



# WEEKLY CHALLENGE OBSERVING NATURE.

## 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 heals our bodies and connect us with the power of our senses.

## WEEK #1

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 our whole being to be deeply healed.

The challenge is to persuade our busy mind to disconnect from our devices and most importantly 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...

# WEEK.1

Phrase of the moment: 'Now I connect with nature'

*Please also write this phrase in your journal.*

## PRACTICE

It's a simple, yet it can be a challenging practice.  
Just to observe nature.

For example, an animal or a plant. A tree or the sea.  
A fire or the wind. A leaf that falls, a bee, or the moon.

Make a habit of relaxation, to sit and **observe something (not someone)**,  
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.

Spend an hour or more in nature **without a phone or goal**.  
Just be.

Enjoy!