



Forest Bathing Field Notes: Welcome to the Guesthouse

Welcome to your Field Notes, wild one. This is where the trail turns inward and your guesthouse opens its windows. These reflections help you notice who's wandering through your inner lodge today, how they arrived, and what wisdom they might be carrying in their muddy shoes. Take your time. Breathe easy. Let wild awareness guide the way.

Pockets of Nature Practice: Welcome to the Guesthouse

A few tiny trail-built moments you can slip into your day—quick ways to step outside, breathe deeper, and let your inner guesthouse air out with a little wild awareness.

- Step outside and choose one emotion visiting you today. Imagine it sitting beside you on a rock or bench—notice its shape, color, and presence without judging it.
- Take a slow walk, letting your breath match your steps, as if you're guiding your guests down a forest path.
- Sit near a tree or patch of green and imagine your guesthouse airing out—fresh breeze in, old stories out.
- Pause by a window or open space and observe the weather. See if it mirrors anything happening inside you.
- Place a hand on your heart, one on your belly, and greet yourself the way you'd greet a friend wandering up the trail for a surprise visit.

Who has wandered into your guesthouse today—what emotion or mood—and how does it feel sitting with them?

What are a few things I am grateful for?



If this visitor could speak, what story or message might they be offering you right now?

What weather are you experiencing today, and how does it shape the landscape of your thoughts?

Where in your body do you feel this arrival the most, and what shifts when you simply notice it without trying to change it?

What happens when you soften the door, open a window, and allow?

“Being Human is a Guesthouse.”— Rumi

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

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

Cheers! Kether, Spunky Mind