# Lifestyle Focus

# 12. Time in Nature

Mother earth is always there, just waiting for us to turn to her, as a mother. For comfort, for nourishment, and eventually down your spiritual path, even for guidance.

Take off your shoes and walk on the bare earth. Connect your own energy directly with mother earth’s. feel your anxiety and stress leave your body. Give it to the earth mother for neutralizing and healing. Give her all of your stresses and concerns. She can handle it.

Feel the wind on your skin, through your hair, through your clothes. Feel the wind blow through you, cleansing you. It blows away all of your stresses and concerns. Notice that the wind you inhale is this same wind. The air is in your body. Cleansing, nourishing, bringing you life and vitality. Inhale, take a piece of the wind into your body. Exhale, push a piece of you into the air. All is connected. Sense your connection with all that is through your awareness of the air you breathe in and out of your body.

Take a dip in a natural pool. Hot springs, lake, river, ocean—whatever you’ve got. Connect. Consciously feel the water cleansing you of all of your stresses and concerns. They leave your energy field. The water heals and cleanses. Connect the water you’re in with the water that helps make up your body, all of our bodily fluids. They are one in the same water.

Connect with the elements of nature. They are you and you are them. Pour all of your earthly concerns and struggles into nature.

## Task

Elevate your awareness of yourself in and made of nature’s elements. Pay attention to the air you breathe in and out. Bathe in a natural body of water, and pay attention to the water you’re in and the water in you. Put your hand on your heart and feel your heart beat. Touch your skin. This is earth in you. Dig a little hole and put your feet into it. You are in the earth. The earth is you. Bring your awareness to your body temperature and the air temperature. This is fire. Connect deeply and completely. Sense your connection with the whole of all that is.

When you’re feeling particularly stressed, connect with earth. Ideally with bare feet on bare earth, but even a few breaths of fresh air with the right intention can give you a nice reset.