



Forest Bathing Field Notes: The Monarch Way

Welcome to your Monarch Mindset Field Notes—a playful little notebook for wandering, returning, and discovering your inner migration route.

Inspired by the imperfect ensō circle, the stubborn devotion of the monarch butterfly, and the trail-lover’s loop that always brings you home, these reflections guide you back to your own easy, wild awareness. Grab your pen. Find your breath. And of course... just pack a crayon.

Pockets of Nature Practice: The Monarch Way

- Step outside and follow your breath for one minute and imagine it forming a soft, imperfect circle around you.
- Walk a familiar loop and notice the exact moment your awareness drifts and the moment it returns.
- Pause in sunlight and let the warmth guide you back to your inner compass.
- Watch something small—like a leaf, cloud, or butterfly—and notice how your attention gently circles back.
- Draw a wobbly ensō with whatever you have on hand and feel what it’s like to close your own imperfect loop.

When your mind wanders, where does it usually drift first, and what does “coming back” feel like in your body?

What are a few things I am grateful for?



Think of a recent moment when you naturally returned to awareness—what guided you back?

What’s one area of your life where you’d like to build a stronger “migration route” toward presence or joy?

How does nature—trees, trails, wind, sunlight, movement—help you remember yourself?

If your inner home base were its own oyamel forest, what would live there and what would it feel like to return?

“In the moment of true awareness, all wandering ends.”— Milarepa

Pairs with: “The Monarch Way” post — [Spunky Mind](#)

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

Cheers! Kether, Spunky Mind