



Forest Bathing Field Notes: Silent Wings of Wonder

Take this moment outdoors, under the trees, where the silence feels alive. Let this be your quiet flight—the pause between thought and motion. In these Field Notes, explore the art of being surprised by life itself, and how presence, when lived fully, unfolds like wings you didn't know you had.

Pockets of Nature Practice: Silent Wings of Wonder

When you're out in the forest, on the trail, or just walking beneath the trees, the world is always whispering—softly, patiently, waiting for you to listen. These pockets of practice help you slip into that quiet alignment the owl knows so well.

- **Pause beneath a branch** and look up. Let your eyes trace the outline of the leaves against the sky. Notice how stillness moves, even when the wind rests.
- **Listen for what isn't there.** Beyond birdsong or footsteps, feel the hum of the forest—the heartbeat that exists between sounds.
- **Match your breath to flight.** Inhale deeply, as if gathering your wings. Exhale slowly, letting your breath glide forward like the owl's silent motion.
- **Practice invisible balance.** As you walk, feel each footstep land lightly, silently. Let your body remember that movement can be strong without being loud.
- **Look for the unplanned moment.** The flicker of a wing, a sudden shadow, a beam of light through fir branches. Let surprise remind you that presence is its own kind of magic.

Recall a moment when something unexpected crossed your path—a person, idea, or moment of beauty. How did it feel to be caught by surprise?

What are a few things I am grateful for?



What part of your daily rhythm feels forced or hurried? How might you soften into trust instead of control?

Think of the owl as a mirror. What does its silent flight teach you about timing, awareness, or energy in your own life?

Describe a time when you felt quietly certain—how did that certainty change the way events unfolded around you?

Where in your life are you learning to let the universe move with you?

“Each moment is all being, is the entire world.”— Dōgen

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

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

Cheers! Kether, Spunky Mind