

STORY IN THE SOIL

Read the story between the lines of dirt.



Exercise Notes

FOREST BATHING CENTRAL

When you think of soil, do the words dirt and dirty come to mind?

When you consider soil a little closer, you'll notice that most of it isn't dirt at all.

There is such richness in the soil, in more ways than one. In content and in backstory.

This exercise is not about the "dirt" as you see it, it's about the story and the richness that lies within it. It could change your view of the entire world.

Soil holds the most ripe stories in the universe.

Soil is made up mostly of mineral matter from weathered rocks, a tiny bit of organic matter from decomposing leaves, sticks and roots, and animal matter. Air and water make up 50% of soil. (Source: great activity for your kiddos!)

Exercise Details

BENEFITS

Sensory Exploration
Curiosity
Softer hands;)

WHAT YOU NEED

A spot in nature with a bit of exposed soil.
Magnifying glass, optional

REFLECTION VERSE

Often I'll go outside and just place my hands on the soil, even if there's no work to do on it. When I am filled with worries, I do that and I can feel the energy of the mountains and of the trees.

~Andy Couturier



Story in the Soil

IMAGINE ALL THE STORIES THE SOIL HOLDS

- Find some exposed soil outside, inside a pot, or leftover in a bag of soil.
- Dip your hands into the soil and move it around a bit, getting your hands acquainted to the feel.
- Take a handful of soil and rub it through your palms. Take a pinch and rub it through thumb and finger.
- If you have a magnifying glass handy, take a closer look and try to identify any matter in the soil. What's organic and what's mineral?
- Once you've fully engaged your sense of touch, starting playing with your imagination.
- Think about the rich history in the soil you're touching. The millions of years of decay and soil turnover. The remnant's of Earth's history.

”Think about the rich history in the soil you’re touching.”

- There could be mammal fossils and pieces of meteors in your soil! There could be feathers and owl teardrops and ladybug wings. The spaces are filled with water that fell from the sky.
- Allow your hands to explore every piece, every crumb, every air pocket.
- Once you've done a full investigation, let the soil fall back to the ground through your fingers and take a few deep, centering breaths to conclude.
- Instead of washing your hands right away, you could leave on your soil mask for a little while (if you're not touching food). It will leave your hands feeling soft and make you feel grounded for a little while longer.
- What I'm saying is, don't rush back into your everyday sterile life. Allow this wildness to stay under your fingernails for just a bit longer.



