

Part 1:

WORKING WITH

Nature

TOOLS AND TECHNIQUES
THAT USE THE PHYSICAL
WORLD TO HELP RELEASE
STRESS AND COPE WITH
LIFE SO YOU CAN RELAX
AND BE HAPPY.



"EVERY PARTICULAR IN
NATURE, a leaf,
a DROP, a CRYSTAL,
a MOMENT OF TIME
IS RELATED TO
THE WHOLE, AND
PARTAKES OF
THE PERFECTION
OF THE WHOLE."

- RALPH WALDO EMERSON



WORKING WITH Nature

In Part 1, you will be working with elements from nature such as crystals, plants, flowers, smoke, sound, and your own body.

Taking time for yourself and working with tangible items is a great way to begin to notice the power you have in your own life. These lessons require an open mind and, for the most part, they all include immediate results which are the perfect way to start this journey.

By the end of this section, you will be using crystals and essential oils regularly. You will have at least one area of your home decluttered. You will have spent some time meditating with a candle, using a flower (or a vision of a flower), smoke, and sound to clear away worries and negative energy, and lastly, you will be standing taller.

Lessons:

- Working with Crystals
- Flower Clearing Exercise
- Candle Gazing
- Decluttering is Magic!
- Clearing Your Space with Smoke and Sound
- Working with Essential Oils
- Change Your Posture, Change Your Life

