

Earth-Heart Living: A Deep Dive Journey

Journal of Deep Listening

Keys of Being

Key #4

Allow time.

Be patient and let things
emerge in their own way.



As your deep listening journey has evolved what's changed in your life and in your sense of who you are? How does your world appear different?

How did the landscape appear to you as you allowed time for nature to unfold unobstructed?

What emerged into your awareness?

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:



Listening to the Land

"Adopt the pace of Nature.
Her secret is patience."
~ Ralph Waldo Emerson