

Exercise Details

BENEFITS

Mindfulness

WHAT YOU NEED

A quiet forest

REFLECTION VERSE

You say you have thousands of my days; but I have thousands of moments, in which I can be merry and happy [the ephemera replying to the oak tree.]

~Hans Christian Andersen

FORESTBATHINGCENTRAL.COM

EPHEMERA

A forest bathing word meditation



Exercise Notes

EPHEMERA, N. [IH-FEM-ER-UH] SOMETHING TRANSITORY OR SHORT-LIVED.

Almost everything about nature is ephemeral, or lasting for a short time. Soil changes by the second, the placement of little bits of nature transitory, bird flight paths are ever-changing.

However, there are some things that take the idea of ephemera to a whole new level.

Raindrops into a rippling puddle
Hummingbird wing movements
Flouncing butterfly wings
Dancing light through the leaves
Northern light patterns

In today's practice, we'll really tune in to ephemera in nature, seeing if there's any message in it for us (*Hint: there always is;*)



Ephemera

A WORD MEDITATION

- Sit or slowly walk in a comfortable position through the woods.
- Close your eyes and take a few deep, measured breaths to center yourself and clear your mind.
- Let any tightness fall away from your body.
- Now open your eyes and dedicate your focus to the ephemeral.
- Just allow your eyes to wander around as you recite the word "ephemera" gently in your mind.
- As you scan your surroundings, allow your mind to focus on ephemera. Just let it happen, don't force it.
- The visit from a bird is ephemeral.
- The occasional whiff of sweetness from a lilac bush is ephemeral.
- The precise placement of sand is extremely ephemeral.
- Take some time to appreciate the ephemeral nature of the woods.

"Trying to prevent change, which is inevitable, will only keep you unsatisfied."

- Now re-read the reflection verse for this exercise. What does it mean to you?
- To me, I imagine the ephemera at the base of an oak tree having a conversation with the oak tree. The oak tree thinks it has power over the ephemera, but the ephemera begs to differ. The oak tree doesn't determine the ephemera's fate or mood. Now what are you thinking? Write it down.
- What is there to learn from ephemera? Change isn't as bad as we think it is. Trying to prevent change, which is inevitable, will only keep you unsatisfied. Write down your thoughts.
- Once you've given your full attention to this exercise, gently close your eyes and breathe to close your practice.
- You likely won't be able to ignore ephemera today!



