

# HEALING WITH NATURE

*Initiating 2023*



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# Welcome

*Hello beautiful soul,*

Every new year marks a new beginning. It is a time where we set new intentions and goals. But it's hard to set goals that feel good, aligned, make us happy and thriving throughout the year. We believe that it is important to take a break after any turbulent season, throughout the year, to turn inwards, to reflect and heal from the past before defining next steps.

Also nature takes a break during winter. Trees have lost their leaves as they turned inwards to heal and gather new strength to grow and blossom in the next season. Aligning our way of living to the cycle of nature, gives us time to heal and energy to grow too. So why not taking break at the end of any season to review and align your intention and your goal for the months to come?

Let's give our body and mind a well-deserved rest. Especially after analysing the energies for this entire year, we feel this is really essential for a smooth journey through the year. We invite you to go inwards, nurture yourself and learn from the past. It will help you to align for an energetic and joyful future full of balance and abundance.

This guide helps you to reflect and decide what to release, what to nurture and create in a set period, whether you do it yearly, quarterly or whenever you feel the urge to. Often life, our own limiting beliefs, habits and external influences are getting in the way and make it challenging to stay on course.

Turning to nature helps us to ground and feel that we are part of something bigger. It's beauty creates joy, opens our hearts and helps us to connect with our essence. We gain clarity over our intention and desires while healing wounds of the past. Try to be kind to yourself, detach from expectations of others, and allow yourself to change course whenever you feel necessary.



Whether you decide to print this guidebook or work in the pdf file, take plenty of time in your favourite space and make it a ritual.

Personally, we both love setting up an altar-like space with soft background music and a delicious cup of tea before diving into our year review and planning. Spreading the process over a few days, or even the entire month, helps to absorb all insights and plan the year ahead. Take your time, spend time in nature to listen to your heart and soul to make it meaningful.

Be creative! Allow yourself to go wild, make drawings or collages directly in the guidebook or separately. Write with your favourite pens in different colours. Planning does not need to be boring - make it light and fun. Don't forget: The emotions attached to your intention and goals are the most empowering ingredient.

Once you are ready, share your intention and your goals with us in the online community; you find the links on the last page.

Sending love & light your way,



*Britta van Arman & Nathasja Gootjes*

Nabrita Healing & Rituals



# *10 Steps to create your dream life*

## *Part 1: Looking Back*

*Reflecting*

*Releasing*

*Keeping*

## *Part 2:*

*Evaluating*

*Focussing*

*Committing*

## *Part 3: Your Future*

*Envisioning*

*Wishing*

*Initiating*

## *Part 4: Your Future*

*Creating*



# Part 1: Looking Back

Fulfilled Living requires to turn inwards, to center and listen to your heart, to mute the voices in your mind and from your surrounding

## Reflecting

Before you start planning ahead, take some time for yourself and go back in time to reflect. Maybe the memory of last year is already a bit blurry. No wonder, it was an epic year with so much going. If you need to refresh your memory, take out your calendar or look at your photos.

Enjoy some music or spend time in nature to nurture the memories and allow all the surfacing emotions. They help your healing, release pain and make you realise what really makes you happy. Emotions are like a compass pointing us into the right direction.

Take some notes on the following page and rate how you feel about each of the listed areas. Give them a score on a scale 0-10 (0 being the lowest, 10 being the highest).

**Your health**

**Love**

**Your relationships**

**Your professional life**

**Your financial situation**

**Fun experiences**

**Your knowledge**

**Your leadership**

Note the score that immediately comes to mind. Let your intuition guide you.



	<p><i>How do you feel about this area thinking of last year? Why?</i></p> <p>Write down some keywords for yourself</p>	<p><i>Score</i></p> <p>0 - 10</p>
<p><i>Your health</i></p> <ul style="list-style-type: none"> <li>*mental</li> <li>*physical</li> </ul>		
<p><i>Love</i></p> <ul style="list-style-type: none"> <li>* partnership</li> <li>* self love</li> </ul>		
<p><i>Your relationships</i></p> <ul style="list-style-type: none"> <li>* family &amp; friends</li> <li>* colleagues</li> </ul>		
<p><i>Your professional life</i></p> <ul style="list-style-type: none"> <li>* your work</li> <li>* your company</li> </ul>		
<p><i>Your finances</i></p> <ul style="list-style-type: none"> <li>* your income</li> <li>* your expenses</li> <li>* your investments</li> </ul>		
<p><i>Fun experiences</i></p> <ul style="list-style-type: none"> <li>* your trips</li> <li>* leisure activities</li> </ul>		
<p><i>Your knowledge</i></p> <ul style="list-style-type: none"> <li>* your education</li> <li>* your skills</li> </ul>		
<p><i>Your leadership</i></p> <ul style="list-style-type: none"> <li>* your mindset</li> <li>* your spirituality</li> </ul>		



## Releasing

After you refreshed your memory, let's dig a little deeper on the emotional level to find out what to keep, what to let go and what you want to add to experience more balance, joy and healing.

Releasing what does not serve us anymore makes space for new experiences, people and emotions in our lives. So, what do you wish to release and let go? You can refer back to the overview with your ratings, but also think of people, emotions and thoughts that do not serve you and hold you back from walking your path.

**What was your biggest challenge or the worst moment this past period?**

**How did it make you feel (in your heart, body and mind)?**

**What can you release to create a better experience in the future?**



## Keeping

So many positive aspects in our lives are worth keeping. Sometimes we just don't see it through all the daily challenges. And sometimes it's hard to stop drilling into negative thoughts and emotions and get out of our victim mindset. Therefore, we invite you to take some time to reflect on everything that does work well for you. Whether it is your own actions, thoughts and routines, your work or the people in your life. Think of the areas you reviewed earlier and identify anything you want to continue doing and seeing in the future.

**What was your biggest accomplishment or the best moment this past period?  
How did it make you feel (in your heart, body and mind)? What do you want to  
hold on to, repeat and grow to create more beautiful experiences and  
memories?**

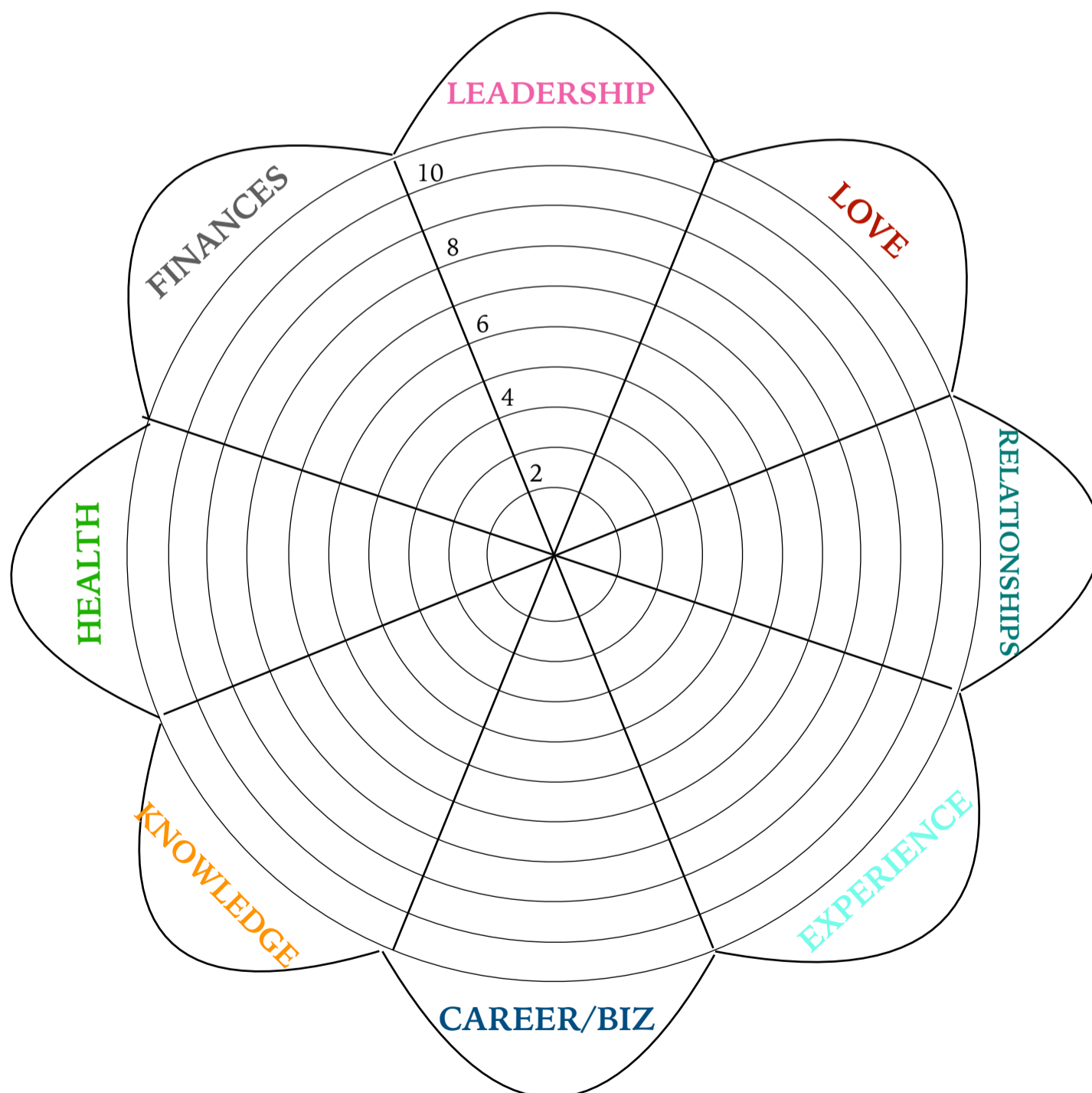


## Part 2

### Evaluating

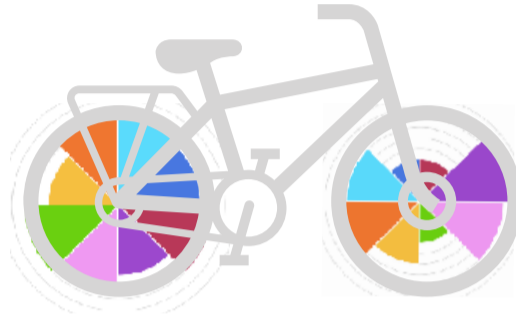
Before setting your goals, it is supportive to decide which area(s) you want to improve the most. Choose only 2 or 3 areas to stay focused and to avoid overwhelm and distraction. That way the chances for change are significantly higher. Shall we visualise your earlier scores to see it?

Colour the rings according to your rating in the table on page 6 and then read on the next page for interpretation help. Once you know what area you want to focus on, you can set a meaningful intention and define your goals more clearly.



## Evaluating

Have you coloured in all eight areas? You then see a shape. It can be roundish with just a few, rather small irregularities or completely irregular with a lot of differences. Imagine those where wheels of a bicycle. Would you be able to move forward? Which areas are causing the stagnation?



Have a look and review the lowest scoring areas of your life to get unstuck and create the balance and joy you are longing for.

Can you identify a connection? Is one area impacting another one? Maybe your financial challenges are linked to your health or the relationships in the workplace? Or maybe your partnership is suffering as you, or your partner, are spending too much time working so that there is no time for fun activities together?

## Focussing

Which areas do you want to enhance?



## Committing

### First steps

Enhancing a specific area of life requires a vision and actions. How do you want the identified area in the future to look and feel like? How can you actively create that change? What one action can you take today to commit to your decision?

**For example: Ask for help, share your intention with a friend or look for an accountability partner... Write it down per focus area.**

In the next section we will guide you to envision the next period of your life before revisiting your goals and action steps in more detail.



## Part 3: Your Future

### Envisioning

Envisioning your future life, is a powerful way to discover if your wishes are also aligned with your soul desires. Connecting with your heart, you can see and feel what is really important to you. Are your visions really supporting your authentic life path and the upcoming period?

We invite you to listen to the guided meditation that connects you right to your heart space. This is the home of our emotions, the place where our soul lives. Its energy field is six times greater than the field of the brain and is for 92% responsible for our motivation to take actions. If we can envision our goals and feel them in our hearts, we are much more likely to bring them to life.

*Now listen to the meditation to envision your future*

**Dare to dream, try to feel it in your entire body, in your heart and soul.**

**Notice any pictures, colours, words or symbols coming up during the meditation. Write it all down on the next page to create your journey.**

**Go back to it often, read it regularly to bring back the emotions, the pictures, your dream. You are a powerful creator!**

Additional tools to deepen the process with the support of nature are provided as part of the Healing with Nature online program.

*If you can dream it, you can create it*  
*– Walt Disney*



## *Envisioning*

Envision your year, quarter or month and write your story. After listening to the meditation, write down anything that came up for you, anything you wish to add in the coming time.



## Wishing

Since you identified what to release, keep and grow in specific areas of your life and committed to the first action step, it's now time to formulate your wishes! We compiled a few triggers to help you reveal your conscious wishes, desires and visions.

**How do you see yourself? Who do you want to be/come? How do you look and feel internally and externally? How do you become that person?**

**What do you do to nurture your mind, your heart and your soul?**



## *Wishing*

**Where are you spending your time? Where do you live and/or work?  
How does it look and feel there?**

**Which persons are surrounding you in private and professional life?  
And how do they impact you, your activities and your wellbeing?**

**What do you feel called to do or to create? Are you on a solo mission  
or is it a team effort? Which role do you play?**



## *Wishing*

**What is your contribution to family, work, society? How does it impact others in your surrounding? How does it make you feel?**

**What kind of new experiences would you like to have or create?**

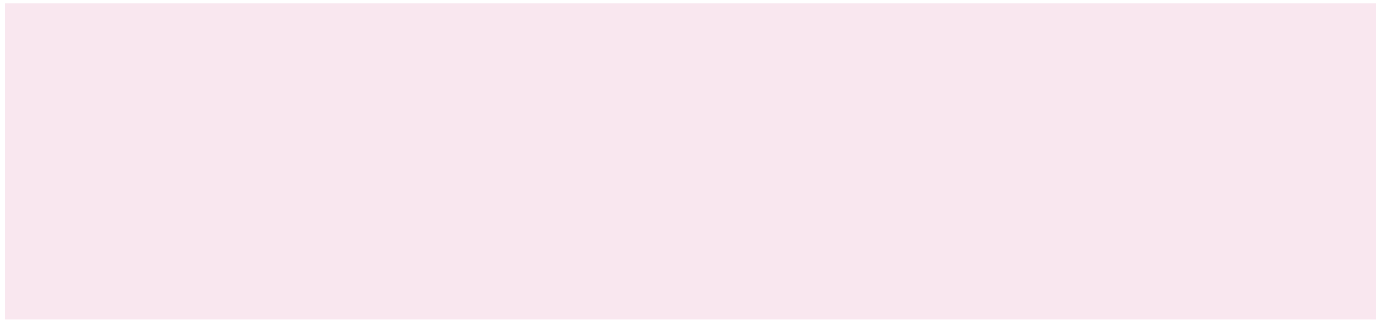
**Is there anything you want to learn in order to build and live your dream?**



## Initiating

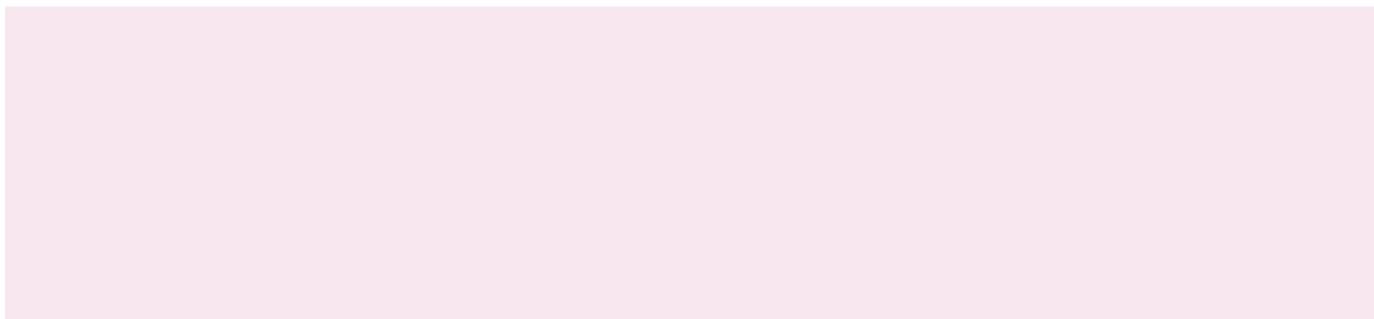
Choose one word to set your intention for this upcoming period.  
This word reflects your desires, the state you want to be in, and helps you  
to align your activities and goals throughout the year.

**My Intention:**



I AM statements are powerful anchors.  
Whatever you want to be, activate it by claiming it!

**Write an I AM statement to empower yourself and your intention**



*Whatever you are looking for  
can only be found inside of you  
– Rumi*



## Part 4: Your Future

### *Creating*

Bringing your VISION to life is not happening by itself. We need to take conscious actions to create the shift we want to see and experience in this new year. Even though your plan will require adjustments along the way, don't leave it up to others to fill up your calendar and to do list. Take some time, right now, to make your action plan for your most transformative year. Keep it simple.

Focus on the two or three areas you have identified earlier and define your specific goal for each of these areas. What do you need to do reach your goal? Make an actionable (not overwhelming) plan and give yourself also deadlines. Put it in your calendar right away to block time for it. If it's planned, it gets done. Look back at the first step you defined earlier (page 11) and dive deeper by defining what else is necessary.

Some questions to ask yourself:

**What do you want to achieve and what changes are necessary to get there?**

**What specific actions are you taking and when?**

**What do you need to make it happen? Think of skills, tools, support, time ..**

**Fill-in the table on the next page.**

*One step at a time is all it takes to get there*



Creating

<i>Aspect</i> Your focus area	<i>What ?</i> Your action	<i>How ?</i> Your needs	<i>When ?</i> Your timing



**Congratulations to making a plan!**  
**Are you sharing the highlights with us in the community?**  
<https://t.me/+0OKRoTxjcYlmY2I0>



*Nabrita Healing & Rituals*

Contact us at [hello@nabrita.com](mailto:hello@nabrita.com) for personalised healings & rituals.

