

Forest Bathing

at Mill Creek Resort

Forest Bathing is an intentional nature immersion.

It's time spent soaking up the forests' atmosphere and an opportunity to become fully present and conscious with our outdoor surroundings.

It's a chance to honor the green world and get curious about what we can learn from Mother Nature.

Nature is home to each of us, and forest bathing is a walk home.



Begin your Forest Bathing Ceremony

Sit at the base of the tree with your back leaning against the trunk. Get comfortable and take a few deep breaths and settle in. Take 3-5 minutes per sense.

1. Close your eyes. Start to pay attention to everything you can externally feel. The ground beneath your bum, the tree against your back, the sun on your skin, the breeze through your hair.
2. Now listen to everything you can hear. Birds chirping, chipmunks chattering, and the leaves rustling.
3. Start taking big deep breaths through your nose and try to pick out different smells. What does it remind you of, or what feels familiar?
4. Open your eyes and focus on the ground around you. Move upwards to your immediate surroundings. Next, move further upwards to the trees in the distance. Next, take your gaze out as far as it can go to the horizon. Lastly, lean back and stare up the trunk of the tree, through the branches, and then beyond to the sky and clouds.

Imprint this place and feeling into your memory and use it as an escape pod to transport yourself to during stressful or anxious moments.

The next ritual will be using cadoptosis, the process trees use to self-prune or drop branches. Trees do this to get rid of disease or a drain of resources.

Think about something in your life that no longer serves you that you could prune away. Find a stick and hold it while you bring awareness to things that you worry over or feel anxious about.

Think about things you want to shed; negative beliefs, old thought patterns, bad habits, anger, resentment, regret, etc. Spend several minutes dumping this negative energy into this stick. And when you've got it all out, drop this stick to the ground and let mother nature take it from you. She is strong and can handle anything you can no longer hold.

Next, find a sacred object like a rock, pinecone, or stick and use this object as a vessel to manifest your desires. Hold it while you envision everything you want in life, whether it's success, health, love, or whatever. Imagine how you would feel if you already had all of the things you want and picture it as if it is already so. Carry this object with you or place it somewhere in your home to connect with often.

This last portion of our forest bath is for reflection. You may write in your journal, chant, pray, meditate, create art, compose a poem, take some stretches or complete a few sun salutations. Thank the forest and the trees for sharing her knowledge and beauty, keeping you safe, bringing you peace, health, and inspiration, and providing shade, energy, oxygen, and habitat.

Meet back up with the group to share our experiences.

***"The clearest way into the universe is through
a forest wilderness" -John Muir***

Benefits of Forest Bathing

- Reduce stress and decrease cortisol levels
- Reduce blood pressure
- Improve mood
- Increase ability to focus, even in children with ADHD
- Accelerate recovery from surgery or illness
- Increase energy levels
- Improve sleep
- Boost immune system functioning with an increase in the count of the body's Natural Killer (NK) cells
- Makes people feel more generous, compassionate, and more connected to the world around them