

Earth-Heart Living: A Deep Dive Journey

Journal of Mystical Intimacy

Keys of Engaging

Key #11

Be thankful.

Gratitude is the bridge
that connects you to the
heart of a place.



Gratitude can completely shift your experience. How did gratitude bring about a shift in your experience of the place?

How did holding an attitude of gratitude for your wild-scape show up in the other areas of your life?

Were you able to connect to the heart of the place? Was gratitude a catalyst that sparked this connection? If so, how?

How did having gratitude for your wild-scape feel in your body?

Did having an attitude of gratitude for your wild-scape inspire you?
What new ideas came to you?

Was there a particular area or aspect of your wild-scape that you found yourself more grateful for over other areas? Why do you think this is?

How did your experiences of gratitude feel mystical?

Ideas, elements, aspects of the place to deepen with:

Listening to the Land

"Walk as if you are kissing the Earth with your feet."

~ Thich Nhat Hahn