



Energetic Possibilities
A Possibility Path Course
Lesson 6

A Natural Flow

We all love nature. We know what it does for us, how good it is for us, how we feel when we are in it. We use it to help us de-stress. We use it to help feed us. We use it to help build our homes, care for our bodies, and live in this world. We all love nature. We love being outside in nature. We love walking in nature, biking in nature, fishing, and going to the lake or ocean in nature. Sunshine, trees, blue skies, rain all are a part of the glory of the summer nature that surrounds us outside.

But what if all this wondrous natural energy were not just outside us? What if we could bring that feeling in? We often think we are separate from nature, that it is outside and we are outside of it. We are not! We are natural beings too! We are part of this natural world that dances and lives and walks and loves and exists outside of our walls around us. We are natural too.

And in that nature we can soak up the energy of the outside in. We can feel into the flow of the natural rhythms and let it heal us, soothe us, calm us, energize us, give us whatever we need in the moment. Simply by feeling into the flow we can honor our natural selves and be part of nature we love so much again.

1. **HERE.** Get Grounded.

Find a quiet space and take a few moments to just sit and be. Take a few deep breaths and feel your feet get very heavy. Breathe deep into the ground and feel yourself in the here and now. Be in this day, here, in your body, now.



3. BRING THE ENERGY IN

Now, take a few more deep breaths and FEEL into this natural space. Feel into the colors, the smells, the air on your skin, the whisper of the wind, the movement of the animals or leaves on a tree. Feel into the image of this natural spot that you love so much. Feel in and let it be outside of you. Feel into the energy of this space.

Does it have a color, a word, a sound, a feeling? Feel into the energy and just let it be.

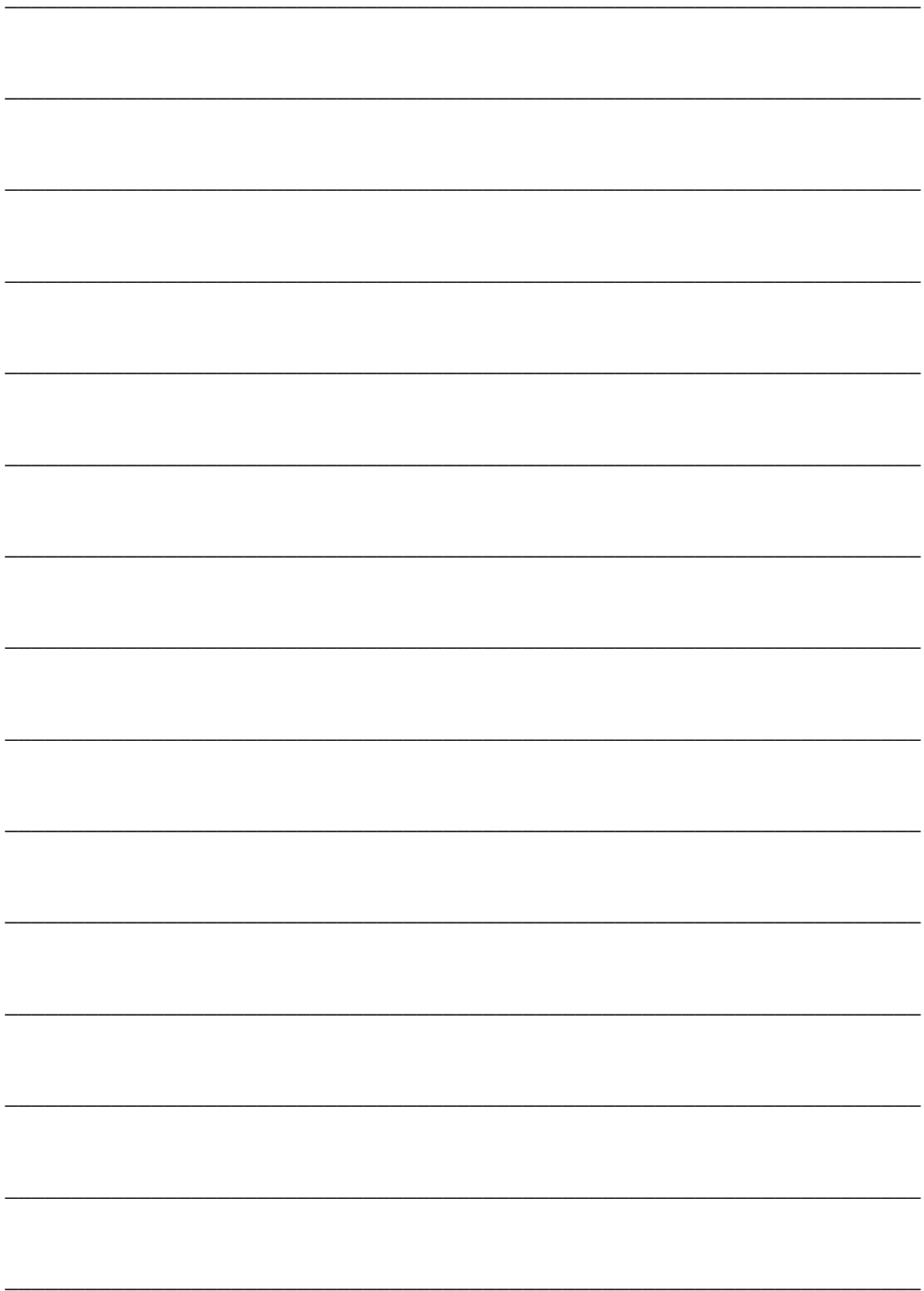
Then, take a big deep breath and ask for this natural energy outside and Ask for it to come into you. Let the breath be your guide as you let this energy flow into your space, into your cells, into your heart, into your mind. Let the energy move through you.

It may feel strange or even overwhelming at first. Just let the energy flow into you. No words or messages needed. This is all about the flow of the energy filling up every part of your body, entering your pores, cleansing, refreshing, and enlivening you. Let the feelings of this natural energy flow throughout your body and all around. Let it be with you. And then just sit with it for a few moments, letting it fill you up with its natural wonder.

- HOW did that feel to let the natural energy flow into you?
- WHAT images, thoughts, or ideas come to mind?

WRITE down your notes on how this all feels to you.

WHEN I AM IN THE FLOW OF NATURE....





Energetic Possibilities - 2020

These energetic experiments are set up for you to find your own answers in your own way. Allow the thoughts to come and go as they please. The insights may come later in time after you complete this assignment that is okay too! Enjoy it and let the insights flow. This is all a process and the process is infinite, as you are!

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