



THE POWER OF NATURE:
INSIGHTS – SUMMARY & BULLET POINTS

1. ALLOWING IS HUMAN-NATURE

Nature is a gateway to alignment

2. WATCH FOR ANIMALS HOLDING SIGNS

Pay attention to nature's feedback for insights and guidance

3. FOLLOW YOUR INSTINCTS FOR THE BEST OUTCOME

Remember to honor YOUR human-nature!

THE POWER OF NATURE: TOOLS

TOOL#1: GET OUT & DRINK HEAVILY!

- Get outside daily!
 - Watch birds, animals & insects in action
 - Watch storms and marvel in their power
 - Stargaze
 - Keep water with you and drink it all day long
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TOOL#2: GET A DAILY DOSE OF ANIMAL WISDOM

1. Make a note of the animals/birds/insects you've always loved and why
 - Make a note (in writing/mental note/photo/recording) daily as you see anything that reminds you of your favorite creature/s
 - Learn more about your favorite creatures and allow their best attributes to inspire you daily
 - Keep some representation of that animal/bird/insect with you or in your spaces to encourage those characteristics in you
 - Keep some representation of your favorite creature by your bed and focus on your animal friend before sleeping and upon waking

2. Make a note of the creatures you observe daily and how you were feeling when you saw them

→ Learn more about the creatures that show up for you (especially multiple sighting of the same one) and note the positive characteristics that “speak” to you or your current life situation

→ Make a note of “special” animal encounters and how you felt when this happened

TOOL #3: BRING NATURE IN

→ Bring fresh flowers, plants or herbs into your home, office and/or vehicle

→ Allow time to care for your “nature representatives” in some way daily

HERE'S A BULLET LIST OF THE POWER OF NATURE TOOLS:

TOOL #1: GET OUT AND DRINK HEAVILY

TOOL #2: GET A DAILY DOSE OF ANIMAL WISDOM

TOOL #3: BRING NATURE IN

→ Choose the one that feels best to you and do it now.