

5 ways Nature can help you

continue to learn and grow with the Elemental Forces
as your guides and thrive in your creative process!

1. Know you always have guidance

available. Your body is created from all the Elements. Therefore you are intimately connected to them and have access to their wisdom at all times. All you need to do to access this powerful assistance is to ask for it with a grateful heart and be open to receiving it.

2. Trust in change – trust the process.

Change exists as the core energy of Nature and is essential for any creative process. Transformations in Nature happen constantly, with every Element, and on every realm. The sun and moon, while consistent in their rising and setting every day, change times, location, distance and impact the changes we experience in the seasons and tides. Learn to trust in your process of creativity. Embrace the change and transformations as the new emerges.

3. Follow the flow of your inner creational energy.

Whether during the process of the old slowly fading away or after something quickly changes or opens up for you, you will notice subtle urges guiding you toward new creative expression. Your inner promptings may come in the form of “just feeling like you need to do a certain thing,” or you may get images, or feelings, or pure knowing. Follow your guidance each step of the way to discover the new you are being inspired to create.

5. Spend time in Nature.

This one thing will help ground and center you emotionally faster than anything in times when you feel out of control or like things are moving or changing too fast. Go for a gratitude walk. Spending even 10-20 minutes outside in Nature, focusing on anything you have to be grateful for, will balance your mind, emotions, body, and spirit – and prepare you to move forward and complete your creative process.

4. Keep your thoughts uplifted.

Be mindful of where your thoughts are focused, and if you find them centered on fear, bring them back to gratitude. Find anything you can be grateful for, even something tiny, and focus on that until your emotional energy also resets. Gratitude brings the highest vibrational frequency from which to create thriving.