

## Spirit of the Land – Vilnius 2025

### Nature and Inner Resources

#### 1) Identify a Current Challenge in your Life

Think of a challenge you're currently facing — one where you find yourself questioning whether you have enough power, resources, or abilities to meet it.

#### 2) Connect with Nature

Recall a moment from the past few days when you experienced nature.

Hold that experience, feeling, or image in your awareness.

#### 3) Make Space for it

Slow down, ask your brain to pause, and let the beauty and magic of that experience fill you. Notice how you experience the joy and happiness: a body experience? a movement experience? Deepen it by following it.

#### 4) Interaction between Your Everyday Self + the Power of the Dreaming Experience

As you stay with this experience, allow your imagination to dream into *what it is* about that experience that delights you so much.

This will lead you to the essence. Keep it in your mind and try the next step.

#### 5) Let Nature Become a Mentor

Now, imagine that this experience of nature is a mentor for you, sending you a non-linear message, using “dream logic” ☺

What do they/her/him teach or show you about how to meet your current challenge? Give this step ample time, since the advice will be for a whole process – a shift in perspective - rather than one particular action.