



## Approach 2: unconscious forest dialogue based on theory u

How we gain new insights in resonance and with feeling




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




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




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




**4. Letting go**  
Focus on these forest pictures and let go of everything else.




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




**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.



**7. Taking up the impulse**  
Getting to know in an appreciative way what is germinating within, reflecting and courageously daring to take the first steps.



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

 explained step by step



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.



3. Feeling yourself and the connections with others:

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.**