

Shinrin-Yoku

Financial Forest Bathing



A Personal Note From Me...

I love nature and hiking. It is a way I stay connected to myself and the Divine. It is a way I work out my problems. Being in nature is a way I remind myself of the beauty and plenty in my life.

I have been hiking for over 19 years, and the more I hike, I notice the more my mind opens to possibility thinking.

Some of the ancients have reported this about the movement of our feet and the movement of our thoughts...

““ The sun shines not on us but in us. The rivers flow not past, but through us. Thrilling, tingling, vibrating every fiber and cell of the substance of our bodies, making them glide and sing. The trees wave and the flowers bloom in our bodies as well as our souls, and every bird song, wind song, and tremendous storm song of the rocks in the heart of the mountains is our song, our very own, and sings our love.

John Muir

(he believed walking in nature brought us to higher levels of consciousness + being)

““ The connection between walking and thinking is strong. It is because our intellectual currency—words and ideas—are most easily wrought while the body and mind are otherwise free to walk at leisure through nature.

Thoreau

““ Above all, do not lose your desire to walk. Everyday, I walk myself into a state of well-being & walk away from every illness. I have walked myself into my best thoughts, and I know of no thought so burdensome that one cannot walk away from it. But by sitting still, & the more one sits still, the closer one comes to feeling ill. Thus if one just keeps on walking, everything will be all right.

Soren Kierkegaard

The Process of Forest Bathing Includes the Following

- Unplug: leave phone, smartwatch, electronics in your car
- Explore: bring your curiosity, beginner's mind, with a slow wandering pace
- Breathe: inhale + exhale, inhale + exhale
- Senses: our 5 senses are the doorway to the present
- Engage: expand your experience by noticing what you receive from the forest and what you can give back

Invitations

(in forest language, an invitation, means welcoming in experiences of connection and communication with the forest)

Common invitations in Forest Bathing are:

- The Invitation of the Threshold of Connection
- The Invitation of Embodied Awareness
- The Invitation of Infinite Possibilities
- The Invitation of Tea + Blessing Ceremony

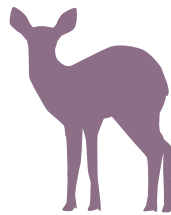
Invitation #1

Threshold of Connection

We will begin here. Un-plugged.

At the beginning of entering the forest, I will read this poem, written by John O'Donohue. If you are doing this on your own, at the entry to the forest...with quietness, reverence, and extending an invitation to connect with the forest, you can read this poem OR a reading / ritual of your own choosing. The idea here is to enter the forest as you would enter and step over the threshold to the door of a good friend's home. AND that you are bringing the energy of gladness to be here and the desire to connect.

(recommended to spend about 15 minutes at the doorstep of the forest, taking in the transition to stepping into a sacred space)



To Learn from Animal Being...

*Nearer to the earth's heart,
Deeper within its silence:
Animals know this world
In a way we never will.*

*We who are ever
Distanced and distracted
By the parade of bright
Windows thought opens:
Their seamless presence
Is not fractured thus.*

*Stranded between time
Gone and time emerging,
We manage seldom
To be where we are:
Whereas they are always
Looking out from
The here and now.*

*May we learn to return
And rest in the beauty
Of animal being,
Learn to lean low,
Leave our locked minds,
And with freed senses
Feel the earth
Breathing with us.*

*May we enter
Into lightness of spirit,
And slip frequently into
The feel of the wild.*

*Let the clear silence
Of our animal being
Cleanse our hearts
Of corrosive words.*

*May we learn to walk
Upon the earth
With all their confidence
And clear-eyed stillness
So that our minds
Might be baptized
In the name of the wind
And the light and the rain.*



Invitation #2

Embodied Awareness

Stand, sit, or walk slowly for about 15 minutes, using as many of your senses as you can to explore with curiosity what is present. Let your body be your guide. There is no destination. Wander. Stop + enjoy the moment.

We will walk slowly, in silence + use our senses to drop into the call of the forest (20 min)

To intensify your ability to sense...

- place your hands behind your ears to cup them, this amplifies sound
- wet your nose with your saliva to smell better (this is why dogs sense of smell is so intense, the wet nose amplifies fragrance)

This is the guided imagery I will read out loud and you might consider reading this out loud to yourself if you are forest bathing alone.



*stand still or sit in a place that feels safe and comfortable to you
close your eyes
take five slow, deep and long drawn breaths
exhaling through your mouth
bring your attention to the quality of the air
in and around you
notice how the air feels
notice the weather on your skin and clothes
listen for the sounds the furthest away from you
and now notice the sounds nearest to you
bring attention to your feet
and how your feet are connected to mother earth
wiggle your toes
take off your shoes and socks if you like
take another long deep breath
then open your eyes and look around you
as if for the first time”*

Notice what gifts the forest brings to your awareness, that you may take and use back in every day ordinary life. Thank the forest for its gifts, by a silent blessing of appreciation, a bow, a simple “thank you,” or in a way that honors your unique ritual of appreciation.

Invitation #3 Infinite Possibility

This step is designed to place you directly in the field and energy of infinite possibilities, by asking a money question to the Wisdom of the Forest and allowing the Forest to respond...so you may receive liberation from any thoughts of limitation.

This space of infinite possibility is created once invitation # 1 and invitation # 2 are completed. At about this time, the mind has the opportunity to be clear, present in the here and now, and open.

For our time together, I will ask each participant to ask the Forest a money question and to sit and listen for the Forest's response...through stream of consciousness writing and / or to write a letter to money or any other writing or calling from the heart and soul that is desired. After about 20 minutes we will share only if we desire.

Ideas of money questions to ask the Forest

- What is one thing I can do to bring forth a new money story?
- How might I increase my earnings?
- How might I become a better receiver of money as a form of abundance?
- What teachings in nature can be applied to my money life?
- When all the noise is silenced, what does my heart really want?
- How can I best share my gifts with the world?
- How can I become a better friend to money?

(the idea here is to access your highest self and your own inner wisdom. we each hold the answers to every problem, challenge and struggle in our lives...if we only listen...when relaxed, quiet, and tuned in to ourselves)

Invitation #4 Tea Ceremony + Blessing

Native Americans often drank tea to make better, clearer decisions. Tea also offered the qualities of purity, peace and friendship. At the end of your ritual of Financial Forest Bathing, you might drink an herbal tea to support the mind clearing process. At this point, I also like to anoint myself and others with an essential oil of my choosing.

