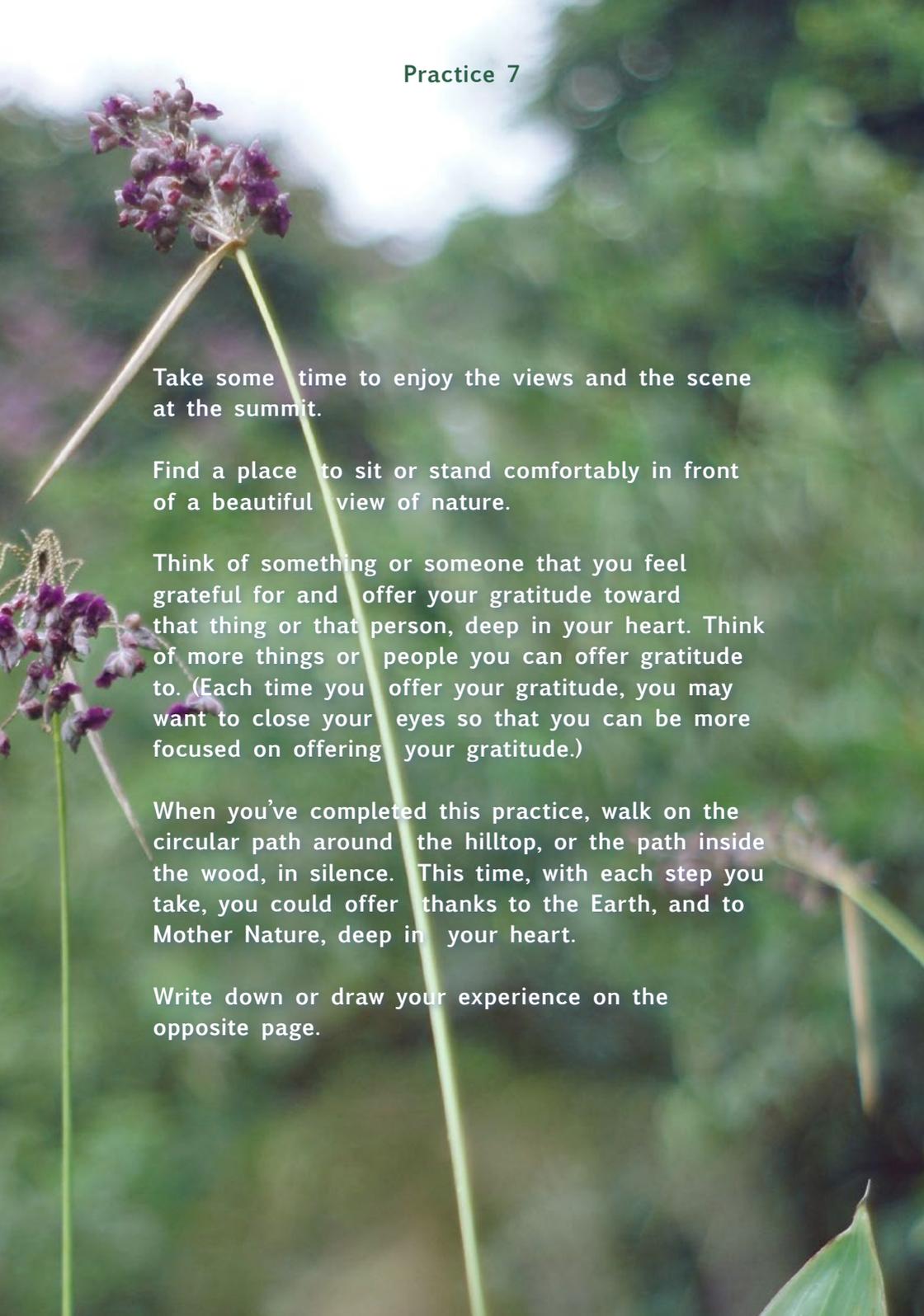
At the gateway to the summit are the Dragon and Phoenix Pillars, symbolizing prosperity, longevity and harmony. The summit of Kwun Yum Shan is about 550 metres above sea level. From here, you can see out over much of the New Territories. Hidden among the trees at the summit are ancient altars where, in centuries past, farmers came to seek blessings from the goddess Kwun Yum for peace, fertility and bountiful harvests.



“Heaven,
Earth, and I
were produced
together, and
all things
and I are one.”

– Chuang Tzu

Practice 7



Take some time to enjoy the views and the scene at the summit.

Find a place to sit or stand comfortably in front of a beautiful view of nature.

Think of something or someone that you feel grateful for and offer your gratitude toward that thing or that person, deep in your heart. Think of more things or people you can offer gratitude to. (Each time you offer your gratitude, you may want to close your eyes so that you can be more focused on offering your gratitude.)

When you've completed this practice, walk on the circular path around the hilltop, or the path inside the wood, in silence. This time, with each step you take, you could offer thanks to the Earth, and to Mother Nature, deep in your heart.

Write down or draw your experience on the opposite page.

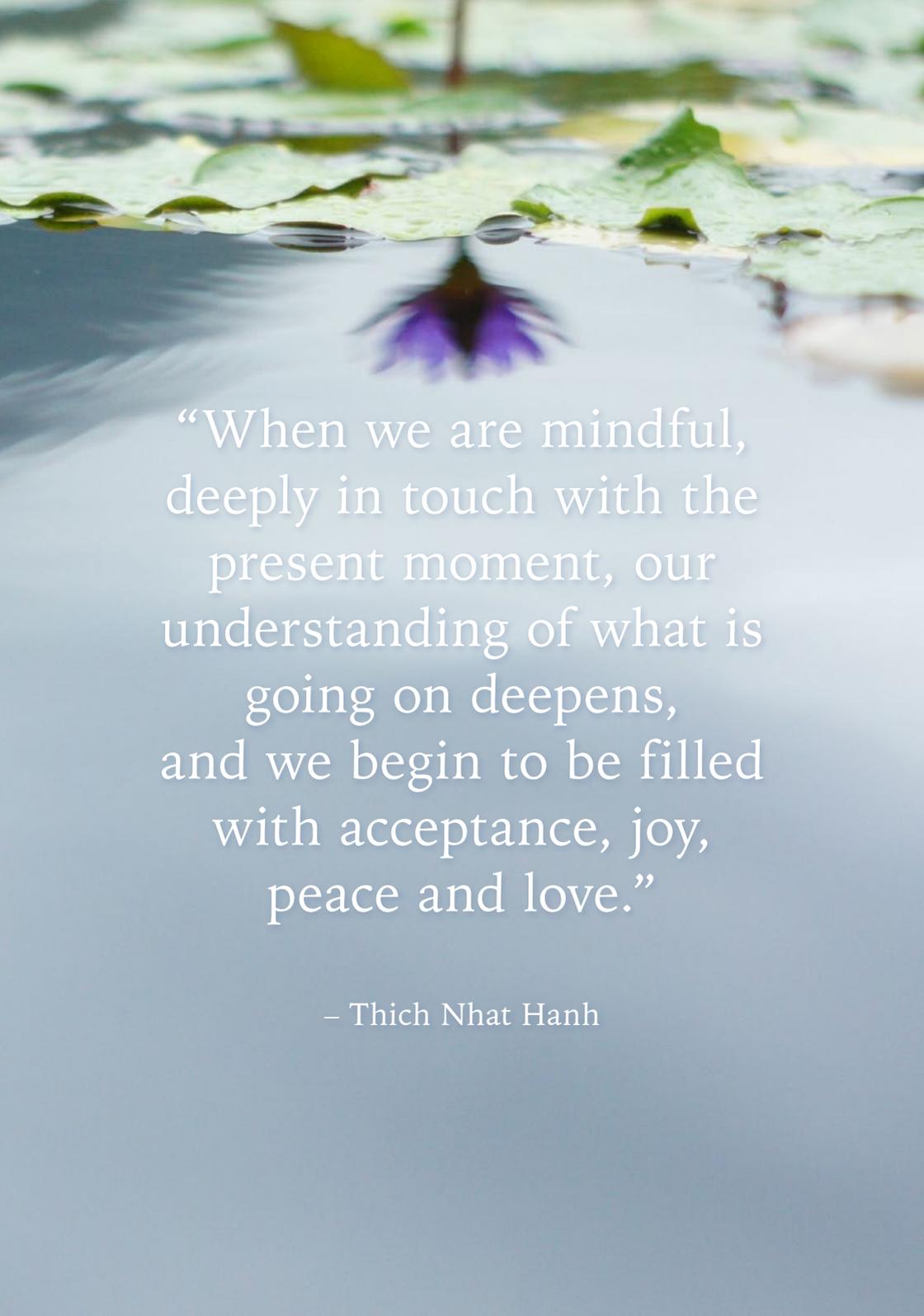
My experience is ...

Taking Home

Your Home & Daily Life

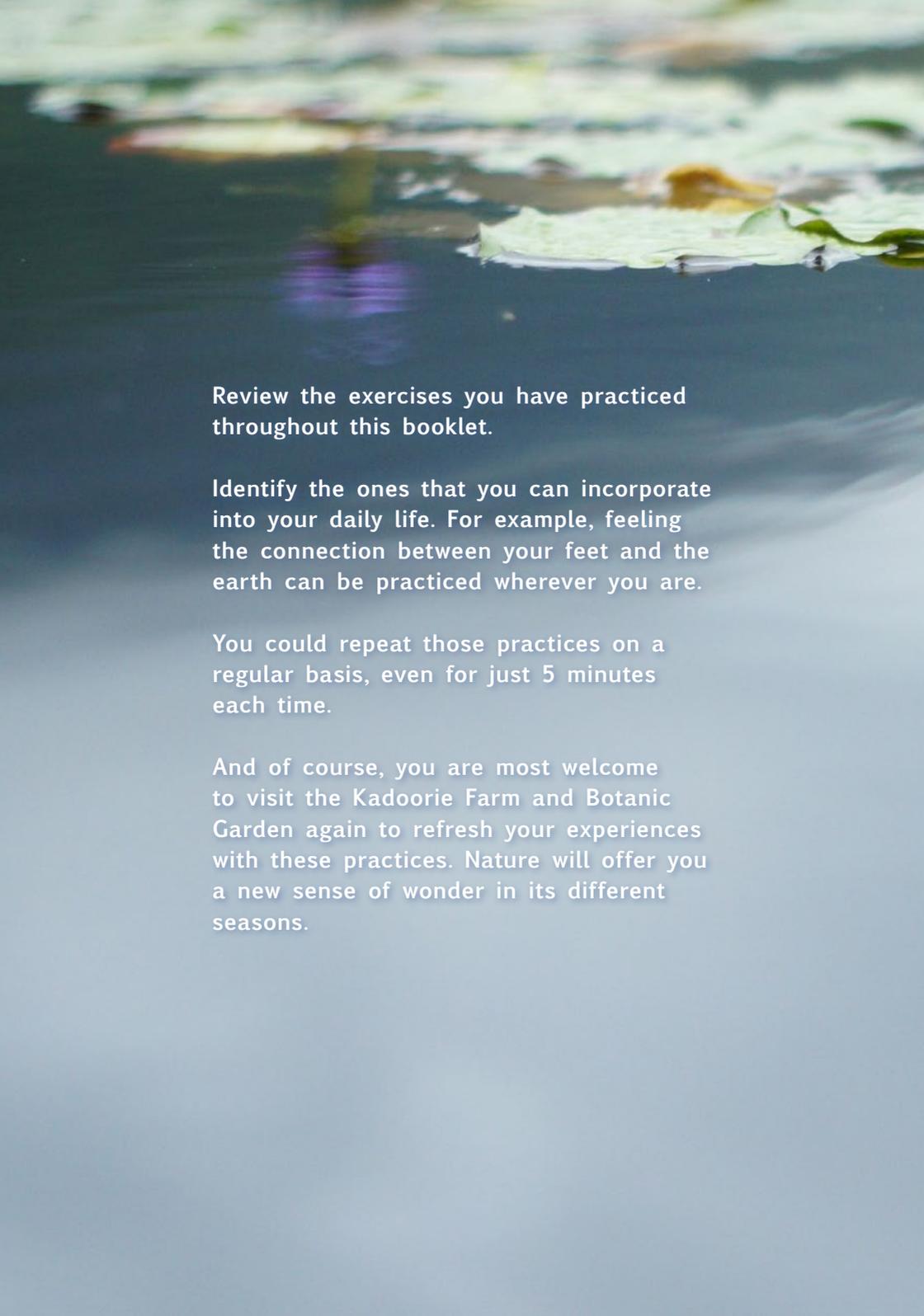


“Peace. It does not mean to be in a place where there is no noise, trouble, or hard work. It means to be in the midst of those things and still be calm in your heart.”



“When we are mindful,
deeply in touch with the
present moment, our
understanding of what is
going on deepens,
and we begin to be filled
with acceptance, joy,
peace and love.”

– Thich Nhat Hanh



Review the exercises you have practiced throughout this booklet.

Identify the ones that you can incorporate into your daily life. For example, feeling the connection between your feet and the earth can be practiced wherever you are.

You could repeat those practices on a regular basis, even for just 5 minutes each time.

And of course, you are most welcome to visit the Kadoorie Farm and Botanic Garden again to refresh your experiences with these practices. Nature will offer you a new sense of wonder in its different seasons.

“May your life
be filled
with peace and
happiness !”





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Edition: Oct 2016

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ISBN 978-962-8869-72-5



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