

Name \_\_\_\_\_ Date \_\_\_\_\_

If we expect to receive nurturing from nature, we must first expect to be willing to offer such nurture in return. Nurture is a two-way street. In order to establish the cycle of nurture with your own sacred space, first go to your sacred space and find a comfortable place to sit or stand. Next ground and center yourself by engaging in a brief meditation. Now ask permission for what you are about to do, and wait for a reply. If permission is granted, continue with the exercise below. If permission is not granted, find another place or wait until another day. When you have received permission from nature, make an offering to express your gratitude, then sit or stand comfortably and recite the following three times to all the life present in your sacred space:

*“I understand that you are suffering. I am here for you. I hear you. I care. Please tell me how I may help.”*

Once you have recited the above three times, open your heart and your mind and wait for an answer. This answer may come in the form of a visit from an animal, or the way the wind moves through the trees, or a sound, or just a feeling within yourself. If you don't receive an answer, end the exercise and try again on another day, following the same formula described above. When you feel you have gotten an answer, write your responses to the questions below.

What answer did you receive?

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How do you plan to respond? In what ways may you nurture nature?

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Name \_\_\_\_\_ Date \_\_\_\_\_

How might the actions described above (your plan to help nature) help you to receive nurturing from nature in return?

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How might nature manifest its gratitude to you for your help?

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How might you prepare yourself to receive this expression of gratitude?

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How might establishing this cycle of nurture with nature help you to become the person you were born to be? To live more fully in your own True Self?

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