



Forest Bathing Field Notes: Dragonfly Transformation

The dragonfly's journey is a reminder that our transformations are woven with both stillness and flight. Before the shimmer of wings, there is the quiet of water.

Before the freedom of the sky, there is the patience of waiting. In nature, transformation is never rushed, and resilience is always part of the story. As you step into your own inspiration, let the dragonfly be your guide—inviting you to rise again and again, no matter how many times you fall.

Pockets of Nature Practice: Tune In to the Earth's Sky

- Find a quiet outdoor spot near water if possible—a pond, stream, or even a rain puddle.
- Sit still and observe the surface, imagining yourself in your own “nymph stage,” below the waterline, quietly preparing.
- When ready, stand slowly and stretch your arms wide as if unfurling dragonfly wings.
- Take three deep breaths, envisioning yourself breaking through the surface and lifting into the air.

What season of “nymph mode” have I lived through, and what has it been teaching me?

What are a few things I am grateful for?



How have my past “falls” prepared me for the rises that followed?

Where in my life do I feel ready to unfurl new wings?

How do I define freedom—not as escape, but as presence, joy, or inspiration?

What does “fall down seven times, get up eight” look like in my daily rhythm right now?

“When things change inside you, things change around you.” – Buddha

Pairs with: [“Dragonfly” post](#)

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

Cheers! Kether, Spunky Mind