



Forest Bathing Field Notes: Anna's Hummingbird

When we pause long enough, the world shimmers. The Anna's hummingbird doesn't wait for permission to glow; it flashes brilliance in the smallest moments, wings a blur of devotion to life itself. It's a reminder that presence isn't passive—it's an active vibration, a living pulse between the seen and unseen. When we meet that pulse with our awareness, we begin to hum in harmony with everything around us.

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

- Step outside at sunrise or sunset—notice how light changes the colors around you. What hue do you feel today?
- Sit quietly and listen for the smallest sound in your environment — perhaps wings, wind, or your breath.
- Move slowly for five minutes, like you're following a hummingbird's rhythm—quick, then still.
- Write one sentence beginning with "*I feel most alive when...*" and see where it takes you.
- Spend one morning without multitasking—just sip, breathe, and notice how life hums along without rushing.

When in your life have you felt your energy truly align with the world around you?

What are a few things I am grateful for?



What does “vibrant presence” mean to you today?

How can you invite more shimmer and spontaneity into your daily rhythm?

Describe a time when slowing down revealed something fast and beautiful within you

If your inner hum could speak, what would it be saying right now?

“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