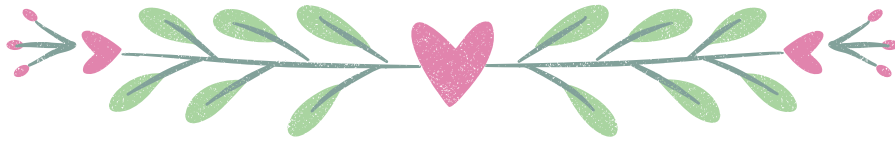




# *Healing with Nature*

## February prompts





*Dear beautiful soul,*

The theme of February is becoming aware of your blind spot(s) and cleansing and releasing them to make space for the new. So that you can create and manifest what you long for.

To guide you through the process, we prepared 3 prompts for you to work with. The monthly Nature Guides will also support your journey.

After this soul inquiry, we'd love to hear your questions and findings in our Nabrita Circle on Telegram. If you are not a member yet, send an email to [hello@nabrita.com](mailto:hello@nabrita.com) and we will give you access.

Maybe we have a few blind spots in common and can support each other to become more aware, release them and heal.

We wish you fun on the way!

Love & Light,

*Britta and Nathasja*



*What patterns, behaviours and beliefs hold me back?*

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*What is the effect of those on my life?*

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*What can I do to change this?*

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