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The trees are about to show us how lovely it is to let things go.

Letting Go

Last year around this time, I led a walk in North Carolina at Bend of Ivy Retreat Center. It was my plan to have a seasonal theme of letting go; preparing for deep rest and reflection before Springing forth in the new year.

One of my invitations offered participants the opportunity to collect leaves, imagining their bodies like a tree and to experience what it would be like to push all, some, most of those leaves off; letting go of whatever they'd been carrying around; useful or not.

A science moment: Trees actually push the leaves off. They don't fall, as if deciding to do so on their own. Trees build up a layer of cells through a process called abscission, which literally means 'to cut'. Chlorophyll is broken down for its nutrients, which is why we get those glorious colors in Autumn. When the leaf is pushed off the tree, a protective layer of cells grows over the exposed area where the leaf was connected; a moment of healing, if you will, after letting go of something we've held onto.

There was one participant who went through the process of letting go of her leaves, and then suddenly started picking them back up

again. When she released them the second time, it was with a ferocity that surprised me.

At the end of every invitation, we gather in a circle or council to share something about the experience. When it came her time to speak, she spoke boldly about what I witnessed.

"I let them go so gently the first time. Then, I thought, 'no'. I'm done with these things I've been holding onto. I wanted a bigger letting go. I thought there was a cliff over there and I gathered them up thinking I was going to hurl them over the cliff. When I realized there was no cliff, I just got rid of them as passionately as I could. It felt really, really good."

That was one experience. Everyone is on their own walk and having their own experience during Forest Therapy. Some had only one or two leaves; others carried enough leaves for an entire tree. It's how we move in the world, all different, yet similar.

This Autumn, I hope to lead lots of letting go walks. I hope you're able to join me!

Get ready for letting go, some reflection as we head into our own deep rest as the seasons change again.

LI Forest Walks Autumn Edition 2018

LI Forest Walks -Upcoming Events



Saturday, 9/8: International Forest Bathing Day at Prosser Pines Nature Preserve 2-4:30

Sunday, 9/16: Free Drawdown virtual event (see next page for details)

Saturday, 9/22: Rhode Island Autumn Forest Therapy at Francis Carter Preserve 10-1

Saturday, 9/29: Sample walks at C.E.E.D. in Brookhaven, NY 11 - 4

Saturday, 10/6: Bayard Cutting Arboretum Garden Therapy Walk, 10-1

Saturday, 11/17: Bailey Arboretum, Autumn Walk for All Seasons, 10-1

LI FOREST WALKS WELCOMES NEW RELATIONSHIPS

LI Forest Walks is always inviting new relationships with:

- Universities
- County Government
- Corporate Organizations
- Arboretums
- Wildlife Preserves & Refuges
- Retreat Centers
- Other coaches & facilitators of workshops and retreats

Special Event: DRAWDOWN – a free 2-hour introduction to Paul Hawken’s book about reversing global warming by 2050.

I’d like to invite you to a Zoom event I’m hosting about a way of engaging with global warming. Like me, you might be feeling overwhelmed by the constant stream of negative headlines, confused about the best way to help -or even if it’s too late anyway, and guilty that you aren’t doing more. I’m excited to share with you an inspiring, uplifting and empowering approach to the issue.

On Sunday, September 16th, I’m bringing together family and friends for an informal ONLINE introduction to share the latest research and plans to actually reverse global warming. Project Drawdown is a scientifically based, comprehensive plan of the top 80 solutions to reverse global warming by 2050. The book, Drawdown, sets out the solutions, the math and the economics of how we can actually do this in an inspirational and accessible way. You don’t need to have read the book, although I highly recommend buying the book as a resource for living.

We’ll start at 9:30 AM Eastern US time. The 2-hour event includes an introduction to Project Drawdown and the Pachamama Alliance (the organization that put together the program), an opportunity to reflect on how we’ve been relating to global warming, information and a video clip of Paul Hawken introducing and explaining the Project Drawdown plan, and a group discussion on what we as individuals may want to engage in.

If you’ve never used Zoom, it’s easy. I recommend downloading the free version before the call so we may start on time.

Join from PC, Mac, Linux, iOS or Android:
<https://zoom.us/j/8425913312>

NEW ON THE WEBSITE: PARKS, PRESERVES and ARBORETUMS in review

I’ve added a new feature to the website: a review of parks and preserves on Long Island, through the eyes of a forest therapy guide.

The page starts with a slideshow of photos I’ve taken in each location. When you scroll down, you’ll see some specs about trail length and level of difficulty, as well as restroom facilities yes or no. I also include a history of each place. Then, I take you on a walk with me based on my own experience and thoughts about how we create a natural environment in a cultivated setting.

This page is an ongoing project. At the time of this newsletter, I’ve added:

- Prosser Pines Nature Preserve
- Makamah Nature Preserve
- Gardiner County Park
- Massapequa Preserve

More to come! Take a look at <http://www.liforestwalks.com/reviews-of-preserves-parks-and-arboretums.html>

FUN with C.E.E.D. at the children’s book fair in Brookhaven

I had a great time with C.E.E.D., the Center for Environmental Education and Discovery last month!

Eric Powers, C.E.E.D.’s co-founder and known to many as Ranger Eric, brought some of his more-than-human beings, the animal ambassadors, to the fair and we had a wonderful time with the children, sharing information about tortoises, boa constrictors, chinchillas and bearded dragons. I was impressed how many of the children recognized the bearded dragon immediately and knew about its habitat and care.

A shout out for C.E.E.D. – C.E.E.D. is hosting The Aishling Forest School pilot program this October – November for children ages 3-6 years old.

For more information, visit: www.ceedli.org

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Email: linda@liforestwalks.com

Meetup Group:

<https://www.meetup.com/LongIslandForestTherapyWalks/>



I hope you enjoy reading this

newsletter! If so, please share it with friends or organizations that might be interested in hosting a Forest Therapy or Forest Bathing walk.

If you prefer not to be on this 4-times per year emailing list, please respond to the email, asking me to unsubscribe you. You will reach me personally (not a bot) so feel free to say hi and offer any other comments or suggestions!