

Earth-Heart Living: A Deep Dive Journey

Journal of Deep Listening

Keys of Being

Key #2

Release control.

Know that all is well and
unfolding in alignment with
a greater plan.



What did letting go and being present with the place show you?

How did the place appear to you?

What emerged into your awareness when you trusted what was unfolding?

What sensations did you feel in your body?

How did the place make you feel emotionally?

What was it that excited you?
How did this excitement show up for you?

What features of the place did you focus on? Why?

Significant moments:

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

The page features a decorative border of green leaves and red berries. A large white circle is centered on the page, serving as a focal point. The text is positioned at the top, above the circle.

Listening to the Land

"My soul steers me into nature's silence."

~ Angie Weiland-Crosby