

Approach 1: conscious forest dialogue based on theory u

How we move from thinking and feeling to action

1. ACTUAL state - Acting as we have always done
Recognising how one's own actions are shaped by behaviour, beliefs and character traits.

9. TARGET Image - Acting as part of the big picture
Recognising and reflecting on one's actions and interactions on the community.

2. Perceiving from a different perspective
Experiencing oneself and one's surroundings differently with all one's senses.

8. Pursuing one's impulse as a pilot project
Bringing his idea / vision into life with a pilot project by growing the will for action from his thinking and feeling.

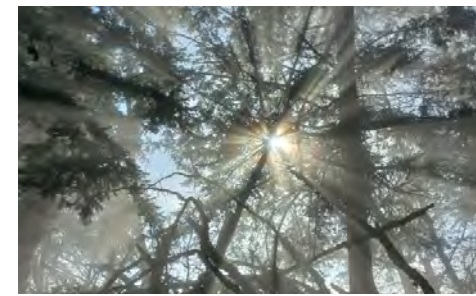
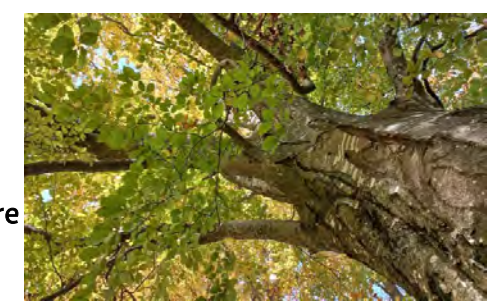
3. Feeling yourself and the connections with others.
Connecting "the known with the new" and "the foreign with the own".

7. Taking up the impulse
Allowing what is germinating within, getting to know it in an appreciative way and courageously daring to take the first steps.

4. Letting go
Let go of unimportant think and concentrate on the moment.

6. Letting come that arises in itself
Feeling how something still vague and hardly describable germinates in one's thoughts and feelings.

5. Connecting with your inner source
Listening and feeling how the moment affects the self.





1. ACTUAL state - Acting as we have always done:

We meet at the edge of the forest – I introduce you to your concern / topic – we do a mindfulness exercise to open ourselves for the walk in the forest and to perceive according to new patterns.



2. Perceiving from a different perspective:

We go on a forest walk together, relaxed and alert – I show you forest pictures that take up your concern / topic – I explain the forest pictures to you from a forestry point of view.



3. Feeling yourself and the connections with others:

At the respective locations I connect your concern / topic and our perceived forest images – the **forestry perspective forms the bridge to the corresponding theories and models** for the development of you, your team or your organisation / society.



4. Letting go:
In a mindfulness exercise you **let go of your everyday life** – you begin to concentrate on what you have experienced – you **become aware of your thoughts** – ..



5. Connecting with your inner source:

.... – you connect your thoughts / what you have experienced with yourself – you perceive your feelings – you feel how it affects you – you open yourself inwardly – ...



6. Letting come that arises in itself:

... – you feel, perhaps very unconsciously, a change / something new – you stay with yourself, relaxed, familiar and open –



7. Taking up the impulse:
... – slowly the **changing / transforming / new begins to concretise** itself – be it in **feelings, pictures or words** – we come out of the mindfulness exercise "back into the forest".



8. Pursuing one's impulse as a pilot project:

You **visualise your feelings, pictures or words** – be it with painting, handicrafts or other exercises – you recognise the **first steps** on your way to address your concerns / topic.



9. TARGET Image - Acting as part of the big picture:

You are part of our society – you are connected to others through interfaces – your being affects your environment – **your action influences our being.**

An example of our forest visit

No to the request - yes to me with a request to the other person

1. Arrival:

At the edge of the forest we do a relaxation exercise to open up for the forest visit.

2. You get to know forest pictures:

The ivy needs climbing aids. It does not damage the bark and wood of the tree as long as the tree is vital enough.

3. You connect with yourselves:

The bark represents the connection between inside and outside. It is, so to speak, the vessel of communication. Figuratively speaking, the wood with its annual rings embodies our values and basic attitudes. This is usually not perceptible from the outside at the first encounter.

4. You focus on the moment:

You look at the bark and the wood. You let the images influence on you.

8. You practise your implementation in concrete situations:

You will notice how you feel and how your "no" or your request to the other person affects you. You can practise this reflection process for yourself or use it in appropriate situations.

7. With reflection you internalise what you have experienced:

In a final self-reflection you go through the experience in order to be able to say "No to the request - yes to me with a request to the other person" when someone asks you for something.

6. In a guided meditation you open yourself so that you can perceive your impulse:

You internalise the steps visualised for you in the meditation. The longer you are in the subconscious and perhaps feel your impulse to implement, the stronger you can anchor your will to "No to the request - yes to me with request to the other person" and apply the steps you have learned in the corresponding situation.

5. You visualise the tree trunk and perceive bark and wood:

We use wood slices to visualise how we can "no to the request - yes to me with a request to the other person".

