

Tea in



the Forest

“The clearest way into the Universe is through a Forest Wilderness” - John Muir

Carry a thermos of hot water along with your favorite tea and a cup. At the end of your walk create an altar or a mandala on the forest floor. Decorate your space with objects you found along the trail e.g. feather, snail shell, leaves, twigs or moss.

MEDITATION: Sit in a comfortable position with spine straight and if possible eyes closed. If you don't feel comfortable closing your eyes simply gaze at the altar you created, a tree, a rock, a stream or a plant. Focusing on your breath, breathe in slowly expanding your belly for 7 counts, hold for 4 counts and exhale for 7 counts. As thoughts enter your mind (as they do for most of us) simply acknowledge them and let them drift on by like clouds in the sky. Return your focus to your breath. Ideally meditate for 10 minutes or longer.

POUR & STEEP YOUR TEA

PRACTICE GRATITUDE by journaling what you are thankful for during this walk in the Forest and in Life. As you make your journal entries savor each one with a sip of tea and feel the emotion it brings forth.

CLOSING—LOVING KINDNESS

Placing your hands on your heart center. Here is a sample of what you might say:

May I _____ myself. May I _____ the World.”

“May I love myself. May I love the World.” OR

“May I be accepting of myself. May I be accepting of others.”

It is our hope you re-enter the world beyond the Forest with renewed vitality, a gentle peacefulness in your heart and a deep reverence for Life.

A Reminder...

The Forest is here to remind you , you are loved.
You deserve to be draped, wrapped, cocooned in love.

It is both here in the Forest and here within you.
Just be here and drink of your nature
You were created from a Source of LOVE, You are LOVE.

Feel yourself embracing your goodness ever so gently,
feeling your love grow with every inhale,
Let all searching outside of yourself stop here.

Take a moment to realize your Source of unending nourishment and love has been inside of you all along.

I would like you to meet yourself here in this place as often as you can remind yourself.

Hold your heart and be still. Hear the birdsong. Feel the wind dancing through the trees and caressing your face. Listen to the wisdom of the Forest whispering “I love you, I am listening.” Nourish yourself by your own hands, by your own voice, your own Soul.

Fall into the Embrace of the Forest and Know You are Being Held.

- MommaBear



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Opening to the Wisdom of the Forest - 30minutes



“Into the Forest I go to Lose my Mind & Re-discover my Soul”—unknown

Walking slowly in Nature, breathing deeply, being naturally curious and engaging your senses has a profound calming and restorative effect. The invitations outlined in this brochure are intended to guide you home to your true self. May you be open to the experience and immerse yourself in the healing energy of the forest.

Cleansing



Breathwork

With your feet hip distance apart feel your toes as they find center in the Earth. Relax your legs and allow the knees to be slightly flexed. Stand with spine straight, pelvis tucked in & stomach relaxed. Allow shoulders to fall away from the neck. Relax the brow and gently close eyes. Feel a gentle smile form as you settle into this space.

INHALE-Begin with arms at your sides & raise both arms overhead on the in-breath. Breathing in, allow the stomach to inflate. At the top of your breath, open your eyes & look up at the crowns of the trees.

EXHALE- Gently bring your arms down to your sides on the exhale. Allow your gaze to take in the forest in front of you.

Repeat this sequence 6 times. If you find yourself rushing, intentionally slow down your movements and breath. Tune into the rhythm of the Forest.

Engaging the



Senses

**“Let the fields be jubilant, and everything in them; let all the trees of the forest sing for joy.”
Psalm 96:12**

Open your child’s sense of wonder & curiosity. Walk slowly for 10 minutes using your senses to explore your surroundings. Give yourself permission to stop, touch, ask questions & speak with the incredible beings that inhabit the forest.

Sight Prompts: What colors do I see around me? What colors bring a smile to my heart?

How tall and big around are the trees; can I wrap my arms around them? If trees could talk what stories would they tell? What do they see from “way up there”?

What else do I notice?

Touch Prompts: Pick up the soil from the trail and feel it’s texture. Is it moist or dry? Does it have rocks in it or grains of sand?

Touch the moss growing on a boulder or the side of a tree. Is it spongy or hard and prickly? Imagine the patches of moss as forests unto themselves, are there forest fairies dancing in the midst?

Touch the petals of the wildflowers, the ferns, the various leaves. Crouch down low to get a good view of the complexity of each.



Engaging the



Senses

Move forward on your walk continuing to engage your senses. Take your time & allow yourself to fall into the embrace of the Forest.

Smell Prompts

Pinch a bit of moss from a boulder or a tree and smell. Pine trees and cones create refreshing aromas – bend a few pine needles to release their scent.

Find different wildflowers, leaves dead and alive...what are you noticing about each?

How does the earth smell after a good rain? If it’s been dry what scent does the air carry? What aromas exist during the beginning of Spring, Summer, Fall and Winter?

Sound Prompts

Sit on a boulder, a fallen tree or the ground. Is your sit-spot solid or forgiving?

Perhaps close your eyes. What do you hear close up? What do you hear from afar? What natural sounds do you hear and what man-made sounds are evident?

Notice bird song? Gaze up into the crowns of the trees. Simply stare with a wide peripheral lens and wait for movement. It may take 3 to 5 minutes but eventually you will see a bird in motion. Follow the movement, be one with its flight.

What other animal sounds do you hear? Squirrels gathering leaves for their nests, chasing one another from tree to tree, cracking open nuts for dinner? Deer walking amongst the greens?

Is water nearby? A lake, a creek, a river, a waterfall...how do you know? Are the mountains weeping water? Pass your hands & feet through water. Stay a while and simply notice how it feels and the sounds that surround you.

Blessing of the



4 Directions

“The clearest way into the Universe is through a Forest Wilderness” - John Muir

Find a spot along the trail that calls to you. Identify the location of each direction North, South, West & East. Begin by Facing North. Take a cleansing breath and either read or say out loud the following (or feel free to make up your own blessing):

I honor the North, the force which creates cool winds beckoning the leaves and branches of the Forest to bend and sway.

May the Spirit of the North clear my mind of all limiting thoughts. May this same Spirit breathe life and energy into my being.

Rotate a quarter of a turn clockwise to face East

I honor the East— the birthplace of each sunrise and the dawn of a new day.

May the Spirit of the East that signals the birds to sing, remind me to release the past and give voice to my Soul.

Rotate a quarter of a turn clockwise to face South

I honor the South— the force that creates warmth and coaxes wildflowers to bloom across the forest floor.

May the Spirit of the South open my heart to the love and magnificence within.

Rotate a quarter of a turn clockwise to face West

I honor the West—the resting place of the Sun.

May the Spirit of the West remind me I am on this Earth but for a short while. May this Spirit embolden me to create my life’s masterpiece with vibrant hues of orange, purple, green and blue. May I share my gifts with the world in the hopes of spreading Love, Light and Truth.