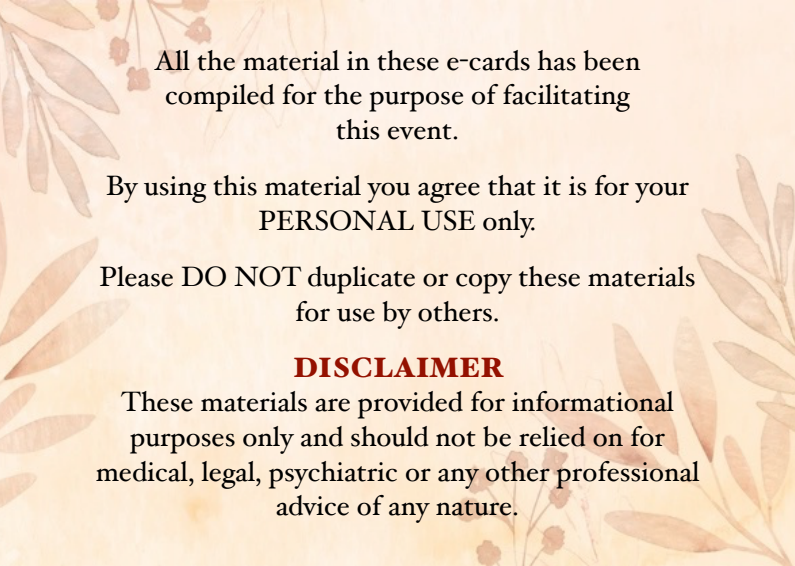


A woman with long dark hair, wearing a blue sweater, is shown in profile from the chest up, looking towards the right. She is standing in a garden or park with trees and grass in the background. The lighting is warm and golden, suggesting a sunset or sunrise. The background is softly blurred.

**A Walk
with Nature
@ Botanic Gardens**
**Restoring our kinship
with the
natural world**

with Oribel Joy Divine



All the material in these e-cards has been compiled for the purpose of facilitating this event.

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DISCLAIMER

These materials are provided for informational purposes only and should not be relied on for medical, legal, psychiatric or any other professional advice of any nature.



GREETING GAIA DAILY

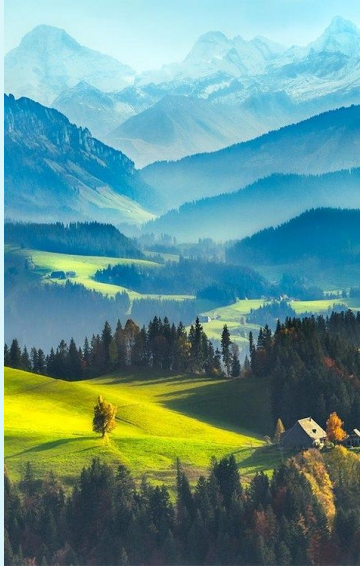
**The Earth is our Mother,
She gives us life.**

**The Earth is our mother,
She gives us love.**

The Earth is our Mother.

Good morning Earth Mother.

**I love you,
and I thank you.**






THANKING GRASS

**Thank you
dirt and grass
for allowing me
to walk
upon you.**



GREETING & THANKING WATER

 3 This is a water blessing you can say anytime you are in contact with water, or near a body of water, or rain or snow.

Dear Water / Rain / Snow,

I am you.

I am water too.

I love you, I bless you.

I appreciate you.

* I raise you up to my vibration.

Say the last line only if you plan to drink the water.



WELCOMING ALL LIFE FORMS ON THE PLANET

**I welcome all life forms
to be here
on this planet now,**

**and live and thrive in the
most benevolent way.**



5

BREATHING WITH A TREE

Dear Tree,
Your out-breath
is my in-breath.
My out-breath is
your in-breath.

In giving I receive, and
in receiving I give.

Together we support one
another in harmony.

This is the rhythm of life.



HOW TO SPEND TIME WITH TREES

**Choose a tree that you feel good about
and ask to hug it**

- Place both your hands lightly on the tree trunk. You feel its energies spreading to both your arms.
- Hug a tree lightly with both your arms. You feel its energies spreading to the front of your body, or your whole body.
- Lean your entire back against a tree trunk. You feel its energies on your back and your heart vibrates strongly.



CIRCLE OF TREE FRIENDS

Find a group of trees in your neighbourhood and create a special relationship with them. Each day when you visit or walk pass them, take a moment to greet them and share briefly what you are up to. And wish them well.

Then thank them,
“Thank you. I love you.”

This is a simple way to create a loving and harmonious relationship with any nature being. Your good thoughts create a positive ripple throughout the park.



GENTLE REMINDERS

What NOT to do in nature

- Do not step on trees' lateral roots and hair roots. They are the trees' feet and toes. They feel pain too, "Ouch!"
- Do not move or take away any stones and rocks from their original place.
- Avoid stepping on flowers, no matter how small they are.
- Do not fear the tiny garden spiders. And do not destroy their homes.

GENTLE REMINDERS

What to do in nature

- Give thanks and say out loud your appreciation to the trees, to the sun, the air that you breathe, the breeze, the soft grass, the fine sand on the beach.
- Greet the Guardians of a park or forest that you're visiting the first time, before entering. And thank the Guardians when leaving the space.
- Show your excitement and joy when you see something beautiful in nature. This form of appreciation is a gift to nature.



10

HOW TO SPREAD BLESSINGS WITH THE HELP OF ROCKS & STONES

Pick up a rock and place
it in your palms.

Wish it good thoughts and
send it good feelings. And
then place it back on the land.
The rock will carry your good
thoughts and feelings. And it
will broadcast those good
energies out. It has been
blessed by a human such as
yourself and it only wishes to
spread that blessing to others.





11

RELEASING YOUR HEAVY OR NEGATIVE ENERGIES TO MOTHER EARTH

Sit or stand barefeet on grass with palms facing down touching grass, and say:

I release all negative and heavy energies to Mother Earth. Thank you Mother Earth for taking them away and transmuting them.

Continue breathing deeply and feel gratitude in your heart. Do this for 20 seconds or so. You will feel lighter and better after this exercise.



CALLING UPON ARCHANGEL ARIEL

You may call upon Archangel Ariel, the angel for nature and the natural world, whenever you plan to spend time and communicate with nature.

Talk to AA Ariel as you would to your best friend. And when you're done spending time with nature remember to give thanks to AA Ariel.

Feel her love and gratitude for you as well as you create a stronger connection and bond with the environment and her inhabitants.



GRATITUDE MEDITATION

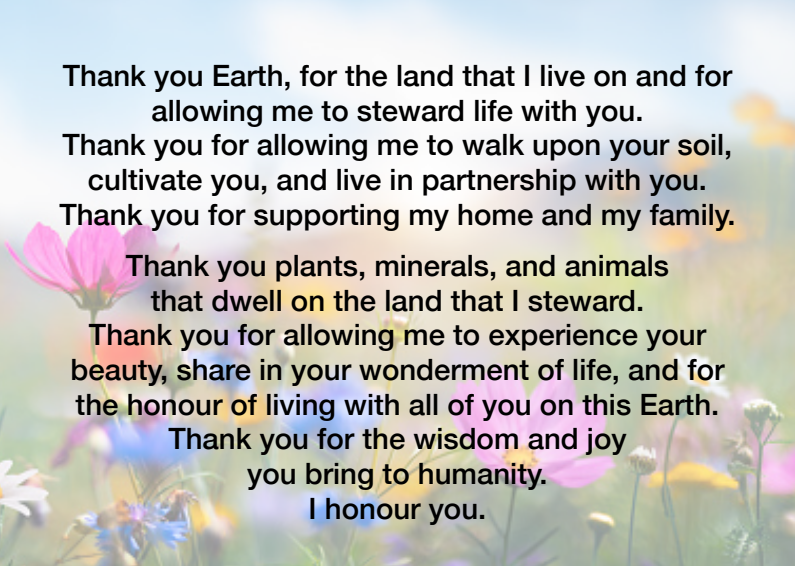
You may give gratitude to ALL that supports you by speaking out loud these words of appreciation and let them come from your heart. You may do this when you're indoors or outdoors.

Thank you home, for allowing me to live within your walls.

Thank you for giving me shelter, warmth, and security.

Thank you for allowing me to live my life in your womb.

Thank you for staying strong and sturdy, for supporting me, and for your beauty.



Thank you Earth, for the land that I live on and for
allowing me to steward life with you.

Thank you for allowing me to walk upon your soil,
cultivate you, and live in partnership with you.

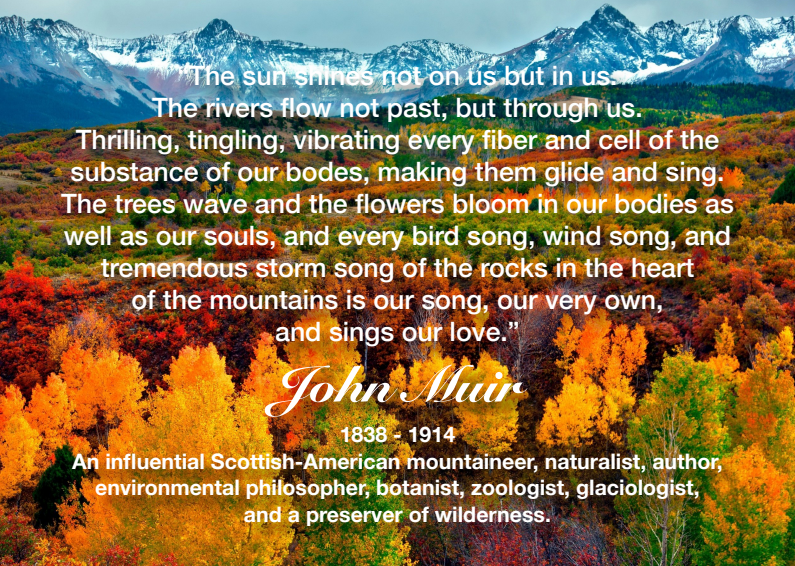
Thank you for supporting my home and my family.

Thank you plants, minerals, and animals
that dwell on the land that I steward.

Thank you for allowing me to experience your
beauty, share in your wonderment of life, and for
the honour of living with all of you on this Earth.

Thank you for the wisdom and joy
you bring to humanity.

I honour you.



The sun shines not on us but in us.
The rivers flow not past, but through us.
Thrilling, tingling, vibrating every fiber and cell of the
substance of our bodies, making them glide and sing.
The trees wave and the flowers bloom in our bodies as
well as our souls, and every bird song, wind song, and
tremendous storm song of the rocks in the heart
of the mountains is our song, our very own,
and sings our love."

John Muir

1838 - 1914

An influential Scottish-American mountaineer, naturalist, author,
environmental philosopher, botanist, zoologist, glaciologist,
and a preserver of wilderness.



Our Family Portrait

A woman with long dark hair, wearing a blue sweater, is shown in profile from the chest up, looking towards the right. She is standing in a grassy park area with trees in the background. The sun is low on the horizon, creating a warm, golden glow and long shadows. The background is softly blurred.

Thank you
for restoring your
kinship with the
natural world

with Oribel Joy Divine