earth mother

Carry these questions with you while you roam through nature with your senses wide awake.

You can do everything and you don't have to do anything.

Relax, breathe deeply in and out and connect to your inner wise woman.

- How is the weather influencing you?
- What inner process do you find reflected in nature?
- Let the elements speak to you. What are they telling you?
- Can you see similarities between your inner nature and the nature around you?
- What images come to mind when you think of nature's wisdom?
- Think of a question that you have been carrying around with you for a long time. Observe an element near you and speak your question aloud. What message does the element have for you?

create your nest

- Where in nature do you feel safe and cozy?
- What components of that place are essential to its cozy energy?
- Build a nest for yourself in that place.



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