



Field Notes: The Hidden Deer Within

Just as the deer rests quietly in the meadow, hidden yet fully alive, we too carry an inner stillness waiting to be discovered. These notes invite you to step softly, listen with wild awareness, and notice what parts of yourself are ready to emerge from the tall grass.

Pockets of Nature

The Gentle Step

On your next walk, slow your pace until each step is soft, deliberate, and almost noiseless. Imagine you are leaving no trace, moving like a deer padding across forest floor. Feel how this mindful walk shifts your energy.

Camouflage Gratitude

Look around your space for something that blends in—lichen on a rock, a butterfly against bark, or a leaf tucked in shadow. Breathe in gratitude for how nature conceals beauty in plain sight, just as your own hidden strengths lie quietly within you.

When in my life do I feel like the hidden deer—quietly observing, not ready to step forward yet?

What are a few things I am grateful for?



What strengths or gifts might I be camouflaging that deserve to be seen?

How can I practice moving more gently—physically, emotionally, or spiritually—like the deer’s soft step?

Where do I find safety and stillness in my daily life?

What lessons can I learn from listening with “deer ears”—to the world around me, and to my own inner voice?

“If you see Nirvana as somewhere outside, you’re deluding yourself.” -Bodhidarmha

Pairs with: “The Hidden Deer Within” post — SpunkyMind.com

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