



Spunky Mind Field Notes

Field Notes | Shimmer of Salt

The Tibetan salt fields shimmer like a living mosaic—patches of light shifting from pink to gold to silver as the sun moves across the sky. Just as water evaporates and leaves behind crystals, our own inner work clears away what no longer serves us, revealing clarity, strength, and color within. These notes are your space to tend your inner salt fields with bold curiosity. Notice what evaporates. Celebrate what remains. Reflect the light that is already yours.

Pockets of Nature

Crystalline Dawn Ritual

At first light, find a quiet outdoor spot, or imagine the Tibetan salt fields as you watch the sun rise. Breathe in light. With each inhale, draw in courage. With each exhale, let go of something heavy. Visualize the water draining, the salt remaining. Let your inner landscape start bold, curious, awakened.

What in me feels like it's evaporating—what am I letting go of so clarity can settle?

What are a few things I am grateful for?



When awareness shines, what new colors in myself flicker into view—strengths I haven’t noticed, joys I’ve ignored?

How can I show up today with more wild curiosity in tending my inner fields—what practice (yoga, nature walk, journaling) calls to me?

In what ways do I already see crystals forming in my life—moments of clarity, kindness, rootedness—that feel beautiful in their simplicity?

What part of my inner light have I hidden away? How can I let it reflect, shine, share—even if just for my own joy?

“Sitting quietly, doing nothing, spring comes, and the grass grows by itself.” -Basho

Pairs with: “The Shimmer of Salt” post — SpunkyMind.com

Simply Breathe; Nature and Yoga will do the rest.” Cheers! Kether, Spunky Mind