

# A WALK IN THE WOODS

plant guide & meditation



ALIX MARMULSTEIN OF  
BLISSFUL BEING WELLNESS

A photograph of a person's legs and feet walking barefoot on a rocky, uneven path. The person is wearing a dark skirt or shorts. The ground is covered with various sized rocks and some dry leaves. The lighting is natural, suggesting an outdoor setting.

Meet the Earth with your feet and listen...

**Feel deeply into your body  
hear the most distant sounds,  
closer sounds  
Smell and taste the air  
Becoming one with your  
surroundings**

Make each step mindfully and with purpose

**@BLISSFULBEINGWELLNESS**



A LICHEN

*Usnea*

NOTICE THE  
THREADS,  
FILAMENTS OF  
GREEN OVER  
WHITE.

AN  
INTERCONNECTED  
WEB OF LICHEN,  
FIBROUS AND  
GENTLE

A KNOWN ANTI-  
FUNGAL AND AID  
TO THE  
RESPIRATORY  
SYSTEM





A HEALER

*Yarrow*

AN OLD WORLD  
WISDOM KEEPER

INTERCONNECTE  
D BY ROOTS  
WEAVING  
THROUGH SOIL

KNOWN TO HEAL  
WOUNDS LARGE  
AND SMALL



@BLISSFULBEINGWELLNESS

A SNACK

# Douglas Fir Tips



REFRESH &  
REJUVENATE IN  
EVERGREEN BLISS

SHADE FROM THESE  
GREATS GIFTING  
FOOD FOR SOUL  
AND BODY

KNOWN TO BE RICH  
IN VITAMIN C,  
TASTY, TART AND  
BRIGHT



@BLISSFULBEINGWELLNESS



ADMIRE HER, BASK  
IN HER BEAUTY &  
WONDEROUS  
GEOMETRY

SLOW TO GROW,  
GIVING LIFE AND  
NOURISHMENT TO  
THE LITTLE  
CREATURES

A POWERFUL  
FRIEND TO  
MEDITATE NEXT TO  
DO NOT PICK

A BEAUTY

*Trillium*



@BLISSFULBEINGWELLNESS



AN AID

# *Madrone*

BEAUTIFUL  
TREE BEINGS

EVERGREEN  
LIFEGIVING,  
FEEDS THE  
BIRDS IN COOL  
WEATHER

MAMA TREE  
SHEDS BARK  
KNOWN FOR  
ASTRINGENCY  
IN AIDING  
POISON OAK  
AND STINGS



@BLISSEFULBEINGWELLNESS



AN ALLY

# *Oregon Grape*

FOLIAGE  
DOTTING THE  
FOREST FLOOR  
ONCE SEEN,  
SPOTTED  
FOREVERMORE

KNOWN TO HAVE  
ANTIBACTERIAL  
& ANTIVIRAL  
PROPERTIES IN  
ROOTS,  
HARVESTING  
FROM  
PERIPHERY



A WARRIOR

# *Nettle*



WATER-LOVING  
AND PROTECTIVE  
OF SELF

OBSERVE BEFORE  
TOUCHING, TINY  
HAIRS CAN STING

THIS ALLY IS  
KNOWN TO  
ALLEVIATE  
ALLERGIES,  
MINERALIZE BODY  
AND PURIFY  
BLOOD



@BLISSFULBEINGWELLNESS

A SOOTHER

# California Spikenard



A TALL BEAUTY  
OF THE FOREST  
BY WATER WAYS  
IN MOIST ZONES

LARGE FOLIAGE,  
SUMMER BERRIES,  
AND OLD SLOW  
GROWING  
RHIZOMES

FRUITS AND  
LEAVES MAY HELP  
WITH DEPLETION  
& FATIGUE AND  
ANXIETY FROM  
CHRONIC STRESS





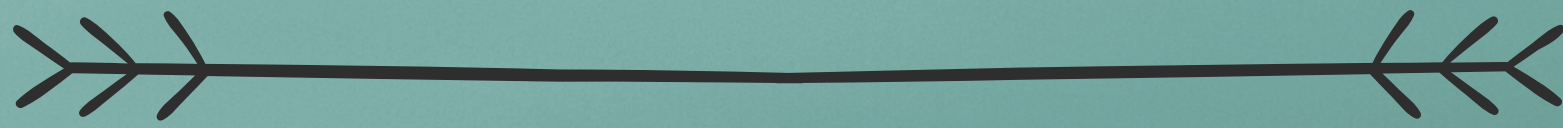
Let the wisdom of Nature wash over you...

**Feel deeply into your body  
Let your senses run wild  
Giving thanks for the plants  
Giving thanks for the peoples who  
learned the lands & share with us**

Soak in every moment with intention and witnessing

@BLISSFULBEINGWELLNESS

*Thank you for  
journeying with me*



**Medical Disclaimer: The information provided throughout this ebook is for educational purposes only and is not to be regarded as substitute for professional medical advice and should not be relied on as health or personal advice.**

**The information provided is not intended to diagnose, treat, cure or prevent any dis-ease. Always seek the guidance of your qualified health professional with any questions you may have regarding your health or a medical condition.**

