



Forest Bathing Field Notes: Nature's Frequency

Some days, it feels like we're tuned to the wrong station—static in the mind, glitchy motivation, no signal on the soul. But step outside, and everything changes. The Earth is always broadcasting: wind whistling like a flute, trees pulsing like bass drums, even sunlight carries a rhythm if you squint just right. This practice is our backstage pass to retune our inner spark, align with nature's melody, and boogie back into our brilliance.

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

- Every tree, breeze, bird call, and wave has a rhythm—just like us. Today, go outside not just to see nature, but to *hear* it. Feel it. Vibrate with it. Whether it's the soft hum of leaves whispering, the rhythmic beat of your footsteps on trail, or the subtle pulse of sunlight through your skin, notice how the natural world moves in patterns—and how your own energy responds.
- Find a quiet place outdoors. Stand still, breathe deeply, and imagine you are an antenna, tuning into the great broadcast of the Earth. What messages are coming through?

What natural sound, rhythm, or movement stood out to me today?

What are a few things I am grateful for?



How did my mood or energy shift after immersing in nature's frequency?

What personal "static" was I able to let go of during this practice?

If I were a wavelength, what would I be broadcasting today?

What is one way I can keep tuning into this peaceful, motivating rhythm tomorrow?

"To the mind that is still, the whole universe surrenders." – Lao Tzu

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

"Simply Breathe; Nature and Yoga will do the rest."

Cheers! Kether, Spunky Mind