



TODAY I CONNECT WITH NATURE.

DAY.27

Simplicity is the secret of all.

Observing nature and her simple rhythms is a perfect way to rest and understand our true nature:

We need rest and pauses, between the action.

Nature always achieves her goals, to give birth to the new life, and she knows how to let go of the old when is needed.

Following nature's rhythms we understand that Winter (death) is a necessary season in order to allow the re-birth of the new. (Spring). Darkness is also a necessary time in order to allow to all beings to rest and pause before they start all over again the action.

When we start observing nature, we are more aware of our own nature.

Nature is healing our bodies and our senses.

Shamans, the medicine men, and women in Amazon tribes believe that the elements are sacred, and they called upon them, to heal their tribes.

They believe that we, as part of the nature consist of the same elements, and we can use them to heal and transform.

Our body is the earth, our blood is the water, our breath is the air, and our heart is the fire.

By observing and being close to nature we allow deep healing to happen to our whole being.

The challenge is to pursuit our busy mind to disconnect from our devices and most important to disconnect from the need to fill the emptiness. The earth is very lazy, it's okay if we follow her wisdom and just sit by the sea and watch the waves come in and out, in and out, in and out...

DAY.27

Phrase of the day: 'Today I connect with nature'

Please also write this phrase in your journal.

PRACTICE 1: It's a simple practice. Observe an animal or a plant. A tree or the sea. The fire or the wind. A leaf that falls, a bee, or the moon.

Make a habit of relaxation, to sit and **observe a not human being**, or the elements.

The observation will help you to connect more with nature's rhythms and to accept your humane nature. The ups and lows, the little deaths and the simple joy of life.

PRACTICE 2: Listen to the '**HAPPINESS MEDITATION**', anytime you have 10' minutes of uninterrupted time.

Good luck!