



Forest Bathing Field Notes: Chalk Cliffs of Rugen

Every cliff, every trail, every story we tell is an invitation to notice the layers in ourselves. When we carry these insights off the page and into our walks, runs, and yoga, we start shaping our own cliffs of endurance and stillness. Here's a practice to try and some questions for your Spunky Mind Field Notes.

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

- Next time you're out on the trail—or even walking in your neighborhood—pause when you pass by a rock, tree trunk, or weathered wall.
- Place your hand on its surface. Feel its texture, its ridges, its cracks.
- Close your eyes and imagine the years that shaped it—storms, sun, rain, stillness.
- Breathe into the awareness that you, too, are layered in this way.
- Whisper to yourself: *"I am my own cliff face, enduring and alive."*

What layers of my life feel most present in me right now?

What are a few things I am grateful for?



Where have storms shaped me in ways I didn't expect?

Which parts of my "cliff face" feel unshakable? Which feel tender?

How can I honor the early layers of my story while still climbing higher?

What horizon am I moving toward from the cliffs I now stand on?

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

Pairs with: "Cliffs of Rügen" post — [Spunky Mind](#)

"Simply Breathe; Nature and Yoga will do the rest."

Cheers! Kether, Spunky Mind