



Forest Bathing Field Notes: Nazare Ascend deeper

These Field Notes are your trail companion for reflection—a quiet space to let thoughts flow like waves, to write, to breathe, and to see what rises from your own inner canyon.

Pockets of Nature Practice: Surfacing

- **Find a River, Trail, or Shoreline** — Go to where water moves: a creek, a stream, a shoreline, even a puddle glimmering after rain.
- **Watch the Surface** — Notice how light and wind shift it. Reflections ripple, bend, and reform—just like thoughts.
- **Sense the Depth** — Close your eyes and imagine the quiet current below: steady, patient, unseen.
- **Move with the Flow** — Walk beside it and match your breath to the rhythm of the moving water. Let your steps become the surf.
- **Pause and Whisper** — When stillness finds you, gently say: *“May I rise with what’s ready to surface.”*

When life feels stormy, what might be happening in the canyon beneath your surface?

What are a few things I am grateful for?



Describe one moment this week when stillness felt more powerful than action.

How can you practice trusting your inner depths instead of forcing the wave?

What truth or creative spark is quietly forming below your awareness, waiting to rise?

When your next “inner wave” appears, how will you ride it with presence?

“To the mind that is still, the whole universe surrenders.” – Lao Tzu

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

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

Cheers! Kether, Spunky Mind