



Whispers of the Forest
Serenity Through the Sense of Smell
Milena A. Guziak

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www.themindfultourist.net

www.shinrin-yoku-association.com

www.milenaguziak.pl



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Welcome to "Whispers of the Forest: Serenity Through the Sense of Smell," a collection of 17 cards designed to guide you on a journey of sensory discovery and connection with forest and yourself.

In our fast-paced lives, we often overlook the subtle wonders that forest and nature offer.

This set of cards encourages you to pause and appreciate the delicate fragrances of the forest—the earthy scent of moss, the fresh aroma of pine needles, the sweet perfume of blossoms, and even the crisp air after a rain shower. Each image and accompanying reflection is a gentle reminder to immerse yourself in these fleeting moments of serenity and to find peace and mindfulness in the simple act of breathing.

You can print the set or use it electronically—choose the method that suits you best. It's a dilemma, as printing involves using paper, while using the electronic version means spending time in front of a screen, which we try to avoid.

Find the most comfortable space for yourself. You don't have to start in the forest if you wish not. You can create a corner in your home, or maybe you already have one—in an indoor space, a garden, or on a porch. You might light incense, play relaxing music. If you choose this method of staying home or in the garden, make sure no one disturbs you.

Prepare herbal tea or a warm drink and something to write with, as thoughts or questions might arise that are worth noting. You might simply sit on the grass, bench, or hammock and browse through the entire book at the beginning to see which proverbs resonate with you.

Remember, the cards are just suggestions—nothing more. It may happen that no card speaks to you, and that's okay too.

You are the most important person in this process, and you give meaning to what these cards may hold for you. This is your process, so you have full control over whether to read further or to pause. Only you know who you truly are, deep inside.

If anything doesn't feel safe physically or psychologically, there's no shame in stepping back and choosing a gentler path. For example, if you get cold and wet and don't have enough dry clothing, there's nothing wrong with going home early to warm up in cozy pyjamas or to wrap yourself in a blanket.

Also, if you feel lonely and need someone to talk to, there's nothing wrong with having a conversation with a friend or with yourself, or writing down what you're feeling on paper.

While it's essential to take care of yourself, it can also be helpful to compassionately and kindly stay with uncomfortable feelings and observe them. For example, often, when we haven't been in contact with the forest for a long time, we may feel uncomfortable or even experience a sense of fear. When we get used to this feeling, we may see it as something temporary that stays until we can adjust

Listen to what you need in a given moment, whatever you decide or feel - it's ok.

In my heart, I know you'll find your own path that feels most comfortable for you.



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First Steps into the Forest

*Barefoot on the forest floor,
Feel the earth beneath you more.
Step by step, with heart so light,
Enter the woods, embrace the sight.
The forest calls, it's time to see,
What wonders there await for thee.*

*As you step into the forest, what
feelings arise? What new
discoveries do you hope to make on
this journey of exploration?*



Awakening the Senses

In the quiet of the forest, take a moment to kneel down and breathe in the subtle fragrances of nature.

Notice the delicate scents of flowers, leaves, and the earth beneath you. Let these aromas ground you and connect you to the forest's serenity. As you explore, ask yourself: How do these scents make you feel, and what memories or emotions do they awaken within you?



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Ephemeral Joys of Sakura

Hold a delicate cherry blossom close to your face, just as the girl does, and breathe in its sweet, gentle fragrance. Let the soft scent fill your senses and connect you to the beauty of the moment. Feel the fleeting nature of the blossoms, reminding you to cherish the present. As you inhale, say to yourself: "I honor the beauty of this moment, and I embrace the fleeting joys of life." Let the fragrance of the blossoms inspire gratitude and presence in your heart.



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Whispers of a Tree

Pause and lean in close to the chosen tree. Breathe deeply and let the rich, earthy scent of the bark fill your senses. Feel the history and wisdom held within the tree, and allow its grounding presence to calm your mind. As you connect with the scent of the tree, ask yourself: What stories might this tree tell if it could speak?



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Scent of the Moss

Kneel down and bring your nose close to the soft, green moss. Breathe in the fresh, earthy scent of the forest floor. Notice the gentle fragrance that rises from the moss, connecting you to the quiet life that thrives here. As you immerse yourself in this moment, ask yourself: What are you not seeing?



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Breath of the Forest

*Stand still and close your eyes.
Breathe in the fresh forest air,
feeling it fill your lungs. You are
alive. Let the breeze carry the
subtle scents of the forest to you,
from the damp earth to the
fragrant flowers. As you stand in
this moment, ask yourself: What
does the air whisper to you about
the life of the forest and your life?*



Kissed by the Rain

Stand still in the gentle rain, and let the cool droplets kiss your face. Breathe in the fresh, earthy scent that rises from the forest floor and the trees as the rain falls. Feel the cleansing energy of the rain, washing away worries and bringing renewal. As you embrace this moment, ask yourself: What new beginnings might this moment inspire in you?



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Tree Blossom's Blessing

Gently lean in close to the blooming tree, and breathe in the sweet fragrance of the blossoms. Let the delicate scent fill your senses and connect you to the vibrant life around you. Feel the warmth of the sun and the promise of growth in the air. As you inhale this floral perfume, ask yourself: What joys do these blossoms remind you of, and how do they inspire your own growth?



Sweet Bounty of the Forest

Gently hold the cluster of berries close to your face or other forest fruits. Inhale their sweet, tangy scent, and let it fill your senses with the richness of the forest's bounty. Feel the warmth of the sun and the abundance of nature in this simple moment. As you breathe in, say to yourself: "I savor the sweetness of life, and I am grateful for the gifts of the earth." Let this moment of appreciation fill you with gratitude.



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Grounded in Earth

Kneel down and hold the rich, dark soil in your hands. Bring it close to your face and inhale its deep, earthy scent. Feel the connection to the earth beneath you, the source of life and growth. As you breathe in, say to yourself: "I am grounded, supported by the earth, and connected to the life around me." Let this grounding energy fill you with stability and peace.



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Embrace of the Pines

*Inhale the pine's fresh, earthy scent,
Let nature's peace be gently lent.
Feel the forest's calming embrace,
In this moment, find your place.
Reflect on the life that surrounds,
In each breath, new wisdom is found.*



A moment of peace

Lie down on the forest floor, just as the girl does, and let yourself be embraced by the earth and the life around you. Close your eyes and breathe in the deep, comforting scent of the forest, feeling each breath grounding you more deeply. Place your hands on your heart and say to yourself: "I am one with the forest, I am one with myself rooted and peaceful." Allow the forest's serenity to fill you with calm and connection.



Harmony with the Maple

Gently hold a green maple leaf and bring it close to your face. Breathe in the fresh, subtle scent of the leaf, connecting with the life it represents. Feel the energy of the forest flowing through the leaf and into you. As you inhale, say to yourself: "I am in harmony with the rhythms of nature, and I grow with each passing season." Let the leaf remind you of your own strength and connection to the natural world.



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The Winter Tree

In the quiet of winter, place your hands gently on the cool bark of a tree. Lean in and breathe in the crisp, clean scent of the season. Feel the stillness of the forest around you, and let the peace of winter fill your heart. As you connect with the tree, ask yourself: What does this winter scent remind you of, what is the next step in my life?

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Winter's Whisper

Stand in the crisp winter air and let the cold breeze kiss your cheeks.

Close your eyes and take in the fresh, invigorating scent of the snow-covered forest. Feel the stillness around you and the energy in the air. As you breathe in, say to yourself: "With each breath, I embrace the calm and clarity of winter and my mind." Let the peacefulness of the season fill your heart with quiet joy.



Snow's Serenity

Gently cradle the snow in your hands. Feel its cool, crisp texture and breathe in the fresh, clean scent of winter. Let the purity of the snow remind you of the beauty in simplicity and the quiet calm of the season. As you hold the snow, say to yourself: "I embrace the stillness of winter, and I am filled with peace." Let this moment of quiet reflection bring clarity and tranquility to your heart.



Forest Tea Ritual

*Sip slowly, breathe in deep,
Let the warmth within you seep.*

*Tea in hand, the forest near,
Each breath brings calm, each sip
brings cheer.*

*In this moment, find your peace,
Let all worries gently cease.*

*As you enjoy your tea, take a
moment to thank the forest for its
gifts.*

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