



December Guidebook

Healthy Roots

Part 2



Nabrita
Healing with Nature program

www.nabrita.com



Dear beautiful soul,

In last month's Healing and Alignment tool we focused on our unhealthy and healthy roots. We invited you to choose one pair to work with in December.

This month we are going to close the circle. Go back to your intention and the underlying emotions for our Healing with Nature program.

It does not matter whether you set your intention when working with the January Guidebook, while preparing your healing jar during the January Full Moon gathering or after watching our Intention Meditation on our Welcome page.

On the next page you are invited to go on a soul journey together with the Horse and the Elder, our nature guides of this month.

We wish you a wonderful ride...

and hope to see you soon to walk through the next year together with you! In January you can use our Initiating Guidebook & Mediation to envision the year ahead of you.

Sending you love and light,

Britta & Nathasja

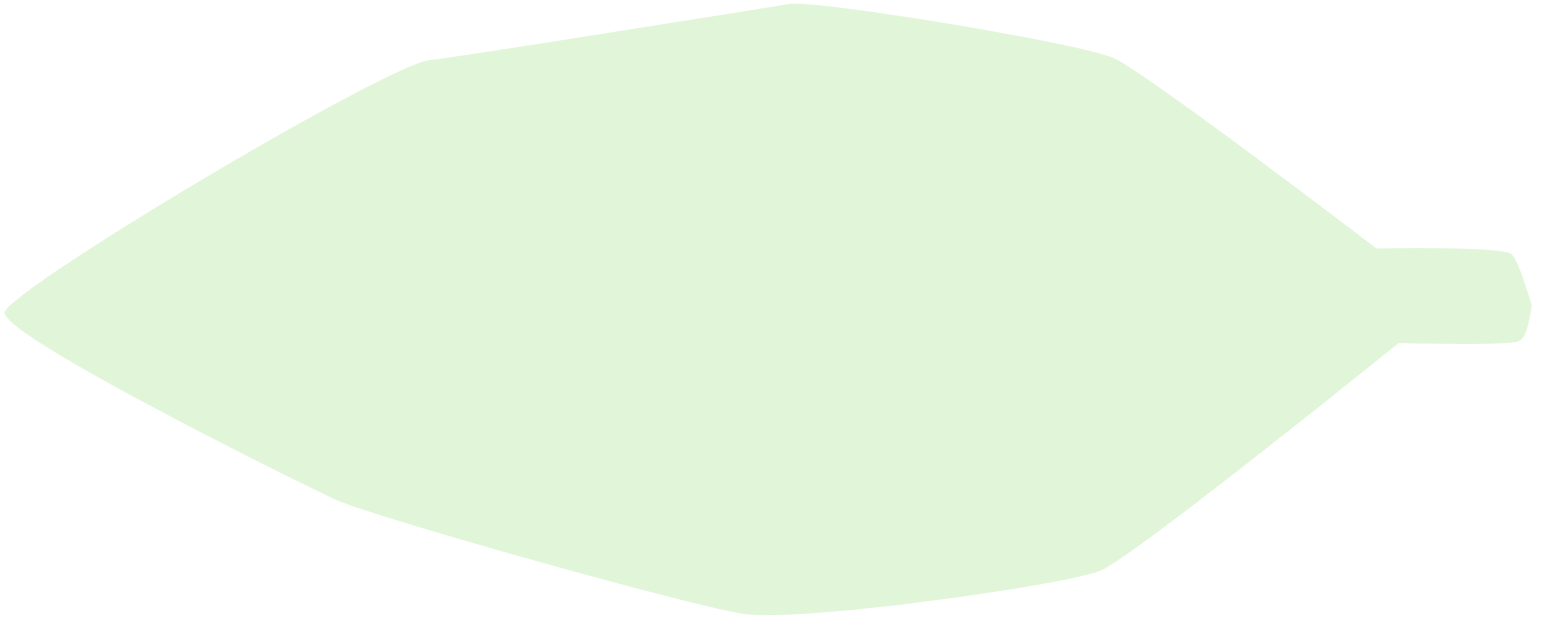
Britta van Arman & Nathasja Gootjes



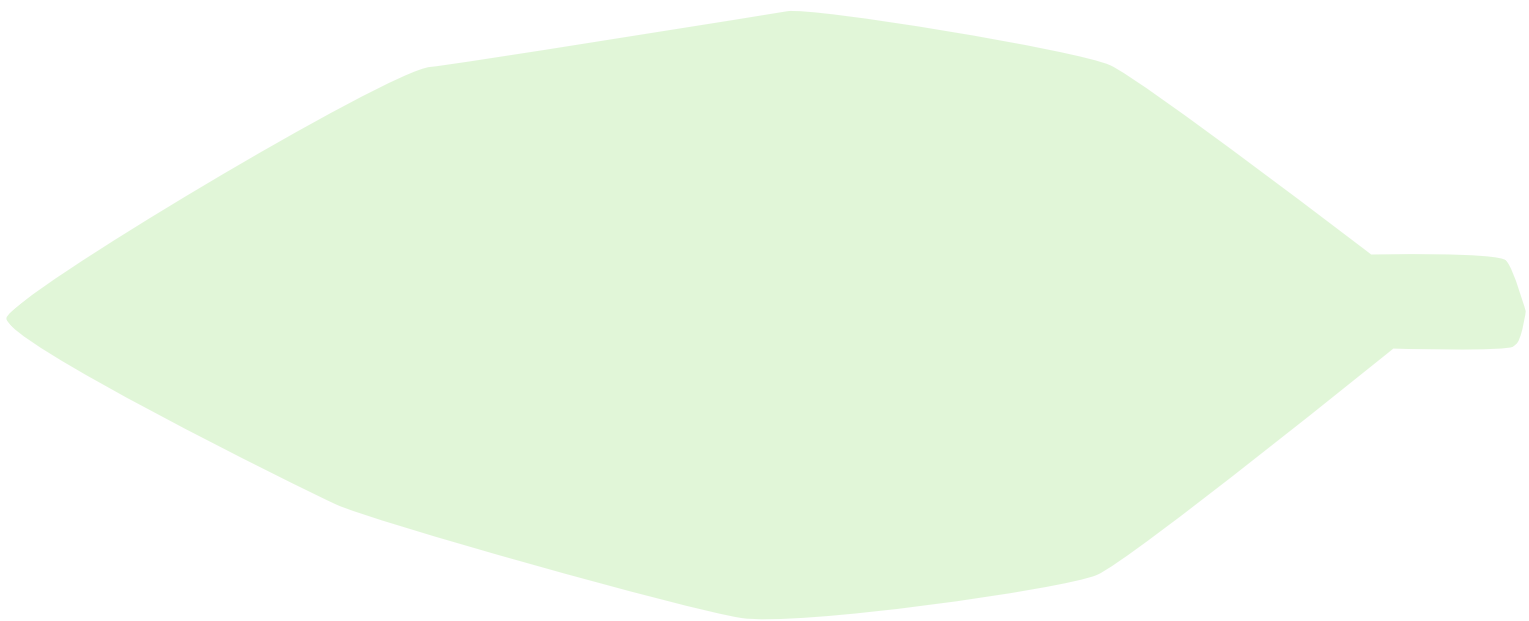
Spiritual Guidance & Teaching | Healing | Rituals | Retreats | Healing Products



*I chose this pair of roots and related emotions
to work with in December:*

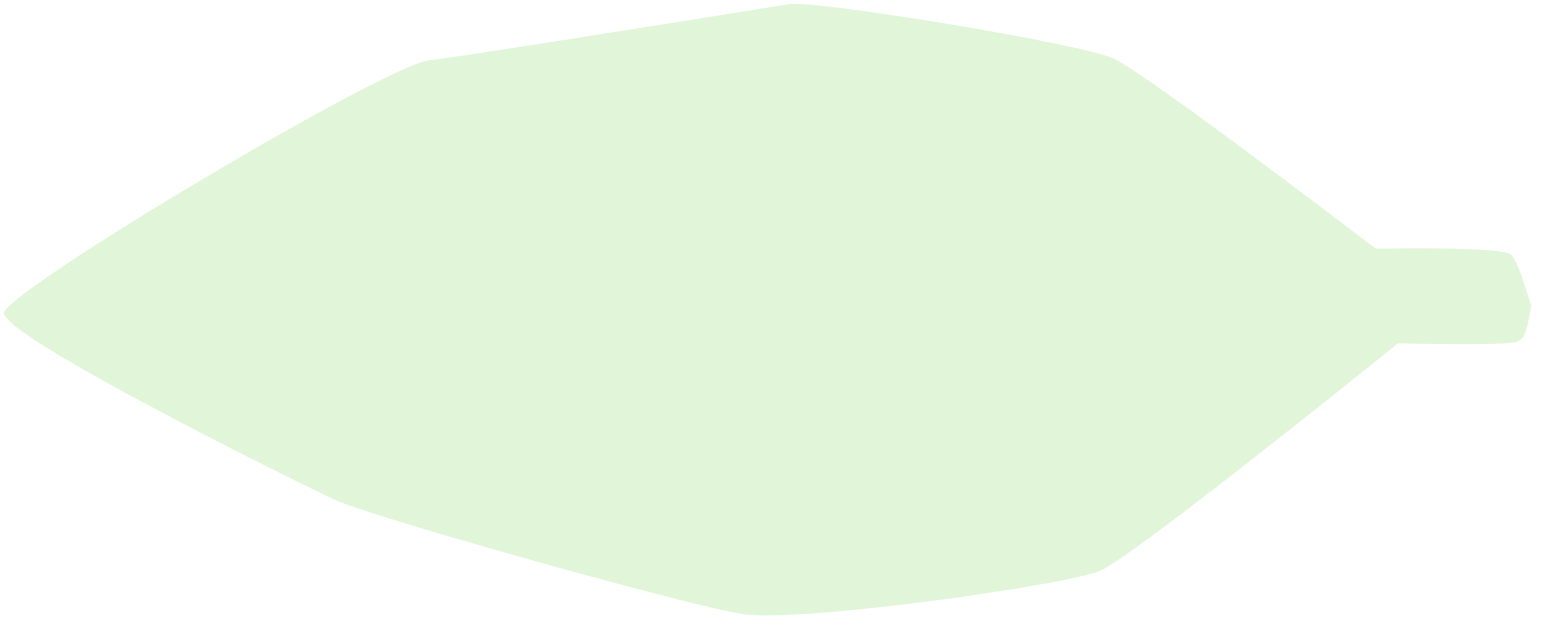


*My intention for Healing with Nature and
the underlying emotions were:*

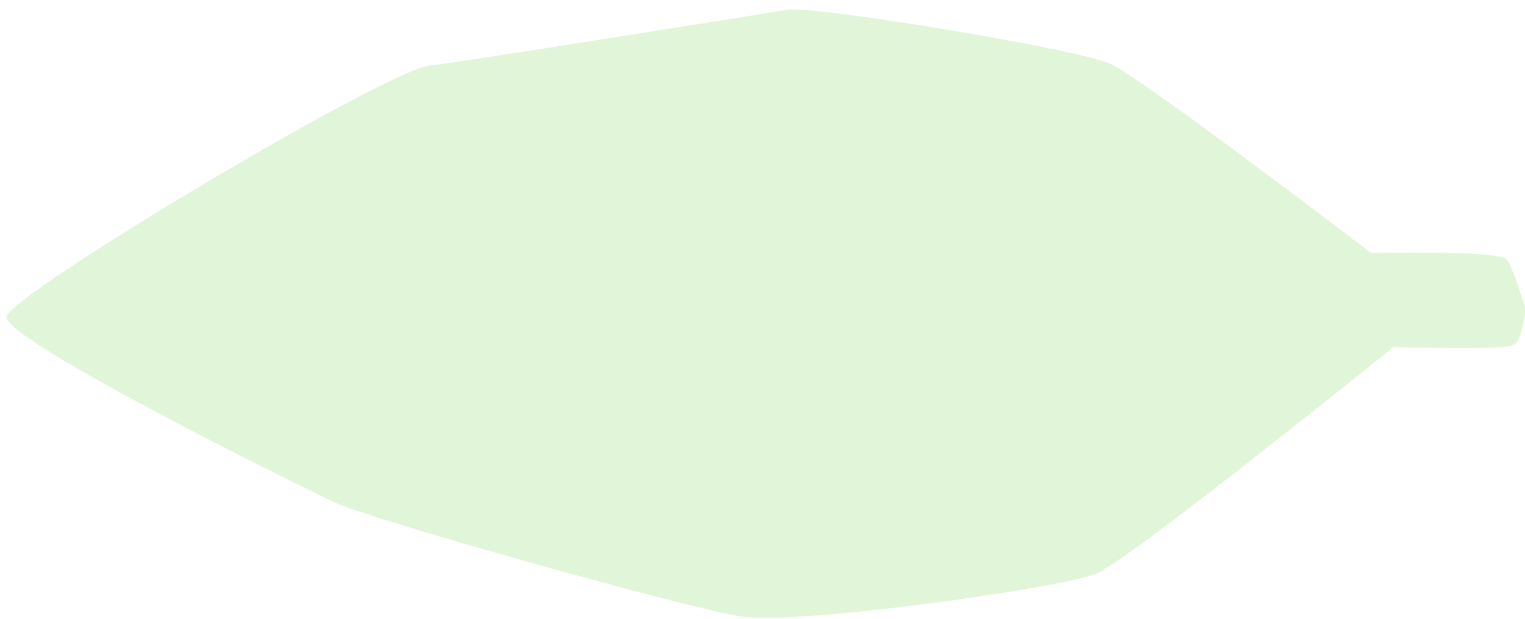




*The relation between my intention/underlying emotions
and the pair of roots is:*

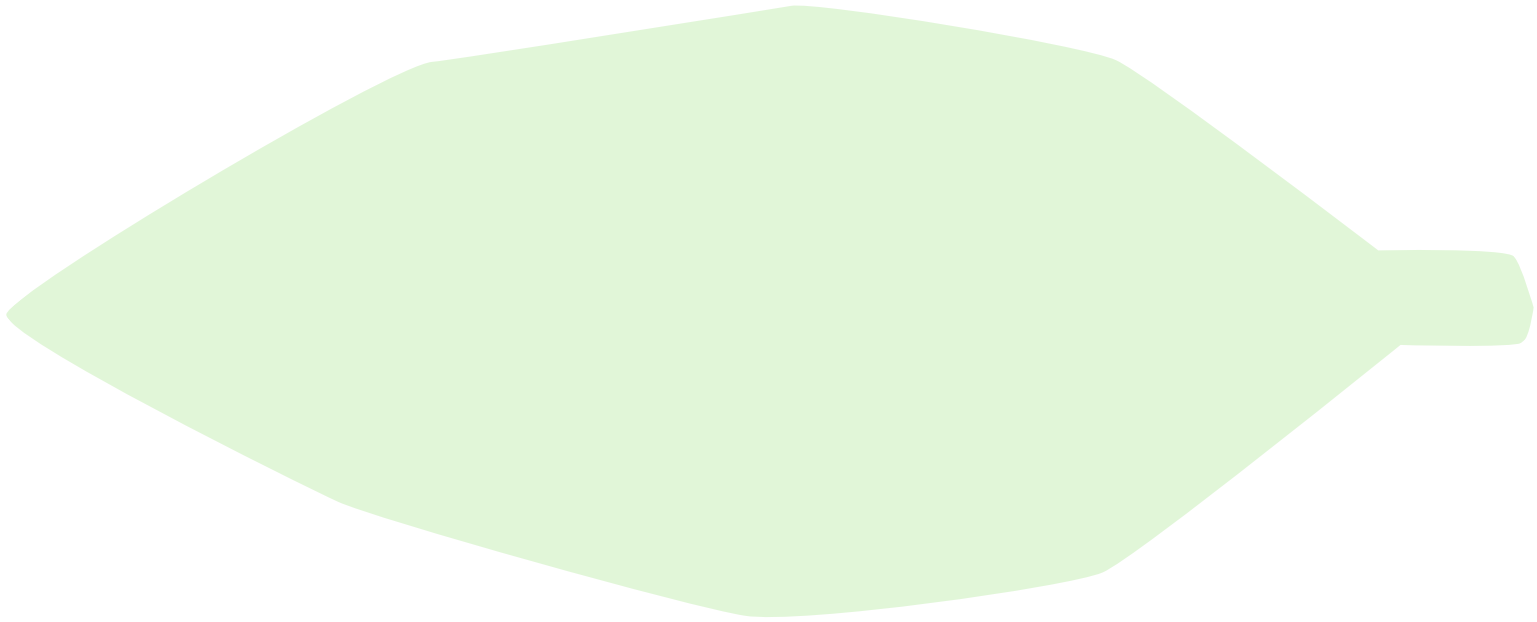


*Being where I am now, this is what changed in
relation to that intention and my emotions:*

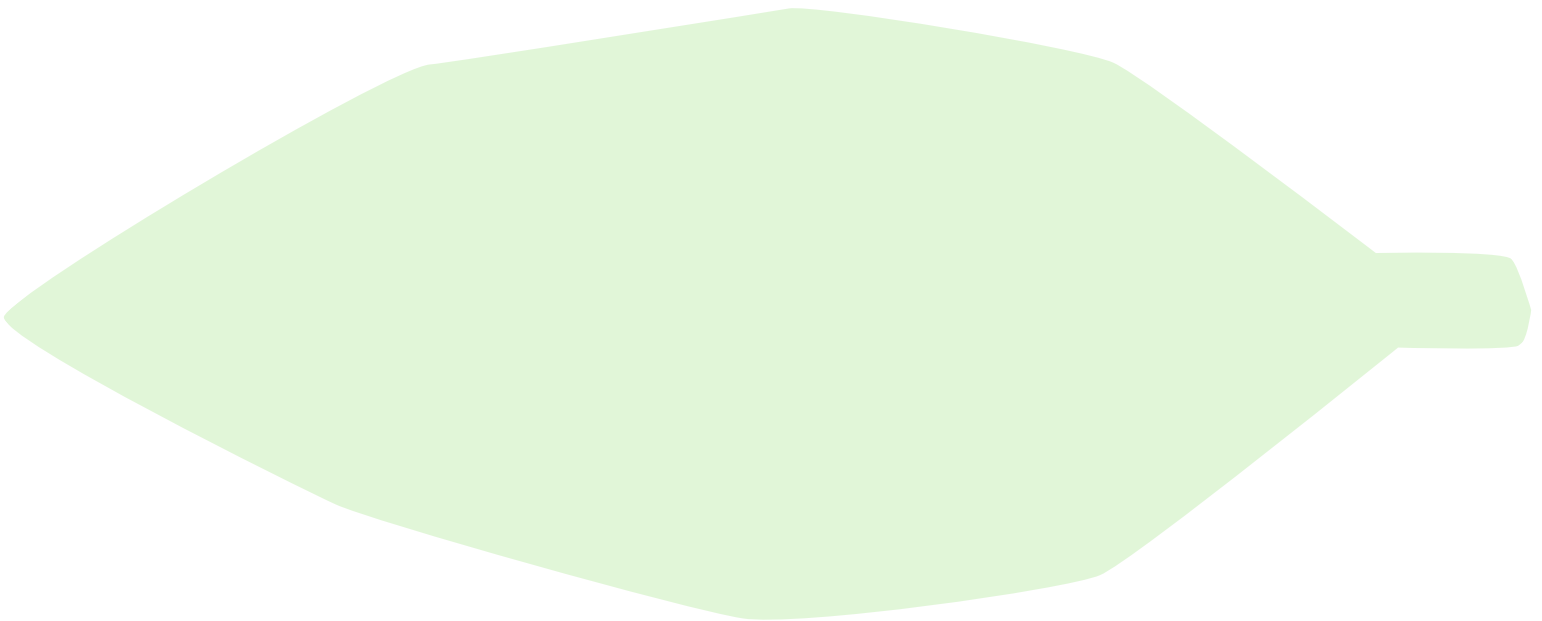




This is how I feel about it now:



What helped me to transform this is:





Go on a journey with the Horse and the Elder

After this Soul inquiry, we invite you to go on a journey with the guides of this month.

Go to the exercises in the Nature Guides video (slide 10): jump on the back of the horse and drink the Elder tea.

If you want to, you can use **this music** to guide you.

Whisper the emotions and worries you feel now into the ear of the Horse and just let it happen.

Imagine you visit an Elder bush.
Stop for a moment to drink her tea and enjoy her healing qualities. Ask her to suck up the heavy energies and send that into the earth.

Write down your insights, messages and how you feel on the next page or in your diary. And make a drawing. And if you want, please share your findings in our group.



My insights, messages and feelings



"This is what I saw: