



# Rooted in Nature

How do you connect with nature?

We ARE nature! We are the same as the animals, trees, rocks, mountains, and elements. Each element exists within us.

Once you are able to reconnect with this idea, your world will open up to an amazing flow of ideas, creativity, intuition, understanding, and you will find a greater harmony with yourself and the external world.

Here are some quick ways to engage with the natural elements and help you feel more connected with yourself.



## Air Element

- conscious breathing exercises ([like this one](#))
- go outside and feel the wind
- blow a dandelion and watch the energy of the air
  - journal - air is connected to voice
  - talk - having a good talk uses air energy and gets it flowing
  - sing, sing, sing



## Water Element

- take a drink
- take a shower or a bath and visualize washing away your stress - move your energy from top to bottom, and let all the stress wash down the drain
- stand in the rain (medicine drops)
- cry - let it out



## Fire Element

- sit with fire (fire place or fire pit)
- light candles and connect with the flame (look into the fire and feel the life force energy)
- sungaze (safely)
- get moving (movement practices stimulate fire energy)
- breath of fire exercise



## Earth Element

- ground - go barefoot and lay on the Earth for at least 20 minutes
  - garden
- clean, declutter and organize - this helps move stagnant energy and helps you ground
- be around animals
- literally hug a tree or go sit with the trees (embrace their energy)
- grow plants indoors