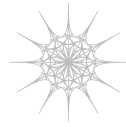


This journal belongs to



Introduction



This *Nature's Whispers* journal is your safe place. This is a place where you may focus your thoughts, feelings, wishes, and desires through writing. You can set goals, dream dreams or reminisce. You may even like to try looking at a situation from a different perspective. You may choose to write down ideas that you have, places you have been, people you are spending time with or phrases that inspire you. You might like to find a wonderful place outdoors where you can write your heart's desires. If you aren't able to go outside, perhaps you have a window that overlooks a favorite part of your garden or has a beautiful view of the outdoors.

There are no rules. You can write in full sentences. Or maybe you prefer bullet points. This is your journal and it's up to you to decide what you want it to look like. The purpose of your journal is fluid and ever-evolving – think of it as an extension of you that may grow and change with you, your moods and your aspirations.

You can write, sketch, draw, doodle, and use your imagination.

You may wish to use this journal to connect to your intuition or receive support from your guides or higher self. Reflect on the artwork and pay attention to any feelings that arise in you. Write them down. As you practice this, you may find you begin to receive deeper messages, insights or epiphanies about whatever it is that is currently occupying your thoughts.

Trust yourself and allow your thoughts and feelings to flow into this journal. Have a blessed experience!

– Angela Hartfield

Nature is filled with magic, imagination, opportunities, possibilities, healing and adventure.



*Take Mother Nature's lead and give yourself the gift of connecting
with the ever-present wisdom of the outdoors.*



*“Look deep into nature, and then you will understand everything better.”
— Albert Einstein*

