

The Healing Power of Nature

And welcome to you all. It is Portia and the Guides. And our topic this week is The Healing Power of Nature.

We see that all of you, when you contemplate Nature, look at a flower, gaze up at the stars, walk through the forest, walk on a trail in the mountains, saunter through the desert or the beach, on a sandy beach – that there is a transformation happening within you and you are aware of this. It is a cleansing. A settling in and down. A comfort. A feeling and sense that all is well. This of course happens when you allow the mind to be released from its hammering on the details in your life. So, as you let the mind go, release it, and come back to your time with Nature, that is where the fullness of healing and peace arrives within your being.

Even if your mind is going, going, going, when you surrender to Nature, open up the door and step into a moment with Nature – even if it is looking at a flower, a floral arrangement on your table, a picture or photo of the earth, the animals, the flowers, what you love about Nature – it shifts your nervous system. It brings you back into alignment of peace and evenness with your true being. How powerful is this?! It is something that you can count on, it is a promise, a guarantee, that when you take a moment, even a moment in your day, to be with Nature, fully present, in a minute it will reframe whatever is going on in your life to being more settled and to feeling that sense and knowingness that all is well. Even if you are in the midst of solving a problem or facing a challenge, there will be a settling and a peace that comes over you.

What is happening is that Nature is speaking to your system. Often it is not conscious, but it is a language between Mother Nature and you because you are a part of Mother Nature, and of course, as a mother she wants your happiness, your greatest joy and well-being and comfort. She wants the very best for you.

So, when you put your hands in the dirt or walk as you do on your hikes and see beautiful vistas and clouds forming in the sky, all of this, dear ones, is healing. It is transforming to you.

Do not take this lightly. We are sharing this with you today because it is good for you to have this awareness of the healing power of Nature in your life, for your body, for your circumstances, always. And as you know, it is there, every moment for you. You may always look up to the sky, even if you are in the middle of a city. Or take a moment to walk through a park. Or again, look at a favorite picture or painting. It does not matter. But what we are telling you is that Nature is healing for you, in ways that are often unconscious. So, trust this. Know this. Do this.

We ask you in this coming week to be more conscious of taking a moment or two or three in your days and surrender to a moment with Nature, Mother Nature, the Mother. And being whole-heartedly present. Even if you do this half-heartedly, we will say with a smile, the blessings will still be with you. When you do it with your whole heart and present moment awareness, the gifts will be extraordinary. Conscious and sub-conscious and unconscious for you.

Enjoy this practice this coming week, and especially as the seasons are changing now, for you to be more acutely aware of the beauty, the majesty, the magic of Nature and its healing force for all of life on earth.

Our love and blessings are with you, always. Namaste.

Portia and the Guides

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Channeled by Susan