

## **Exercises:**

### **A New Perspective**

Try to observe nature from different angles. Lay on the ground and pretend you are a plant. What does a plant see from its perspective?

Imagine you are the Earth. How do you feel? Are you cool to the touch? Is your soil damp or dry?

Lean up against a tree and pretend you are the tree. What does it feel like when your leaves tremble or your branches sway in the wind? What does it feel like to house a bird and her babies?

### **Cloud Readings**

Look into the sky, are there clouds? If so, find somewhere comfortable to sit or lay down.

Close your eyes and think of a question or a problem you are having.

Ask the sky and cloud spirits to help you find an answer.

When you are ready, open your eyes.

Do you see any shapes? If so, what are they? What do the shapes mean to you? What is your first instinct about the shape? Does the shape elicit an emotional response?