

How we design our forest walk – 2 approaches

1 Conscious forest dialogue

Your previous knowledge

You know the forest from your visits to the forest, your work or otherwise.

Your attitude

You are willing to get out of your familiar environment and your patterns of thought.

Our metaphors

Using forest images, I connect your concern and explain it to you from a forestry point of view

Your resonance
You perceive your concern from a different point of view. This unconsciously initiates something in you. You feel impulses.

Your reflection
Out of this experience you perceive new insights about yourself and your impact in your surroundings.

Your resonance

You perceive the forest openly, relaxed and alert. In the process, certain forest images unconsciously attract you. This initiates something in you.

Your reflection
You connect your impulses with the forest images and your concerns. In the process you might have an inspiration / «wow-experience».

Our metaphors
Your forest images I explain to you from a forestry point of view. It supports you to categorise and understand your inspiration / «wow-experience».

2 Unconscious forest dialogue