

The Healing Power of Nature

Our Sacred connection to the Divine through -The Healing power of nature and the rhythms of life.

Being in nature, we are immersed in the breath of life, the song of our Soul, the lost treasure and seed to our awakening. The gentle stream of pure consciousness is able to touch the very heart of our being, unadulterated. It is the perfect Healing Sanctuary, for our optimum health, as it has so many life-giving properties which benefit our well being. It brings us closer to the Divine and natural rhythms of life. Being within the realms of nature we experience this simplicity and harmony of our own being which aligns us with the eternal, timeless and ethereal; here we hear the call of our Soul, which always pushes us forward to our greater good, lifting us up above the noise to witness the eternal life, abundant and free. We feel our essence, which is pure love in every moment. Our awareness is expanded to feel and sense a truer reality of our being in tune with the greater purpose our life has to offer, and in this space we are connected and supported by the Universe, which brings great Blessings in to our life. All we are required to do, is allow this process to unfold within us naturally, be receptive to the Universal flow of life, and great treasures will flower and take root within our consciousness, which will immediately support our life in so many ways .

Sound as rhythm, resonates with our Soul, to bring us into alignment with our centre, where peace and calm can be found, naturally. When we are in tune with our centre of peace, it is a feeling of great freedom, from all that disrupts our natural balance. Being in alignment with our own nature and self essence enables us to speak our truth, and honour ourselves, as we perceive our truth as an integral part of our being. Our innate wisdom suffuses our awareness, with the eternal rhythm of the timeless and precious knowing, which surpasses our normal perception, and connecting us with the Divine, within this Sacred Place we are at one with all life. It is a pure conscious awakening which illuminates our thinking, and we surrender to the flow of life which lifts us beyond the limitation of our mind, but higher above our normal every day perception, into the Divine mind, the universal flow of life, forever reaching out to us. We only need to recognize this presence within us and surrender to the eternal flow of being-ness, which constantly abides and rises with us.

Sound bypasses the conscious thinking mind and is able to reach the deeper levels of our subconscious, affecting our feelings and thoughts, it is a universal way of moving into a higher place of love, raising our awareness and frequency. Sound soothes our mental, physical, and emotional bodies, bringing us into unity with all that is. When we are here, we are not separated, but lovingly supported by all life, knowing that all life is for us. We do not have to search for peace, peace is within us, and we only need to know how to move into this space. Sound through resonation with the frequency of love, enables us to shift into this space.

Sound is the rhythm of the Universe, the Universe speaks to us through the vibration of sound, we here these sounds physically in the rustle of the leaves, and our Soul hears these vibrations through the power of love as we absorb these natural rhythms into our heart. Emotionally we are immersed in a pool of calm and tranquility. Sound is the rhythm of the Universe, the language of our hearts, our deepest knowing. In nature the Universal sounds seem to penetrate our being with the simplicity and natural order of the Divine; it is as though all secrets are revealed to us in this Sacred Space. We are in touch with our own Sacred Wisdom as we connect with the beauty of nature in this way. It is the natural balance of order which permeates nature, which nurtures our Soul, breathing life into our very existence. Aligning ourselves with these eternal rhythms strengthens our physical, mental and Spiritual presence, bringing us great peace of mind, clarity of thought and emotional serenity.

All movement produces sound and sound is vibration. Vibration as frequency is absorbed within the deeper layers of our consciousness, it is able to resonate deep within our being as light frequencies which open our Heart and cleanse our Soul of negative disruptions. Nature's eternal rhythms are one, timeless, beyond duality and thought. It is our link to the eternal and now.

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