

Earth-Heart Living: A Deep Dive Journey

Journal of Sacred Receptivity.

Keys of Opening

Key #16

Embody your sovereignty.

Bring your true, authentic self
into engagement with the land.



Being out in nature can help us to drop the masks and be true to who we are in each moment. What was your experience like engaging in this way?

Did you find that your wild-scape responded in a different way when you showed up authentically? If so, what happened?

Did you feel different in your body? Were your emotions or your mind more engaged? Did you feel nourished spiritually? What was your experience like?

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

What did you learn about yourself as a sovereign being? How did the land show you this?

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



Listening to the Land

"Get still, get calm, and
and let your true self out."

~ John Douillard