



Forest Bathing Field Notes: Trail of Life

The trail always tells the truth. It humbles, surprises, and strengthens us—one muddy step at a time. These Field Notes are your space to pause and breathe between the roots and ridgelines of life. To notice how far you've come, how fluid you've become, and how alive you feel when you're in motion with the wild. Grab a pen, take a deep breath, and let the dirt, sky, and rhythm of your own stride guide what comes next.

Pockets of Nature Practice: The Trail Beneath You

- Next time you hit the trail—or even the sidewalk—slow your pace for a moment. Feel the ground meeting you step for step. Notice how each stride shifts slightly: the texture, the pressure, the rhythm.
- Let that awareness travel upward. Feel your spine lengthen like a tree trunk and your breath widen like sky.
- Every root and ripple beneath your feet is life reminding you to stay fluid—to move with change instead of bracing against it.
- Before you finish, take one mindful pause. Look up through the branches or skyline and take a deep, grateful breath for the journey you're on—the *Trail of Life* itself.

When was the last time you felt alive in the mess of things—muddy, unsure, but somehow completely awake?

What are a few things I am grateful for?



Where are you being asked to stay fluid right now, to move instead of resist?

What have the trails taught you lately about trust, change, or freedom?

And what does your own *window full of sky* look like these days?

What would happen if you stopped waiting for the perfect path and just started running—mud, roots, and all?

“Of all the paths you take in life, make sure a few of them are dirt.”

— John Muir

Pairs with: “Tree of Life” post — [Spunky Mind](#)

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“Simply Breathe; Nature and Yoga will do the rest.” Cheers!