

DAY 3- INHALE NATURE

Today is all about getting in touch with nature. Get outside!

Find a peaceful spot out in nature, whether you choose a place to sit or you listen while you walk.

Look around you. Study the colours, the movements, the life all around you.
Clear your mind.

Go within and see how you can be a reflection of what you see on the outside: The stillness, the calmness, and the life energy. How can you embody that in your being so you are in the flow with your surroundings? Take several slow, deep breaths.

Follow the [One with Nature Meditation](#).

ANSWER THESE QUESTIONS IN YOUR JOURNAL

What does it feel like to be one with nature?

What insights came to me?

Did I get to feel the peace?

How did it feel to slow down and just be?

It's from the space of slow and steady that we can make some big moves, but we have to be open and willing to embrace that space.

We can then create our life from that sacred place instead of always being on the move, making things happen. It is **when we shift from doing to being** that we allow our light to be truly known to us.



HOMEWORK FOR LIFE

Every morning, be mindful of the person you want to be to attract what it is that you desire.

Be it to attract it.

It's different than a forced energy outwards. You work so hard at so many things, and it just doesn't have to be this way with attracting what you want.

Call it in and let it come to you.

Any time you need to get back into the flow, go out in nature. It's always there for you to reset and restore yourself.

See you tomorrow.