

Earth & Spirit Connection 101

How Nature & Spirit Communicate

Day 4

Topic: How Nature & Spirit Communicate

Messages come in many forms. We have talked a lot about the internal messages we can receive now let's discuss the external messages that we receive from nature.

“What stirs and touches your senses is a message to you.”

Spirit uses nature to communicate and nature communicates with us directly.

The scent of a flower, the bird that hops along the treetops following you, a butterfly that flutters around you unusually close, the feather that you find in the middle of your path, the whisper of the leaves trembling, the gentle breeze that comes out of nowhere... are all messages from nature and spirit.

Symbolism is nature's way of communicating. So how do we know if the element in nature has a message for us and what that message is?

We must believe that *everything* has significance. If it got our attention, it has a message and meaning.

Let's talk ordinary versus extraordinary experiences:

Ordinary:

Walking out your front door and seeing the same tree day in and day out

Seeing the same old, same old without any connection or inspiration

Extraordinary:

A butterfly that flutters unusually close to you and stays a while

A pinecone or acorn that falls on your head or just in front of you as you walk

A certain color or texture of a flower or plant seems unusually prominent or brighter than the others on a specific day

Any out-of-the-ordinary encounters

An inner-knowing that the encounter is significant

The element of nature that has presented itself to you appears multiple times over a short time frame whether that be through words, dreams, symbols, see the same element on a magazine or hear someone talking about it on TV.

Now that you understand how to recognize the signs, symbols and messages from nature. It's time to learn how to interpret the messages which is a bit of a learning curve and totally unique to each individual.

You might have to think about it for a bit or look internally for an answer.

What to Pay Attention to When you Receive a Message:

- Does a specific color or texture stand out to you?
- Does a fragrance catch your attention?
- Does a specific flower, tree or rock stand out to you?
- Is there a specific sound that you notice?
- Does an animal cross your path or act unusually?
- What stands out to you the most?

Where were your thoughts when you noticed a sign or element in nature?

What does the element mean to you? Does it already carry some sort of significance?

What is your first impression?

- Does it mean something to you?
- Does it stir up some sort of emotion?
- What have you been focusing on a lot over the past few days, a life question or problem?
- Are you starting something new?
- Are you worried or concerned about a decision you've just made or are about to make?