

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.