



Forest Therapy Tips from **Inner Harmony**

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FOREST BATHING TIP

ENJOY THE JOURNEY

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Welcome to Forest Therapy, sometimes called Forest Bathing from the Japanese term Shinrin Yoku. The experience is one that has been proven to reduce the impacts of stress on the body and improve your immune system and overall well-being!

Some feel that any time outside is forest bathing, but it's not so. If you are outside, immersed in your own thoughts about problems, or focused on a goal, or distracted by others around you, you are not really bathing in the energy of nature... the experience is one meant for you to be a part of nature, in communication with nature. Communication in the form of listening and then responding. It is about enjoying the journey, not focused on the goal of how many miles. It is truly about the enjoyment of activating all your senses; sight, sound, smell, touch and maybe even taste. It about appreciating the living beings you share breath with and honoring that fact that you have entered their home. Go ahead... take a step into nature and enjoy the journey!



FOREST BATHING TIP

OBSERVE

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Do you really see what around you? We have so much stimulation going on in our man-made world, from cell phones, traffic, even other people, that our attention to what else is around us can be diminished. Here's a tip, when you step into nature, turn off your cell phone. Ask your nature bathing buddies to save their conversation for a bit, and just observe... really observe. Stand or sit and let one tree or plant capture your attention. Think about how that plant grew, why its branches might be shaped that way. Was it reaching for sunlight? Avoiding another plant? Damaged by a storm? Observe who lives on that tree and calls it home. Observe its colors and textures. Breathe in and know that you are breathing the oxygen it just exhaled. Fill yourself with gratitude for this magnificent being from the plant realm and breathe out... acknowledging it... because you have truly seen it.



FOREST BATHING TIP

BREATHE

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Breathing, we do it all the time, without thinking. For Forest Therapy, what we breathe is an essential part of the healing experience. The air in nature is so different from the air in our towns. It contains more freshly oxygenated air, from the oxygen from the plants photosynthesizing. It also contains the communication molecules that the plant use to talk to each other... yes... talking through chemical messages in the air. These messages talk to our bodies as well and activate our immune system in various ways. Take the time to slow your breath. Notice the scent... trees, earth, grass... what else can you smell? Look up and notice the movement of the air. Watch the leaves sway, notice the cloud movement. Know that with each breath you are taking in tiny molecules that have at one time been not just across the field from you, but across the globe from you. You are breathing in the Himalayas, the Amazon, the Congo, and more... You can connect with the entire world with your breath. Fill yourself with gratitude and breathe that out into the world... and know that it makes a difference.



FOREST BATHING TIP

WHO LIVES HERE

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Knock Knock? Who is there? When we enter the realm of nature, whether it's your backyard, a local park or a national forest, we are entering the home of the beings who live there. Beings such as trees, plants, insects, mammals, birds, and even the fungi! There is a whole neighborhood that we tend to think of as backdrop or landscaping. They are alive and as science is proving, have more social connections and intelligence than our modern ways acknowledge. The ancients knew that all these beings are our brothers and sisters.

When you enter their home, do it with reverence and gratitude, just as you would enter the home of a friend. You are welcome there... and you have been missed! They are glad to have you visiting, and truly seeing them. Listen to their sounds. Watch for their movement. Respect them. You don't need to pick the flowers or collect the rocks. (You don't like when other touch you without permission or take you away from home!) Just enjoy them in their home, doing what they do best!



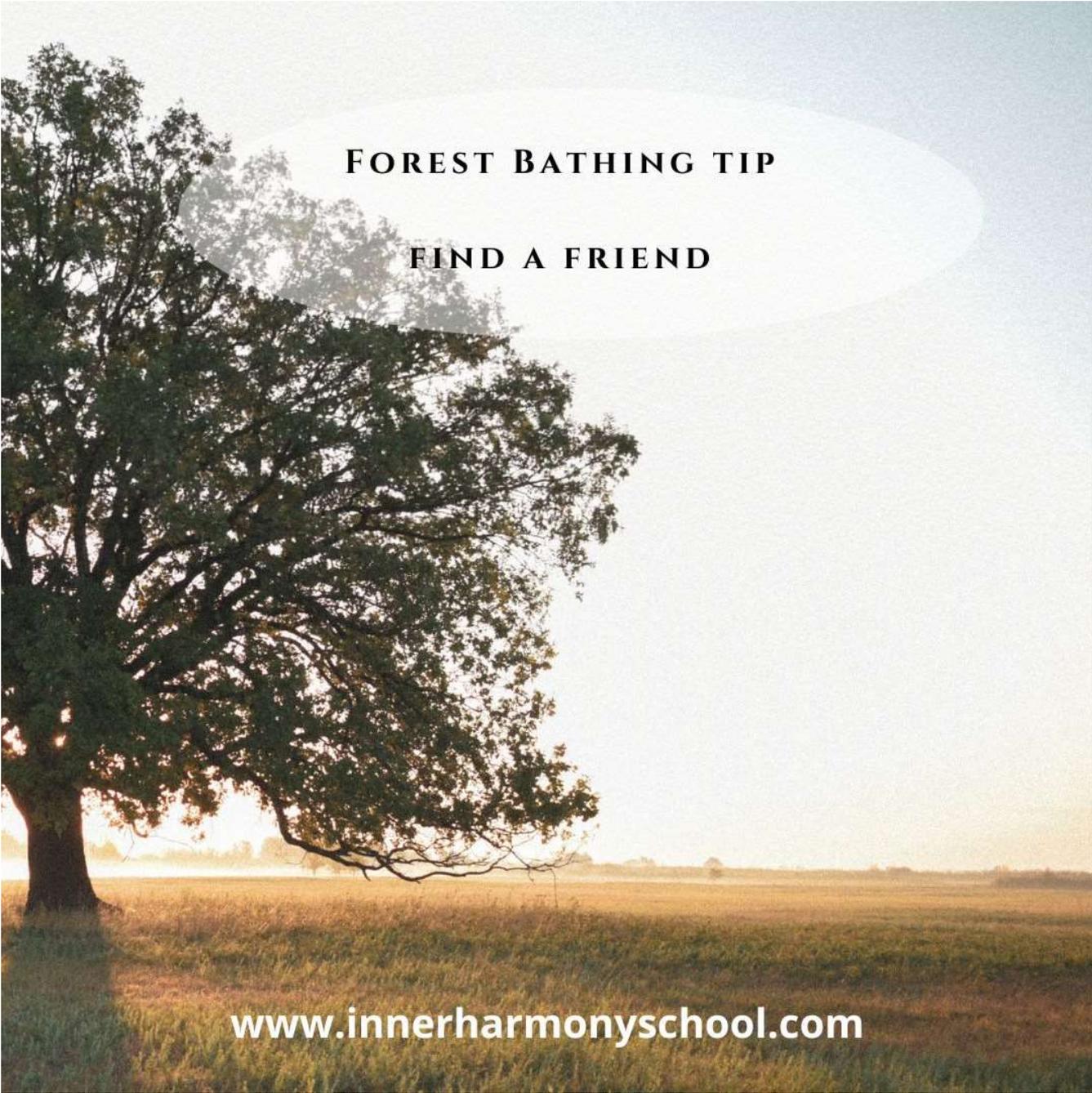
FOREST BATHING TIP
TAKE A CONSCIOUS WALK

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What is Conscious walking? Most walking we do is for a purpose, a goal, an end point. Whether that is to catch the bus, to go from the couch to the refrigerator, or to reach out number of steps or miles in a day we are 'purpose walking'.

Conscious walking is very different. It is a slow walk, with all senses turned on. We are conscious of each step, what (or who) we are stepping on ('thank you for supporting me blades or grass, dirt and rocks!'). It's being aware of the movement of the air, the sounds we hear, the shift in the light and the sky, and who else is around you. It is not destination based. It is experience based. It can be fun to detect the scent of something sweet in the air and turn yourself in different directions to find its source, and slowly, consciously walk that way.

Take some time for conscious walking today. Ignite the ancient methods within you. Ten minutes will shift your mind and your body in powerful ways.



FOREST BATHING TIP

FIND A FRIEND

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Do you remember a tree from your childhood? Maybe one that you climbed, or was outside your bedroom window, or one you passed on the way to school? A tree that you felt safe around, one that felt like a friend? It's time to reconnect with these magnificent ancient beings and call them friend.

Maybe you already have a tree friend, but if not, it's time to find one that is in your yard, or somewhere near to you. One that you can connect with physically, sit next to and gently touch its bark or it's leaves. One that you can imagine asking them about their life, and then asking them for input on your life challenges. Let your mind fill in the blanks of what your tree might tell you. Breathe with it. Enjoy the breeze with it. Thank it, and even give it a gift! Maybe some water for its roots, maybe a strand of your hair for decoration. Pick up any litter around your friend and do anything else you feel it needs to be of service to it. You might even take a photo of your friend, print this, and keep it in your home to remind you of your connection to the forest.



FOREST BATHING TIP

IT'S NOT JUST ABOUT THE TREES

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Forest Bathing sounds like its all about the trees... but it's not. It refers to all the energy that you are swimming in when you are in nature. It's the value of sunlight on our skin and even for our mind. It's the power of the colors of nature – greens, browns, blues - and how they sooth and balance us. We swim in the vibrations of sound, of the wind rustling leaves, of birds, of insects, of streams gurgling. We connect to the earth with bare feet, and swim in the electromagnetic energy of the earth reducing the inflammation in our bodies. The scents of nature are more than just for enjoyment, natural aromatherapy helps fight infections, and boost our energy in all ways. As you take a conscious walk or enjoy a spot to sit and just be, attune yourself to enjoy all the various sensations bathing your body. This is something you can do in your own backyard or park, even if there is not a forest present. Connect with the earth, the plants, the sounds, the scents, the texture of the ground beneath you. Let your mind notice who is there, butterflies, daisies, robins... who lives in your little patch of nature.



FOREST BATHING TIP

SHOW RESPECT

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Honor your nature friends by showing them respect. One of the tenants of my Forest Bathing certification program is teaching people to respect nature again. Respect that these are living beings. Our unconscious way of treating nature as a resource, rather than a friend, is destroying the world. Make a difference. Leave nature a better place than you found it by picking up litter. Plant trees in your yard. Consider creating a food plot in your yard, to grow what you eat and help reduce the planetary cost of mass farming and mass transportation of food. Think of how you can conserve energy, every little bit can make a difference if we all did it. Cut back on products with a lot of packaging, to reduce the amount of garbage produced. Reuse items, shop thrift stores to give existing items another life. The list goes on and on, and I'm sure you have even better and bigger ideas! The beauty of it is when you discover how easy it is to make a few changes, you then share that idea with others, so that they make changes too. If we do it from respect for our nature friends, and not of sacrifice, the energy is bigger and brighter. And we are all winners!

Love this process? Become a Forest Therapy Practitioner

My online certification programs are designed to allow you to step into this practice for yourself, or to professionally lead others. I have led forest bathing sessions for many people throughout the years, and I find it very rewarding to work with children, adults who have never been in nature as well as people in hospital or senior care settings. It can be done in a yard or a garden area, it's all about the intention. And of course, the joy of seeing the magic it works in people's hearts and minds.

I would love for you to join me for my next Live online session, or feel free to join the self study program anytime!

<http://luanncibik.com/innerharmonyschool/certifications/foresttherapy/>

*Make a difference in the world and in the lives of others.
Become an ambassador for nature.
Be a Forest Therapy Practitioner*

Inner Harmony Forest Therapy

This unique course allows you to experience forest bathing and its benefits yourself. Then you learn the science behind it, and how to structure powerful experience to meet your needs or the needs of your clients.

This is an excellent additional certification for feng shui practitioners, space clearing practitioners, coaches, therapists, trainers, health care providers and even human resource personal.

Learn how to:

- Learn the science behind what the key ingredients are to a Forest Therapy practice.
- Find out the safety practices all Practitioners need to know to ensure a great session.
- Choose the theme for your Forest Therapy Session
- Discover what makes a great space for Forest Therapy, and it can be as easy as your own backyard.
- Create ceremony around with nature and giving gratitude to the trees.
- Learn basic Qigong practices to enhance grounding and mindful meditation.
- Practice the power of a guided sensory journey for your clients or self during your session.
- Learn what times of day, moon cycle or season can promote various healing energy for your session.
- Understand more about our tree brother family, and how they connect and communicate, and how they help us
- Step into being the ambassador for your clients back into the natural world.
- Learn the basics of Earthing and the benefits to human health.
- Understand the basic principles of how energy is connected and why space clearing works.
- Enjoy the playful ways of connecting with nature spirits such as fairies and unicorns, and how this can enhance any Forest therapy session though activating the imagination.
- And much much more!

This online intensive program includes recorded lectures, reading materials, and instructions for taking yourself on Forest Therapy experience. With over 50 hours of programming, you can take this course at your own pace.

You will receive:

- The Digital Forest Therapy Practitioner workbook to download and use for your course.
- 18 Audio lessons
- Self Study - 1 hour Coaching/training call with LuAnn or Online Class – 6 Live ZOOM class lectures (that are also recorded)
- Access to previous Forest Therapy Lectures to enhance your depth of knowledge.
- List of Resources to continue your learning.
- Access to Private Facebook group for Forest Therapy Practitioner to connect and share



Happy Bathing!

The background of the image is a close-up photograph of a tree trunk's cross-section, showing concentric growth rings in shades of brown, tan, and black. The rings are dense and wavy, creating a hypnotic, tunnel-like effect that draws the eye toward the center. A vertical purple bar is visible on the right side of the image.

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