



Forest Sound Explorations

Start at the edge of the forest. Take a moment before you enter. Close your eyes and breathe in the scent of the forest.

When you feel you are ready, open your eyes again and walk into the forest. Walk slowly, taking in everything you see. Notice what's there, above you and below you on the forest floor and all sides.

Find a quiet place to sit, close your eyes again and revisit everything you saw as you walked in.

Listen Carefully. Become aware of the whole forest sound together.

Bring your attention even deeper to what you are hearing. Can you hear any sounds being made by the things you saw as you walked in?

Explore each of the following questions and really enjoy each sound.

Do you hear birds? How many? Are they near or far? High or low?

In which direction is the wind moving through the forest? Is it fast or slow?

Are leaves rustling? Do they all sound the same or can you hear the leaves of different trees at different times?

What about the branches? Are they moving or still? Are some of them creaking?

Are there water sounds? Is there a river? The rain falling on the leaves? The droplets landing on the forest floor?

Are there people? Is there a dog? Where are they? Do their sounds carry clearly?

Can you hear insects in the tree nearest to you or on the forest floor?

Take a couple of minutes to think about what other sounds you can hear.

Now in your mind's eye, picture again the whole forest together and listen to how the sounds work together.

Open your eyes again. Take in all the sights and sounds and scents that make up the forest.

As you leave, thank the forest and everything in it for having you visit.

