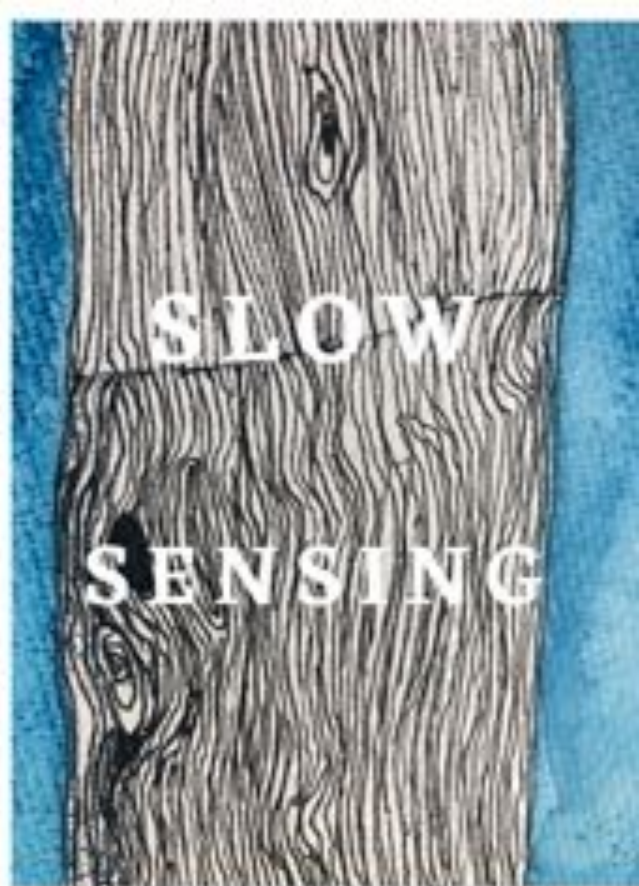


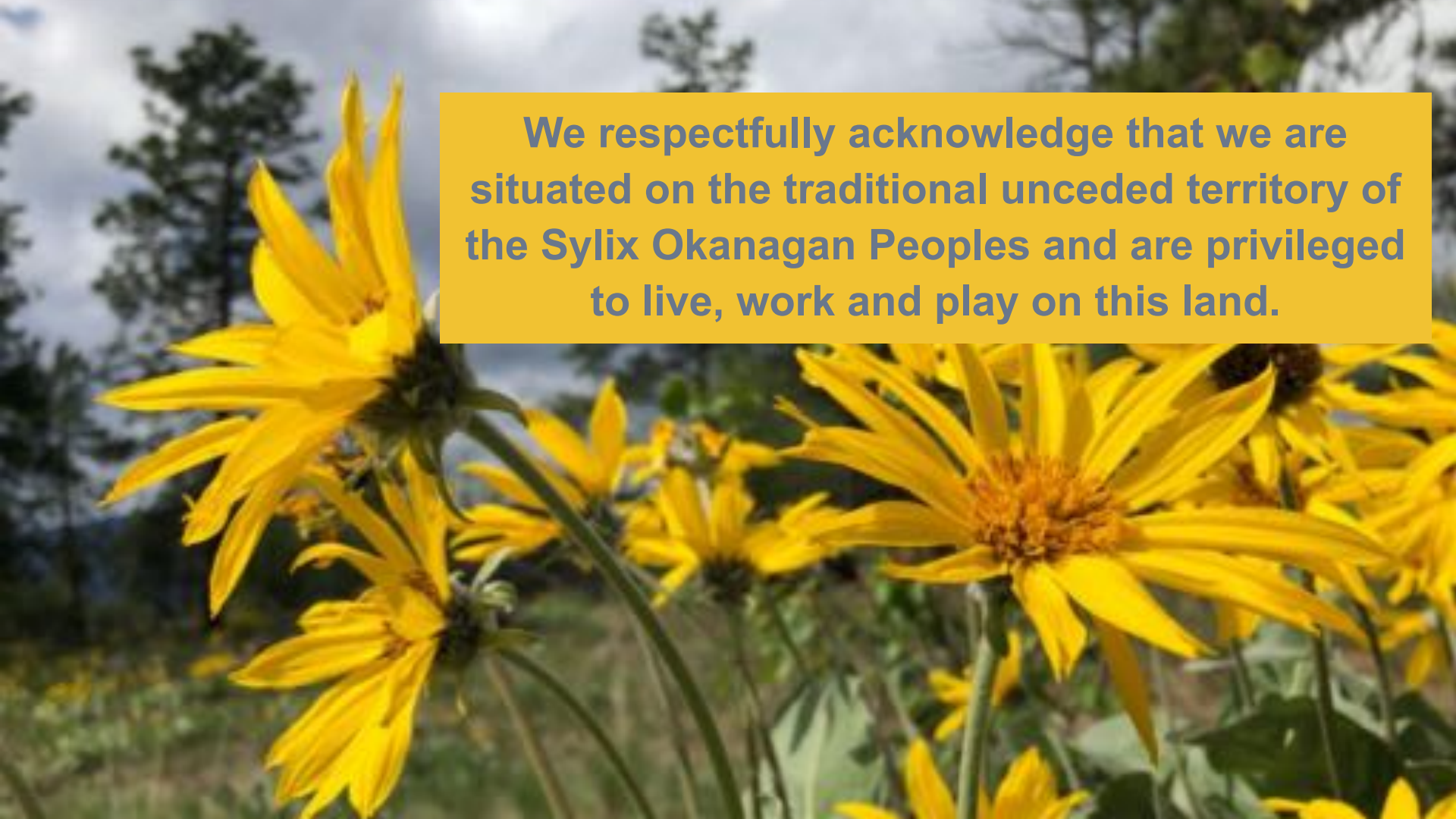
BEING,
SENSING
WITH
LAND



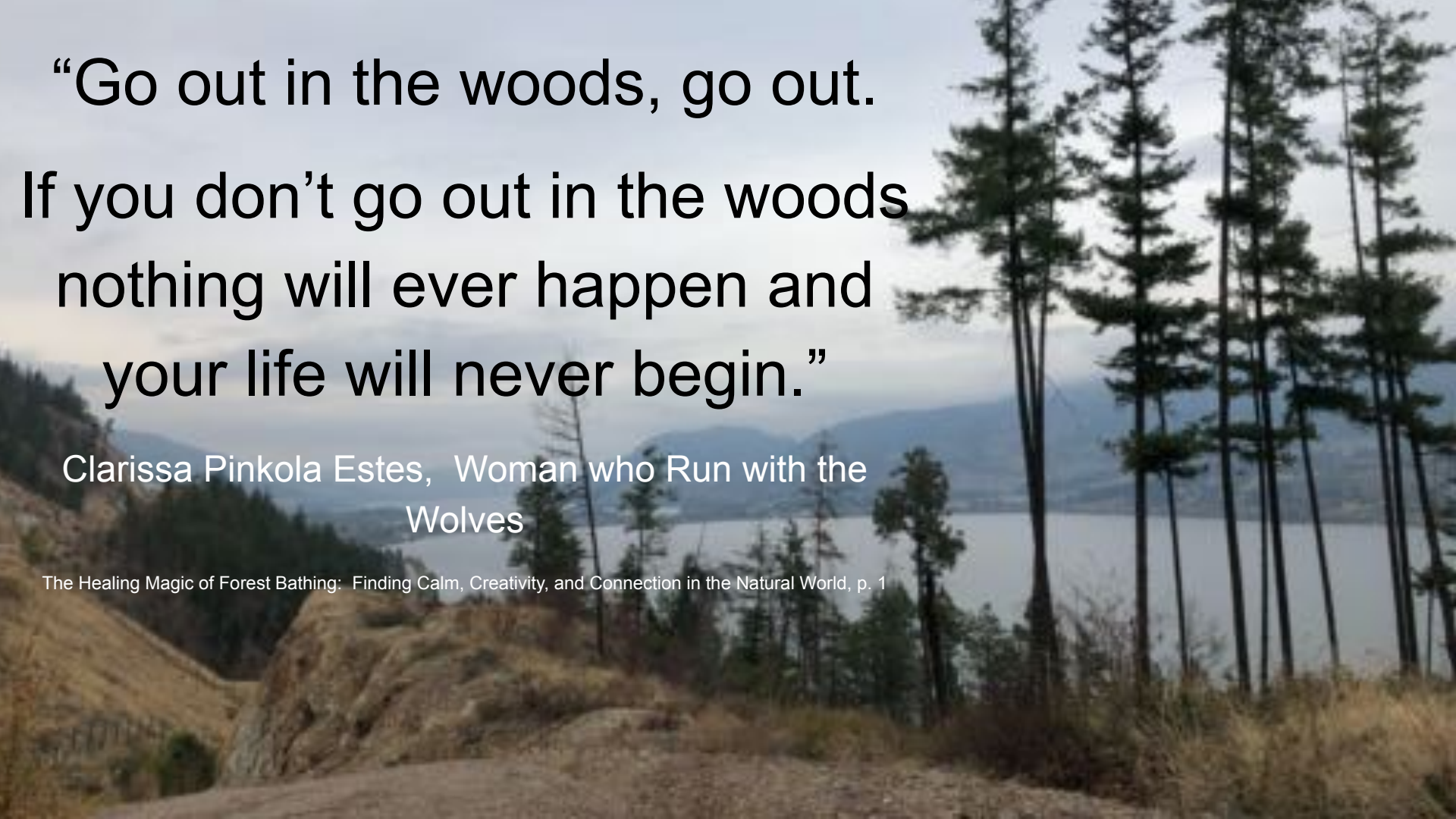
SLOW
SENSING

FOREST BATHING

MAY 16TH, 2021 AT 10 AM
YOUTUBE PREMIERE

A photograph of a field of bright yellow wildflowers, likely Black-eyed Susans, in full bloom. The flowers are the central focus, with several in sharp focus and others blurred in the background. The background shows green foliage and a cloudy sky. A semi-transparent yellow rectangular box is overlaid in the upper-middle portion of the image, containing a statement in bold, dark blue text.

We respectfully acknowledge that we are situated on the traditional unceded territory of the Sylix Okanagan Peoples and are privileged to live, work and play on this land.



“Go out in the woods, go out.
If you don’t go out in the woods
nothing will ever happen and
your life will never begin.”

Clarissa Pinkola Estes, *Woman who Run with the
Wolves*

The Healing Magic of Forest Bathing: Finding Calm, Creativity, and Connection in the Natural World, p. 1

V What is Forest Bathing?

- intentionally connecting to nature as a way to heal
- a gentle yet powerful way to invite our connection to mother earth consciously
- an embodied love letter to mother earth! Thich Nhat Hahn
- part mindfulness, part child's play
- open to 'interbeing' a place of interconnectedness
- a 'rewilding' - from one's intellect to a multisensory, multidimensional world

Origins

- the term 'Shinrin Yoku' was coined by Tomohide Akiyama in Japan
- intention was to serve humans for healing
- Ikebana- flower arranging- dissect relationship with nature - 16th century
- wabi-sabi- belief in life in all beings, human and more than human
- indigenous knowing has always acknowledged land spirits, our western science is slowly catching up (Suzanne Simard-'Finding Mother Tree')
- As we awaken and decolonize, we may discover the wisdom of serving the beings of the earth, rather than land and water beings 'serving' us.



Possibles Rituals

Give offerings

Ask permission

Tread lightly

Come to your senses

Sing with the land

Connect with a tree

Greet the sun

Say a prayer

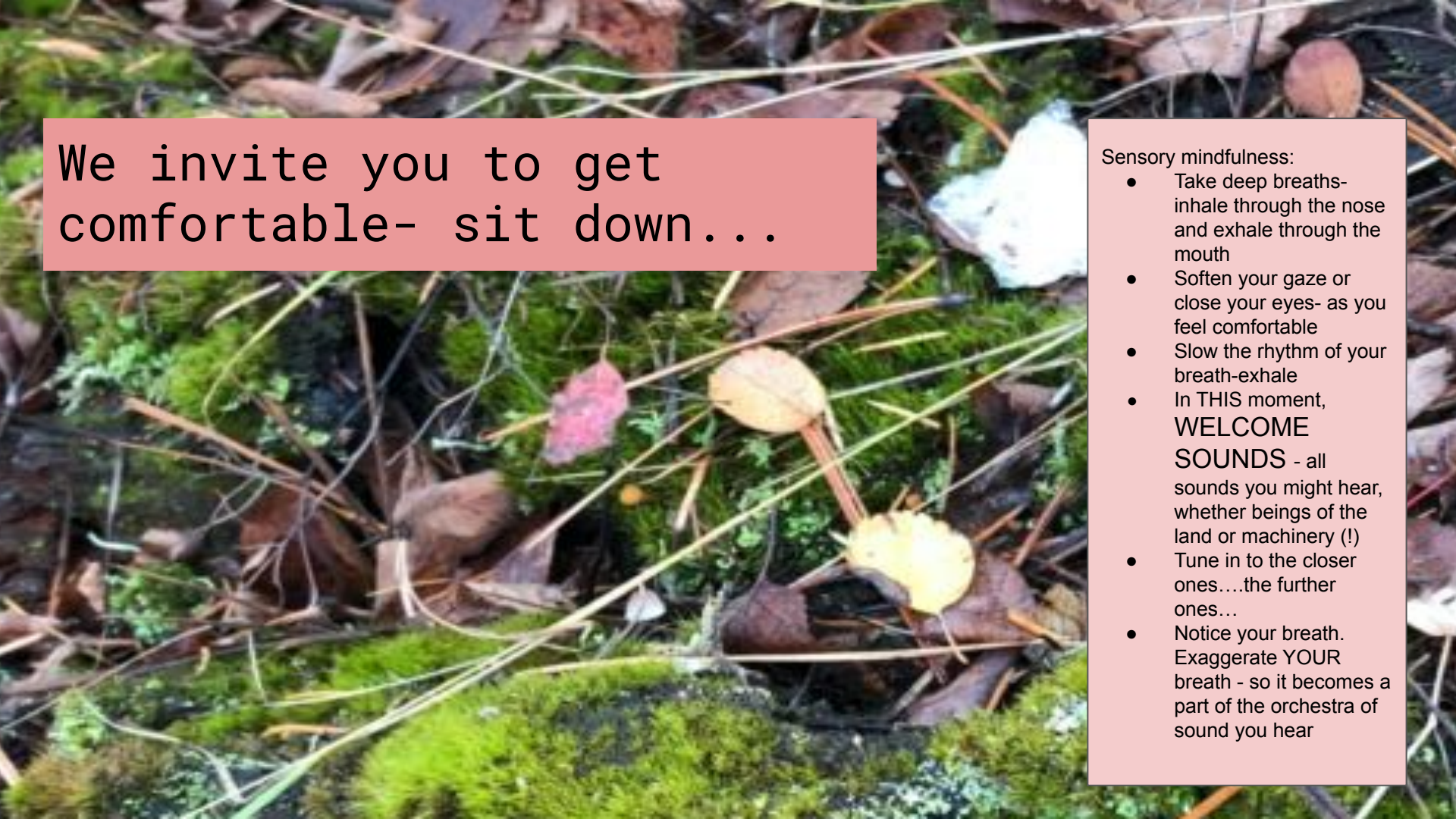
A scenic landscape featuring a mix of evergreen and deciduous trees in the foreground and middle ground. The background shows rolling hills and mountains under a clear blue sky. A light blue rectangular box is overlaid on the lower half of the image, containing the text 'INVITATIONS' and 'Guided'.

INVITATIONS

Guided



We invite you to notice where you are.

A close-up photograph of a forest floor. The ground is covered in a thick layer of vibrant green moss. Scattered across the moss are various types of fallen leaves, including some with bright yellow and orange autumn colors, and several dry, brown pine needles. The background is slightly blurred, showing more of the forest floor's texture.

We invite you to get
comfortable- sit down...

Sensory mindfulness:

- Take deep breaths- inhale through the nose and exhale through the mouth
- Soften your gaze or close your eyes- as you feel comfortable
- Slow the rhythm of your breath-exhale
- In THIS moment, **WELCOME SOUNDS** - all sounds you might hear, whether beings of the land or machinery (!)
- Tune in to the closer ones....the further ones...
- Notice your breath. Exaggerate YOUR breath - so it becomes a part of the orchestra of sound you hear



In THIS moment,
WELCOME your sense of SMELL
-move your head from side to side
-Inhale deeply...

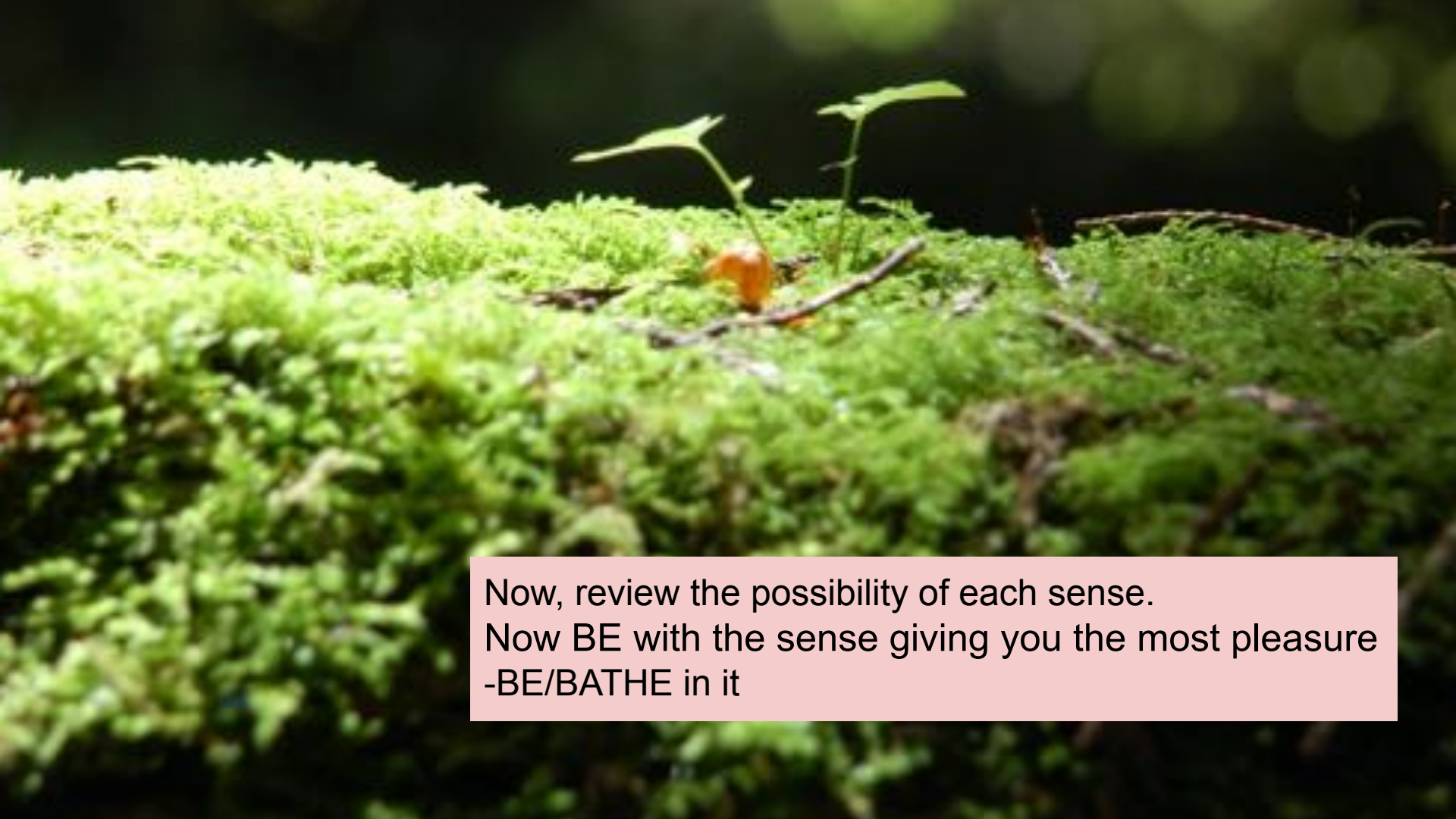
Now,
WELCOME your sense of
TOUCH

-perhaps you notice the coolness
of the breeze on your face, or the
warmth of the sun on your hands
-you might put your hands
together- or
your hands on the earth...





WELCOME now your sense of TASTE
-perhaps there remains the taste of coffee on
the tip of your tongue...
-taste the air
-consider a gulp of air



Now, review the possibility of each sense.
Now BE with the sense giving you the most pleasure
-BE/BATHE in it

A low-angle photograph of a tree trunk covered in vibrant green moss. The trunk is the central focus, with several branches extending outwards. The background is a dense canopy of bright green leaves, with some sunlight filtering through, creating a dappled light effect. The overall atmosphere is serene and natural.

Return to your full gaze

We invite you to gaze as if for the first time

Imagine your surroundings seeing you.

2 minutes...Continue to gaze as you slow the rhythm of your breath



OWL HOOT

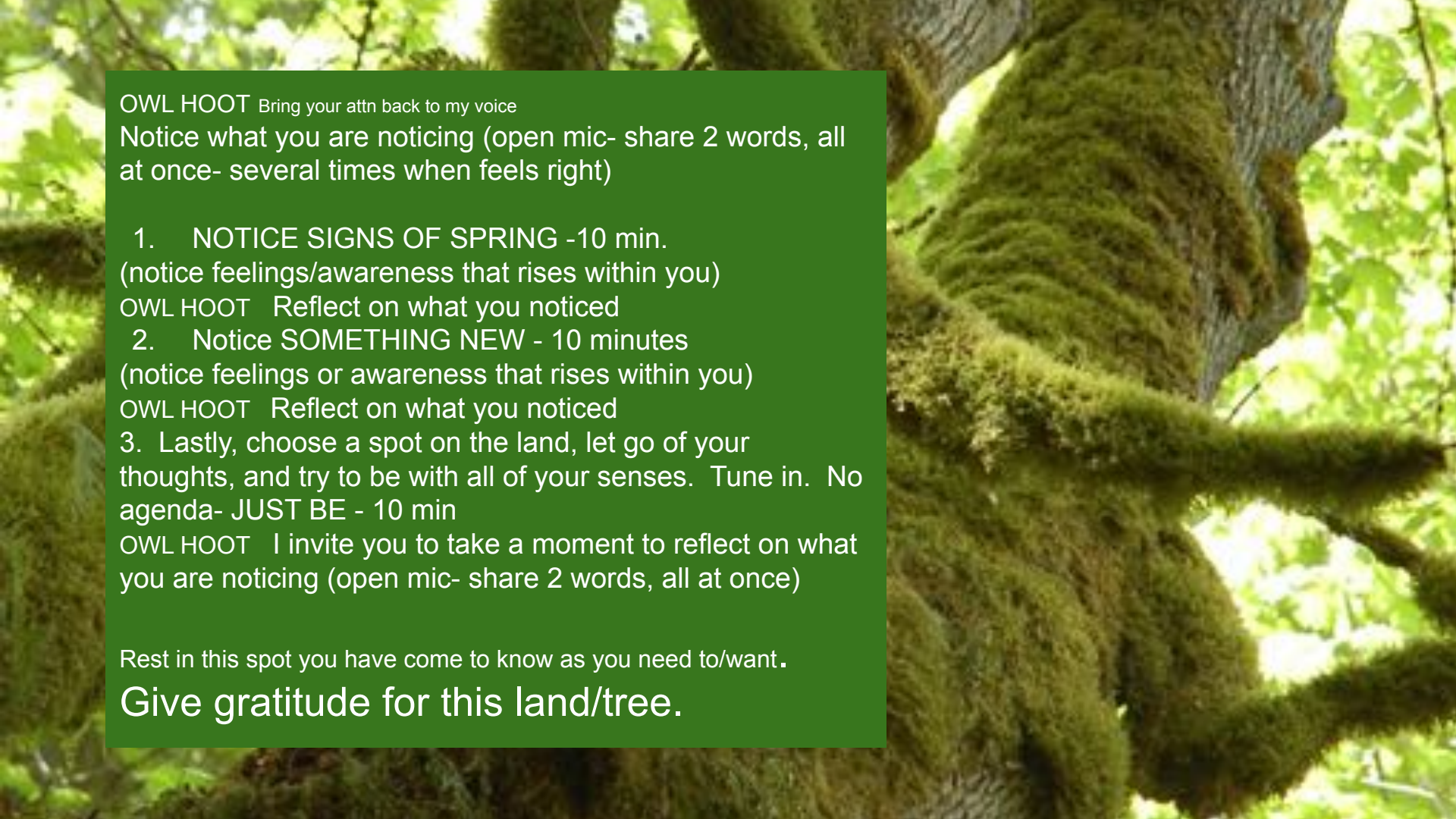
Reflect on what you are noticing

Next invitation:

Notice all around you.

Wander where you are.

Explore, wander, and notice who is in motion (10 minutes)

A close-up photograph of a tree trunk covered in vibrant green moss. The background shows more of the forest with sunlight filtering through the leaves.

OWL HOOT Bring your attn back to my voice

Notice what you are noticing (open mic- share 2 words, all at once- several times when feels right)

1. NOTICE SIGNS OF SPRING -10 min.
(notice feelings/awareness that rises within you)

OWL HOOT Reflect on what you noticed

2. Notice SOMETHING NEW - 10 minutes
(notice feelings or awareness that rises within you)

OWL HOOT Reflect on what you noticed

3. Lastly, choose a spot on the land, let go of your thoughts, and try to be with all of your senses. Tune in. No agenda- JUST BE - 10 min

OWL HOOT I invite you to take a moment to reflect on what you are noticing (open mic- share 2 words, all at once)

Rest in this spot you have come to know as you need to/want.

Give gratitude for this land/tree.



INVITATIONS

Self Guided



LETTING GO

1. Pick up a stick or fallen leaf

Bring your awareness to something you are anxious about

With a big exhale, drop the leaf onto the ground releasing your worried energy...

2. Lie down on the earth...let the weight of your body sink, and let yourself feel held.

Surrender your whole being.

Feel the Nature's cradle...



Sing with nature!

- imitate sounds you hear in the forest
- join in the call and response with the wild
- howl at the moon
- yell at the waves
- sense the resonance with the rocks

'Sing YOUR soul's song for today' (Plevin, p. 89)

create an instrument

- allow sounds to come from your depths
- add gestures

Offer a dance to the living beings around you!

Ideas: Julia Plevin

With the Trees

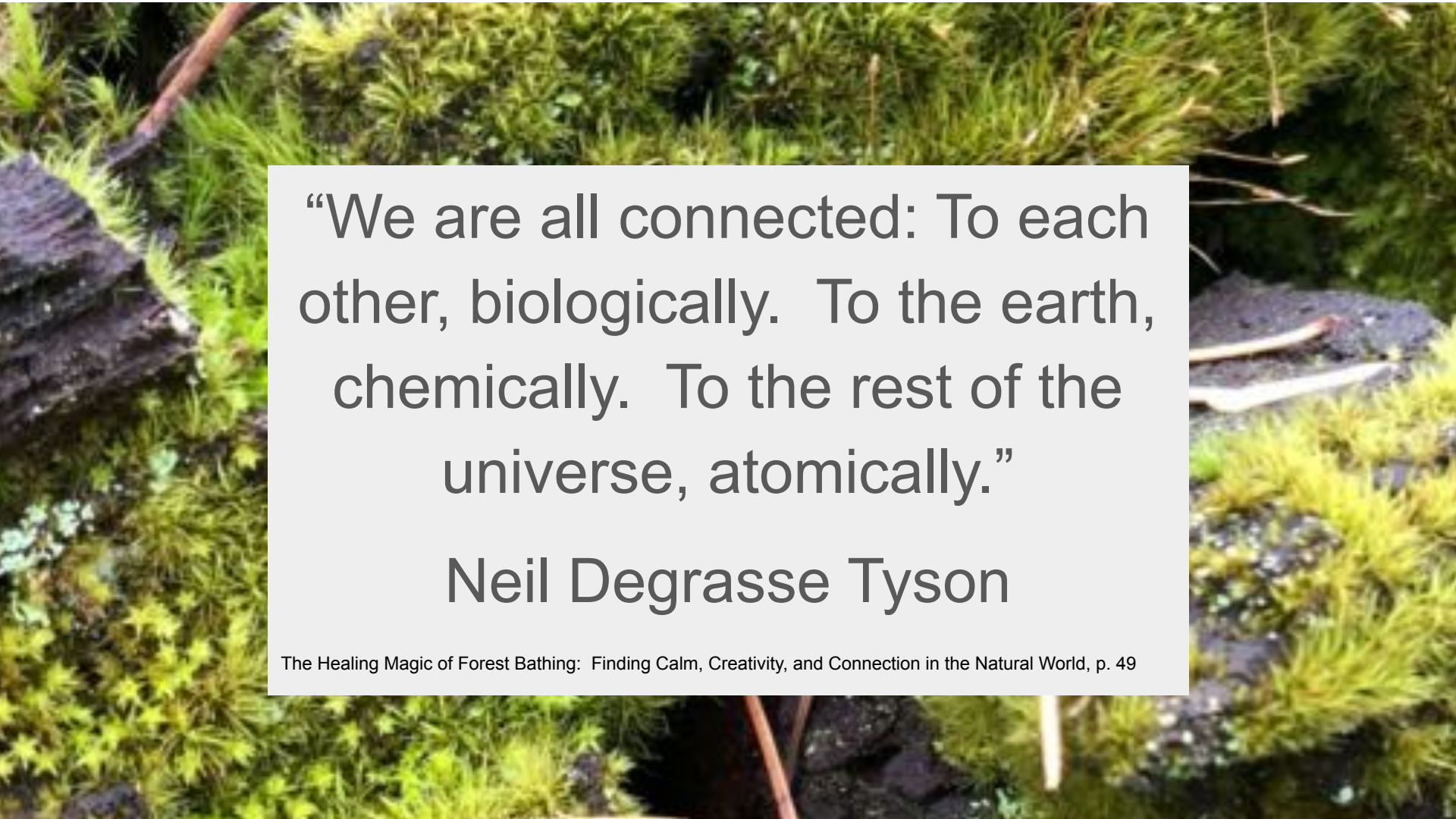
Imagine you are a tree, inhale up through the depths of your roots

Exhale through the tops of your branches

OR

Tree qigong (p.63, Plevin)

1. Pay attention. If you are drawn to a tree, ask it's permission to work with it. If you don't hear an enthusiastic 'yes' in reply, thank the tree and move on to another.
2. When you have found a willing tree, ask to touch it's bark or wrap your arms around it. Take deep breaths and radiate loving energy to the tree from your heart.
3. Inhale energy up from the roots to your heart.
4. Exhale energy from your heart to the tree, and inhale energy from the tree to your heart.
5. Exhale the energy from your heart up through the trees leaves and into the sky.
6. Inhale energy from the cosmos back to your heart.
7. Continue breathing this way with the tree as long as you'd like.
8. When you or the tree feel complete, thank the tree- perhaps you have an offering for the tree. You may feel a 'zing' of energy through your body, a more open heart, easier breathing.



“We are all connected: To each other, biologically. To the earth, chemically. To the rest of the universe, atomically.”

Neil Degrasse Tyson

The Healing Magic of Forest Bathing: Finding Calm, Creativity, and Connection in the Natural World, p. 49



With gratitude:
The land we learn with and from,
the Sylix nation,
Land, water and all beings with whom
we are connected and learn.

Carolynne Crawley
OSEE 2021 'Ecolinks' conference
Live Audio Forest Therapy Walk
Experience

The Healing Magic of Forest Bathing:
Finding Calm, Creativity, and
Connection in the Natural World by
Julia Plevin

May we begin to decolonize
interactions with the land and each
other, and welcome reciprocity



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