



## **Forest Bathing Field Notes: Bubbling Stillness**

Welcome to your Spunky Mind Field Notes—your place to simmer, glow, and shift, Yellowstone-style. These geothermal wonders remind us that transformation doesn't have to roar; sometimes it bubbles. Sometimes it steams. Occasionally it smells a little funky, and that's part of the magic.

Use these prompts to reflect, unwind, and reconnect to your own inner heat, color, and quiet evolution.

## **Pockets of Nature Practice: Bubbling Stillness**

- On your next walk or trail run, pause somewhere quiet and watch something move slowly—steam, water, clouds, grass, or your breath. Match your breath to its rhythm for one minute.
- Place your palm on your chest or belly and imagine the warmth rising from a geothermal pool. Breathe into that warmth for six slow counts; exhale for eight.
- Notice one “color shift” in your day—mood, energy, perspective — and welcome it instead of resisting it.
- • When something funky or uncomfortable comes up, whisper, “It’s just sulfur. It’s clearing space.”
- • At night, visualize yourself as a hot spring—calm on the surface, alive below, transforming with grace.

**What “color phase” am I in right now—emotionally, energetically, or season-of-life-wise? What’s shifting inside me?**

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**What are a few things I am grateful for?**

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**Like the slow bubbles of a hot spring, where in my life am I learning to release things at my own pace rather than force change?**

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**What parts of my internal “sulfur” — the funky, messy, not-so-polished stuff — need to rise to the surface instead of being held down?**

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**Where can I soften, let go of performance, and simply “be” today?**

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**How can I embody stillness-in-motion—that Active Zen Living pulse—in my movement practice, my trail time, or my daily life?**

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*“Sitting quietly, doing nothing, spring comes, and the grass grows by itself.” -Zen Proverb*

Pairs with: “Bubbling Stillness” post — [Spunky Mind](#)

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

***Cheers! Kether, Spunky Mind***