

How to Forest Bathe and Benefit from Earthing

- ⇒ Find a spot with trees
- ⇒ Leave your electronic devices behind
- ⇒ Walk aimlessly and slowly
- ⇒ Take your time
- ⇒ Listen to your body; let it guide you
- ⇒ Follow your nose
- ⇒ Savour the sights, smells, sounds
- ⇒ Feel the textures of different things
- ⇒ Lay on the ground
- ⇒ Let nature and the forest in through all five of your senses



1st Tenet (principle) of the
Shin Dao
Connect with the Earth

- ⇒ Take off your shoes and savour the sensations you feel under your feet as you walk—in the forest, on a lawn, in the garden, etc
- ⇒ Lay on the ground, with as much bare skin touching the Earth as possible
- ⇒ Spend at least 10 minutes connecting with the Earth