



✨ Spunky Mind – Aspirations & Joy ✨

In the Mustang region—known as the Forbidden Kingdom—life blooms even in the desert. Here, ancient Buddhist wisdom teaches us about Mudita: the joy of celebrating our own aspirations and the joy of others. These Field Notes are part of your Active Zen Living journey, inviting you to reflect on how nature’s resilience and inner discipline awaken dreams, inspiration, and joy. Let this page guide you in practicing mindfulness, forest bathing yoga, and nature-inspired motivation, so that your own inner Forbidden Kingdom can thrive with balance and calm.

What aspirations or dreams are quietly blooming in me right now?

Where have I noticed joy in others’ successes and how did it expand my own heart?

What uncertainty or limitations have surfaced, and how can I gently notice them without clinging?



How can I allow my light to illuminate others around me?

In what ways can I bring more discipline and kindness into nurturing my goals?

What are a few things I am grateful for?

"Do not follow the ideas of others, but learn to listen to the voice within yourself."
-Dogen

"Just Breathe; Nature and Yoga will do the rest." – Kether, Spunky Mind

Check out my other Nature Inspired Motivation Posts at www.spunkymind.com