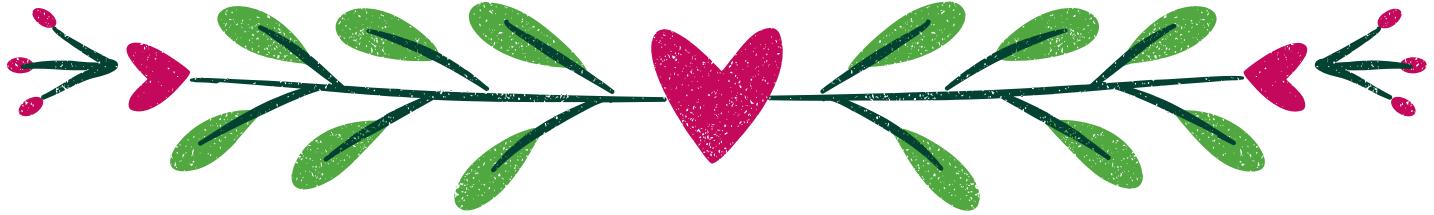


Healing with Nature Guidebook

Setting your intention





Dear soul,

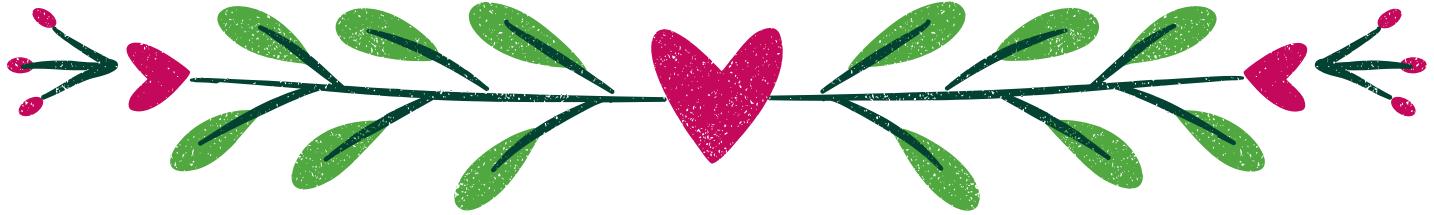
We love to set intentions, you too? It helps us to explore and get clarity on what is alive in us now and how we want to live and show up in our lives.

Intentions are connected to and ground us in the now. What are my longings and my values? Who am I? And what is the change I want to see.

The most awesome element of setting intentions is that it gives you a direction and does not have a single outcome. It opens you to all possibilities and guides you time and time again to what is aligned with your intention. The next action or meeting the right person.

This is so important as our brains cannot comprehend and grasp the expansiveness of all possibilities and scenarios of our lives, our souls and the universe. Yes, our heads are brilliant, but its vision is narrow.

We invite you now to set an intention for your Healing with Nature journey.

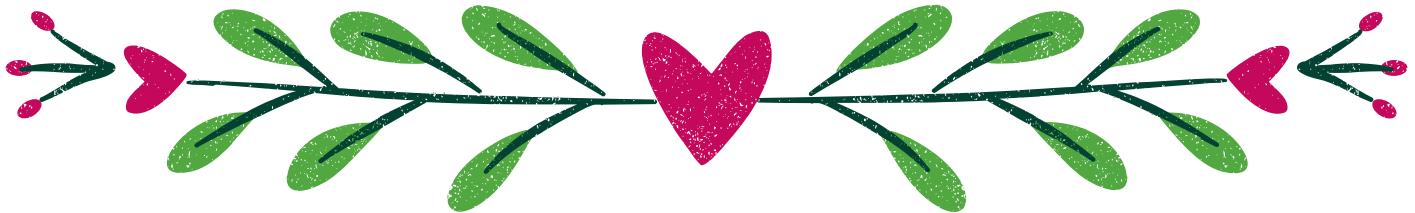


To fully experience and make use of its healing potential it has for you and your life. What is the change you want to see in your life and what are you committing to?

Are you ready? Please follow the next steps:

- We made a guiding meditation to support you. If you haven't done so, please download the meditation here: <https://nabrita.com/welcome>
- Grab a nice cup of tea, this Guide Book and a pen and find a quiet place to get comfortable.
- Listen to the meditation.
- Afterwards take some time to write your findings in this Guide Book.
- Further activate and anchor your intention by sharing it with others and in our online circle. We can't wait. If you haven't created your profile yet, go here: <https://social.thesoulmatrix.com/>

Love & light,
Britta and Nathasja



This is my intention for the Healing with Nature Journey

(Large empty box for writing)

I saw this tree, plant or flower animal and its meaning is

(Large empty box for writing)

This is how I want to show up in the HwN Circle

(Large empty box for writing)

