



November Guidebook

Healthy Roots



Nabrita
Healing with Nature program

www.nabrita.com



Dear beautiful soul,

We all have healthy and unhealthy patterns. If we look at nature you can compare them with the roots of a tree.

Healthy roots

These are those patterns that feed us and give us energy. They can help us grow and bloom. They offer us stability and courage to dig deeper.

Unhealthy roots

These patterns do not serve you. They feed your emotions like anger, fear and victimhood. They make you quit, resist or think that all your efforts are useless.

Awareness Exercise

- Make two lists on the next page with your healthy and unhealthy roots.
- Look at both lists and find couples that seem to be polarities by connecting them with a line.
- Some might be difficult to match. Look for another way to couple them. What is connecting them.
- Describe each root.
- Look at your list and choose one you would like to focus on in December.

See you next month we will continue working with these roots!

Britta & Nathasja

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Healthy roots

Unhealthy roots

