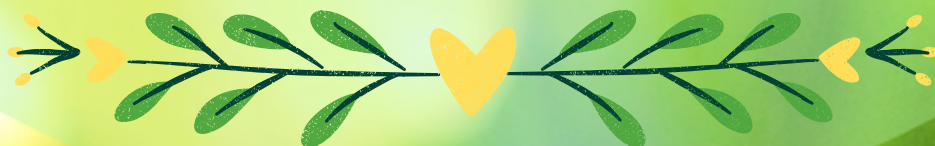




Healing with Nature

Healing & Aligement tool of April

Bringing your gifts out into
the world while balancing
your inner and outer world





Dear beautiful soul,

April and spring are all about opening the doors to bring yourself, your qualities, energy and new ideas into the world. Showing yourself, being visible and connecting with more people again can be amazing. But it can also bring challenges with it like judgements and doubts. It can effect your balance.

Download the meditation and let yourself be guided into a Soul Inquiry.

Explore what new idea(s) you want to bring out into the world. What it needs from you and what you need for your own balance when you share it with others.

Will you share your amazing idea or energy that you want to bring into the world in our group? We would love to enjoy it with you and you can bring it out into the world by sharing it with us.

We are so curious!

Love & Light,

Britta and Nathasja



What new idea do you want to bring out into the world?

A large, empty rectangular area with a light green gradient background, intended for writing or drawing a response to the question above.

If you feel like it, draw it:





What does it look like, how does it feel?

What does it need from you?

What do you need to step through the door and let it grow?





What helps you to find balance between head and heart?

Blank light green rectangular area for writing.

When challenged, what qualities and resources will help you?

Blank light green rectangular area for writing.

What symbolises your idea and is your source of energy?

Blank light green rectangular area for writing.

