

Earth-Heart Living: A Deep Dive Journey

Journal of Sacred Receptivity.

Keys of Opening

Key #14

Be in the moment.

Let go of the need to interpret
what you experience and
simply receive what arises.



What did you learn about being in the moment that is significant to you and your life?

Did you learn anything new about your wild-scape when you let go of interpreting your experiences and simply received what arose?

Did you find it difficult to quiet your ingrained habit of interpreting? Or, did you find letting go a welcome change? Describe your experience.

Did your connection to the place change in anyway? If so, how?

Did anything once hidden appear simply because you showed up to your wild-scape in the moment? If so, what happened.

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



Listening to the Land

"I've always believed in savoring the moments.
In the end, they are the only things we'll have."

~ Anna Godbersen