

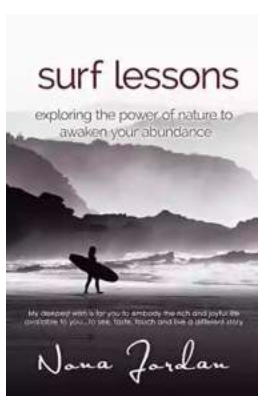
Unlocking Abundance: Harnessing the Power of Nature

Have you ever stopped to feel the gentle breeze on your skin, or hear the soothing sound of birds chirping in the distance? It is in these moments that we realize how truly interconnected we are with nature. Nature has a way of awakening our senses and rejuvenating our souls. But did you know that nature also holds the key to unlocking abundance in our lives?

In our fast-paced and materialistic world, it's easy to lose touch with the natural rhythms of life. We get caught up in our work, social obligations, and the constant pursuit of more. But what if we told you that by simply reconnecting with nature, you can tap into a limitless source of abundance?

The Science Behind Nature's Abundance

There is an undeniable connection between nature and abundance. Science has shown that spending time in nature has profound effects on our overall well-being. When we expose ourselves to natural environments, our stress levels decrease, our immune systems strengthen, and our creativity and focus improve.



surf lessons: exploring the power of nature to awaken your abundance by Nona Jordan(Kindle Edition)

★★★★★ 5 out of 5

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File size : 1122 KB
Text-to-Speech : Enabled
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 161 pages
Lending : Enabled
Screen Reader : Supported



This is because nature operates on its own divine principles of abundance. Look at a forest; there are countless trees, plants, and animals coexisting harmoniously. Nature doesn't hoard its resources or worry about scarcity. Instead, it trusts in the natural cycle of growth, expansion, and renewal. And when we align ourselves with these principles, we too can experience abundance in all areas of our lives.

Opening Your Abundance Portal

If you're ready to tap into nature's abundant energy, here are some powerful practices that can help you harness its transformative power:

1. Grounding

Take off your shoes and walk barefoot on the earth. Let the energy of the earth course through your body, grounding you and connecting you deeply with the abundant source of life.

2. Forest Bathing

Spend time in a forest, soaking in its beauty and serenity. Breathe in the fresh air, listen to the sounds of nature, and allow yourself to be fully present in the moment. Nature's abundance will envelop you and awaken your own innate abundance.

3. Water Therapy

Find a natural body of water, whether it be a lake, river, or ocean, and immerse yourself in it. Water has a purifying effect on the body and soul, washing away negative energies and opening up space for abundance to flow in.

4. Nature Meditation

Find a quiet spot outdoors and meditate, allowing yourself to connect deeply with nature. Visualize the abundance of the natural world entering your being and transforming your life.

Cultivating an Abundance Mindset

Beyond these practices, cultivating an abundance mindset is crucial in attracting abundance. Nature teaches us that there is always enough to go around. By shifting your perspective from scarcity to abundance, you open yourself up to receiving the abundance that is already present in your life.

Acknowledge and appreciate the abundance in your surroundings. Notice the beauty of a blooming flower, marvel at the intricate patterns of a butterfly's wings, and feel gratitude for the nourishing food on your plate. By focusing on the abundance that already exists, you create a magnetic field that attracts even more abundance into your life.

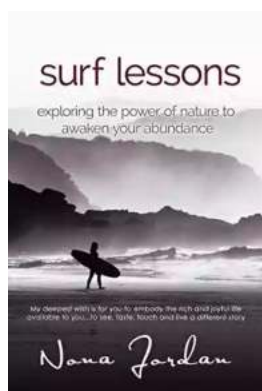
Living in Harmony with Nature's Abundance

As you embark on your journey of harnessing the power of nature to awaken your abundance, remember that it is an ongoing process. Consistency is key in establishing a deeper connection with nature and aligning yourself with its abundance.

Take regular breaks from the chaos of daily life and immerse yourself in nature. Whether it's a short walk in the park or a weekend getaway to a secluded cabin, make time to connect with the natural world. Journal about your experiences, reflecting on the abundance that you witness, and set intentions for inviting more abundance into your life.

Remember, nature has a way of reminding us of our own inherent abundance. By immersing ourselves in its beauty and wisdom, we awaken the dormant abundance within us and unlock the limitless possibilities that life has to offer.

Exploring the power of nature to awaken your abundance is a transformative journey. When you align yourself with nature's abundant energy and cultivate an abundance mindset, you become a magnet for all forms of abundance. Take the time to reconnect with nature, immerse yourself in its beauty, and watch as your life flourishes with abundance.



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Feeling drained, strained or just plain stuck?

You can learn to ride the waves of your beautiful life with more play and ease. Master Life Coach Nona Jordan collected these 13 lessons from the powerful experience of learning to surf while living in Hawai'i.

If you usually put everything and everyone else first, give this gift to yourself:

Set aside time to explore the lessons and activities in Surf Lessons and experience real results in your own life:

- less fear and more trust
- clearer intentions
- purposeful actions
- instinctual joy

From Stop Waiting through Finding Your Treasures, these essays and invitations are rich with metaphors and interpretations. You'll meet opportunities to connect deeply to your body and your divinity, explore the fullness of the present moment, and embrace a state of magnetism, joy and unbridled energy for yourself – whether you live near the sea or not.

"Surf Lessons is an invitation, an awakening, a passionate call to action. It helps readers ask the right questions about what stops us from allowing ourselves to coast, to float, to enjoy the variable ride...and to discover that it is completely within them to do so." -Pixie Lighthouse

Learn how to change pain and suffering to pleasure, play and desire:

- First Lesson: Stop Waiting
- Lesson Two: Terror and Excitement Hold Hands on the Beach
- Lesson Three: Drop the Conditions

- Lesson Four: Paddle Out Into the Waves
- Lesson Five: Choose
- Lesson Six: Play at Your Edges
- Lesson Seven: Finding the Treasure
- Lesson Eight: Full Presence Required
- Lesson Nine: Never the Same
- Lesson Ten: Trust Your Rhythm
- Lesson Eleven: This is Home
- Lesson Twelve: The Wave Will Tell You How to Ride It
- Lesson Thirteen: It Is All for You

“To be the person you are meant to be in this day and age of possibility and promise -- your creative energy, your light and your clarity are needed most.” –
Nona Jordan

Discover how connecting to Nature helps you connect to your natural abundance: your inner wealth of riches that fully support you in all areas of life if allowed by you. Engaging in deep play facilitates access to states of consciousness where your deepest knowing resides. You will discover a new sensuous connection to your true nature that empowers and energizes.



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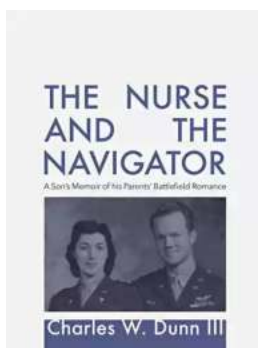
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