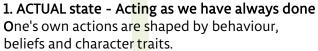


Approach 2: unconscious forest dialogue based on theory u

How we gain new insights in resonance and with feeling





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

Recognising and reflecting on one's actions and resonance on the community.

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 feeling and reflection.

and courageously daring to take the

6. Letting come that arises in itself

Feeling how something still vague and

7. Taking up the impulse

first steps.

and feelings.



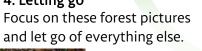


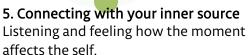




3. Feeling yourself and the connections with others. Depending on the resonance, certain forest pictures attract you.

4. Letting go





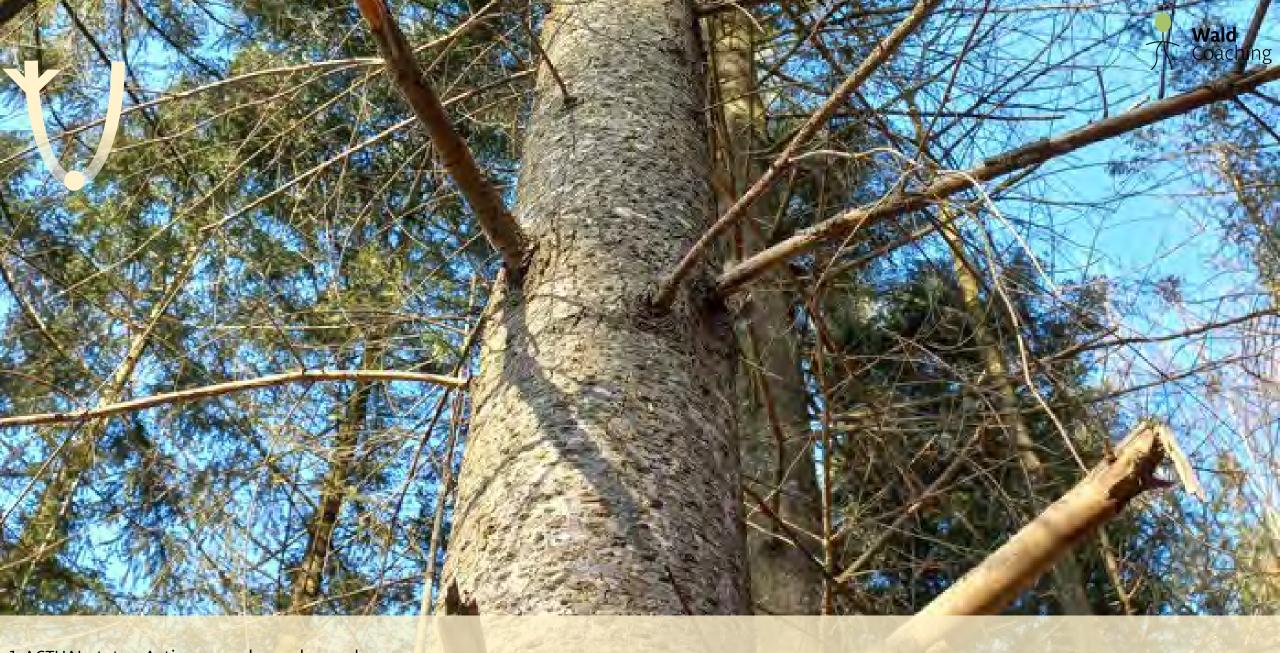


Getting to know in an appreciative way what is germinating within, reflecting









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

We meet at the edge of the forest - you share your concern / topic - we do a mindfulness exercise to open ourselves for the walk in the forest.



2. Perceiving from a different perspective:

We **go** on a forest walk together, **relaxed and alert** – I accompany you discreetly in the background.

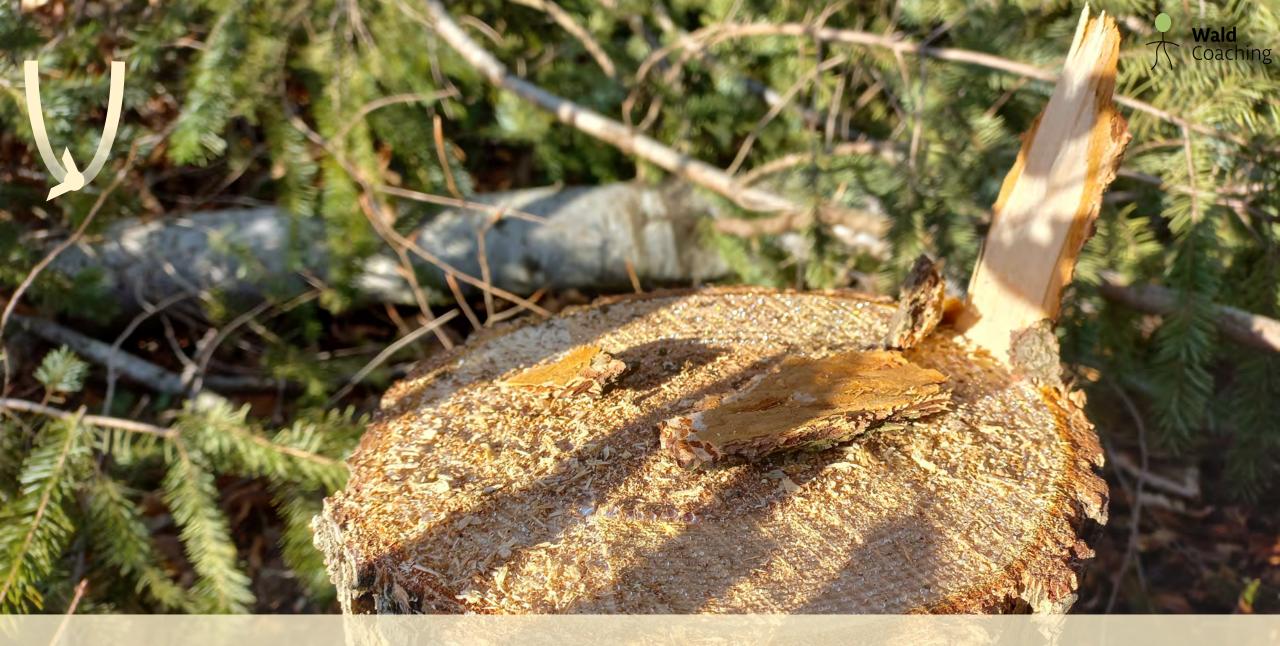


You approach **certain forest pictures / objects according to your resonance** – I observe what enjoys your attention be it through looking, feeling, sensing or other senses.



4. Letting go:

You connect with your forest pictures / objects and concentrate on the moment - you let go of everything else around you - I stay in the background and observe - ...



5. Connecting with your inner source:

.... - You are in resonance with your forest picture / object - 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 – you reflect it – we do the same walk again – you share what you have experienced at the specific forest pictures / objects – I give it back to you from a forestry perspective and in connection with your concern / topic.



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.



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.