



Forest Bathing Field Notes: The Blue Eye

The Blue Eye isn't just a spring; it's a mirror. It shows us what happens when pressure meets light, when stillness finds motion, and when what's buried finally rises. These Field Notes are your space to notice where your own spring begins—where effort becomes flow, and truth starts to shimmer through the surface.

Pockets of Nature Practice: Flow from Within

The Blue Eye reminds us that beauty is simply movement illuminated—the steady work of nature finding its rhythm.

Here's how to find yours today:

- **Find your flow point.** Step outside and seek water—a stream, puddle, or shower. Let its rhythm guide your breath until it syncs with the world around you.
- **Study the current.** Watch how water bends and swirls around obstacles. Let that be your cue—what could you move *around* instead of fighting against today?
- **Feel your depth.** Dip your hand in. Notice the coolness, the clarity, and the resistance. Motivation works the same way—it wakes up when touched.
- **Reflect the light.** See how sunlight dances across the surface. That's refraction—light bending to meet the moment. Where can you bend instead of break?
- **Let it flow.** Take one small action—a step, a stretch, a word—that keeps your inner current moving. Big change starts small. The spring always does.

What am I keeping underground that's ready to rise?

What are a few things I am grateful for?



How can I turn pressure into motion instead of waiting for calm?

What would it feel like to overflow without apology?

Where do I still confuse control with clarity?

What does “flow like you mean it” look like in my daily life?

“Who calls my name from the deep valley? No one—and yet, I hear it echo.” -Ryokan

Pairs with: “Wild Awareness” post — [Spunky Mind](#)

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

Cheers! Kether, Spunky Mind