

# The Healing Power of Nature

**3 unique techniques in nature  
to stay calm during your life  
transition**

# Hi, I'm Alexandra.

In 2015, my life changed quite drastically. I moved back to Germany after having lived abroad for more than a decade and took the plunge of setting up my own travel business.

**My thoughts and emotions were on a rollercoaster ride!**

I felt regrets about leaving Kenya and moving back to Germany. I told myself bullshit stories that I'm just a one-woman show, and no one would take my business seriously. And, of course, I was worried about my future and if I'll make it financially.

**My inner world was in utter chaos.**

My mind took over. I felt disconnected from myself.

And I made my life so much more challenging because I wasn't in the present moment.

That's when I experienced the power of nature for the very first time and learnt how I can **go through my change of life with more ease** by implementing these three unique techniques in my daily life!

**Let's go!**



# Technique 1: Mindful Walking

Have you ever noticed how you feel calmer and more relaxed after you spend some time in nature? Nature's restorative qualities contribute to calming your mind, reducing your stress levels and flooding your body with happy hormones, even though you might not be fully present as walking comes naturally, and you do it automatically.

## So what's the goal of mindful walking?

It's pretty simple: *to be consciously aware while moving through the environment.*

Now, this doesn't mean you have to cover a certain distance. It's not about the journey; it's about becoming aware of what is happening around you and within you.

## How do you go about it?

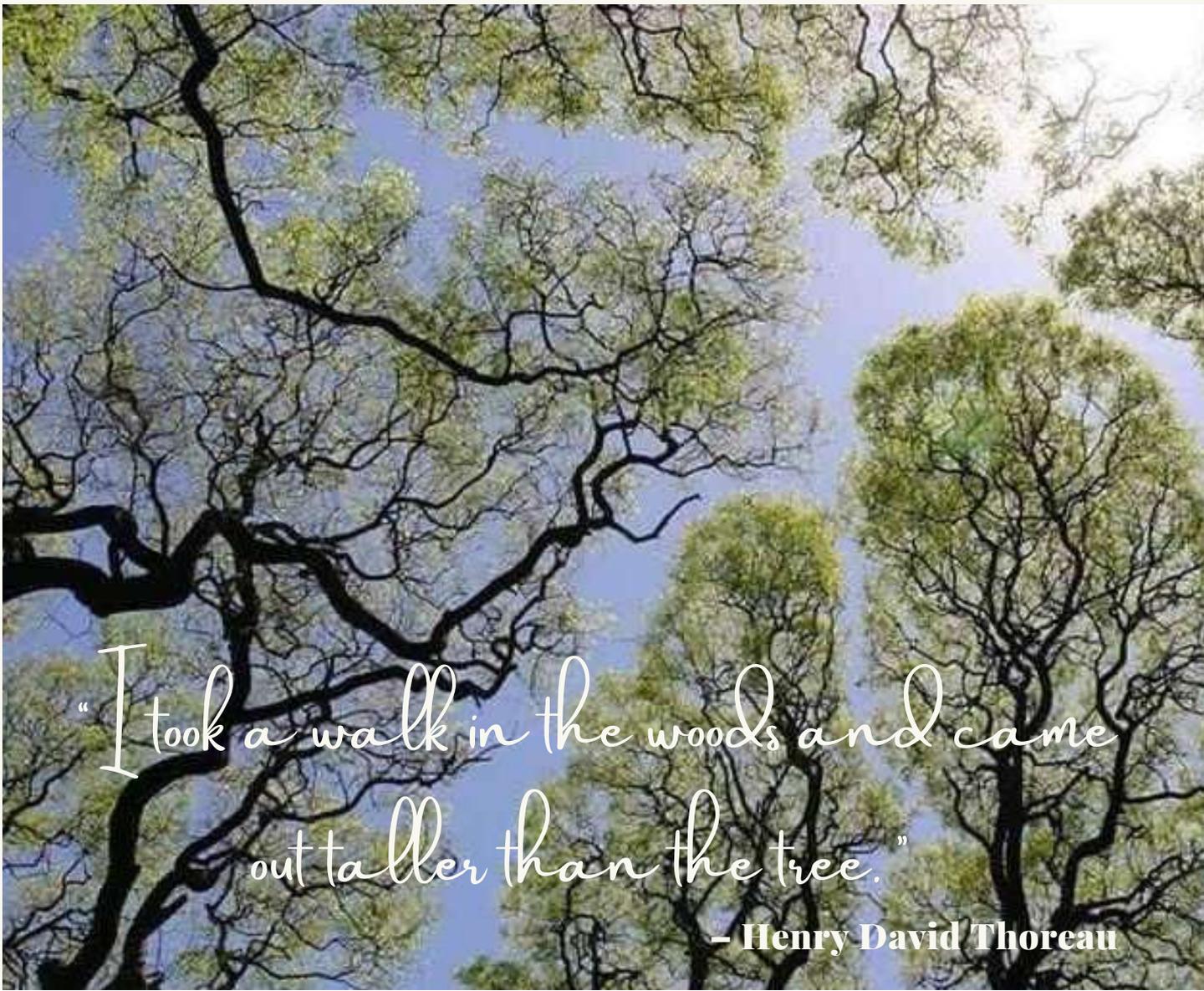
- Wear comfortable shoes, bring some water and find a natural environment that you feel comfortable in. That could be a local park, your own backyard and garden or a forest area. Even a blue space (anything with water) is a great option.
  - Before starting your walk, close your eyes, take a few deep breaths, focus your awareness on your feet, feel the ground underneath you, and focus on your posture and the here and now.
  - Then start moving at a pace that feels comfortable for you. Observe how your foot rolls from heel to toe. Pay attention to your muscles and how they contract with each movement.
- Pay attention to your senses!
    - Close your eyes and **LISTEN** to the sounds of nature. What sounds do you notice in the distance? What can you hear close by? Then open your eyes and notice if there's a change in perception.
    - Look around you and observe what you can **SEE**. Shapes, colours, don't just focus on the big things, like the trees. Pay attention to the small stuff next to you, a spider web illuminated by the sun, or perhaps some water drops on the leaves?
    - Then focus on **SMELL** and **TASTE!** Breathe in and out deeply three times; what smells do you notice? The bark of a tree? Does it smell? The moss? Be curious and open to what you might find out. And close your eyes and ears and notice if you can intensify the smell. Please, be careful only to put something in your mouth you know is not toxic or dangerous to your health.
    - And last but not least, **TOUCH**. Start touching things around you. Don't just pay attention to how it feels on the surface of your skin; observe how it makes you feel inside? What emotions do come up? Do you feel comfortable? Or do you feel a chill running down your spine or a knot in your stomach? Just observe with curiosity and without judgement. All feelings are valid and nothing to be ashamed of.
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#### **My tips for you**

I recommend doing the mindful walking exercise for at least 20 or 30 minutes, and after you're finished, just close your eyes, take three deep breaths and reflect on your experience.

Mindful walking can get a bit used to, but try to make it a daily habit. Practice it wherever you are, during your lunch break, when walking home from work or during other moments. Instead of burying your nose in your mobile phone, become aware of your surrounding. Be in the present moment willingly.

**Dropping from your head into your body and the present moment is crucial to feeling more at ease.**



*"I took a walk in the woods and came out taller than the tree."*

**- Henry David Thoreau**

## Technique 2: Connect With Yourself

Knowing how to be in touch with yourself can bring you an incredible sense of inner peace and happiness. Do you tend to distract yourself when you feel uncomfortable? Perhaps some retail therapy or binge-watching on your favourite Netflix series? You might do everything in your power to not feel what you feel. Does it work, though? Most likely not.

You do not achieve inner peace by distracting yourself. You achieve inner peace by connecting with yourself and helping you strengthen your internal resources that assist you in seeing life more lightly. You've already achieved so much, no matter at which point you're in life. And it's essential to focus on your strengths and all the things that make you unique.



### **So how can nature help you do that?**

There are millions of things in nature that have a message for you. A stone on the side of the road, a broken tree branch blocking your path or a bird's call that makes you stop in your tracks.

Did you know that you only absorb 1% of the information you receive from your environment? So whatever catches your attention, rest assured it's important to you.

The key thing is to keep an open mind! The movement in nature also gets your topic moving and flowing. Nature reflects your deepest desires, fears and dreams. Nature can comfort you, motivate you or inspire you. Nature will bring healing aha-moments, new perspectives and many refreshing insights.

### **Now, how does this work exactly?**

- Focus on your question, e.g. how can I feel more self-confident?
- Then look around and pick a natural object you feel intuitively drawn to. Describe it using all your senses. Write down what you like the most about your object. Reflect on what it reminds you of? Does it mirror a specific skill you have? Can you draw on this skill to boost your self-confidence?
- Get into a dialogue. Just write down what comes to your mind; without any judgement or analysis. Just let your thoughts run freely.

**Nature will always reflect something to you. You just have to remain open to a new and different experience.**

## Technique 3: Letting Go Ritual

You don't have inner peace because your mind is occupied with stuff that you can't change! No matter how much you might regret some decisions you took in the past, can you change them? No. They're done and dusted. So why do you torture yourself by still playing that decision or situation over and over in your mind? It's time to let go!

A ritual can help you to break the cycle of this negative thinking and encourages you to enter a calm state of mind and experience relief and ease.

### **Here's what you can do:**

As a first step, focus on acknowledgement; *what is it that you want to let go of?* A previous decision? Emotions of anger, hurt or sadness? Any habits, for example, impatience? Once you know this, performing a simple ritual can go a long way toward helping you to make peace with the past and look to the future.

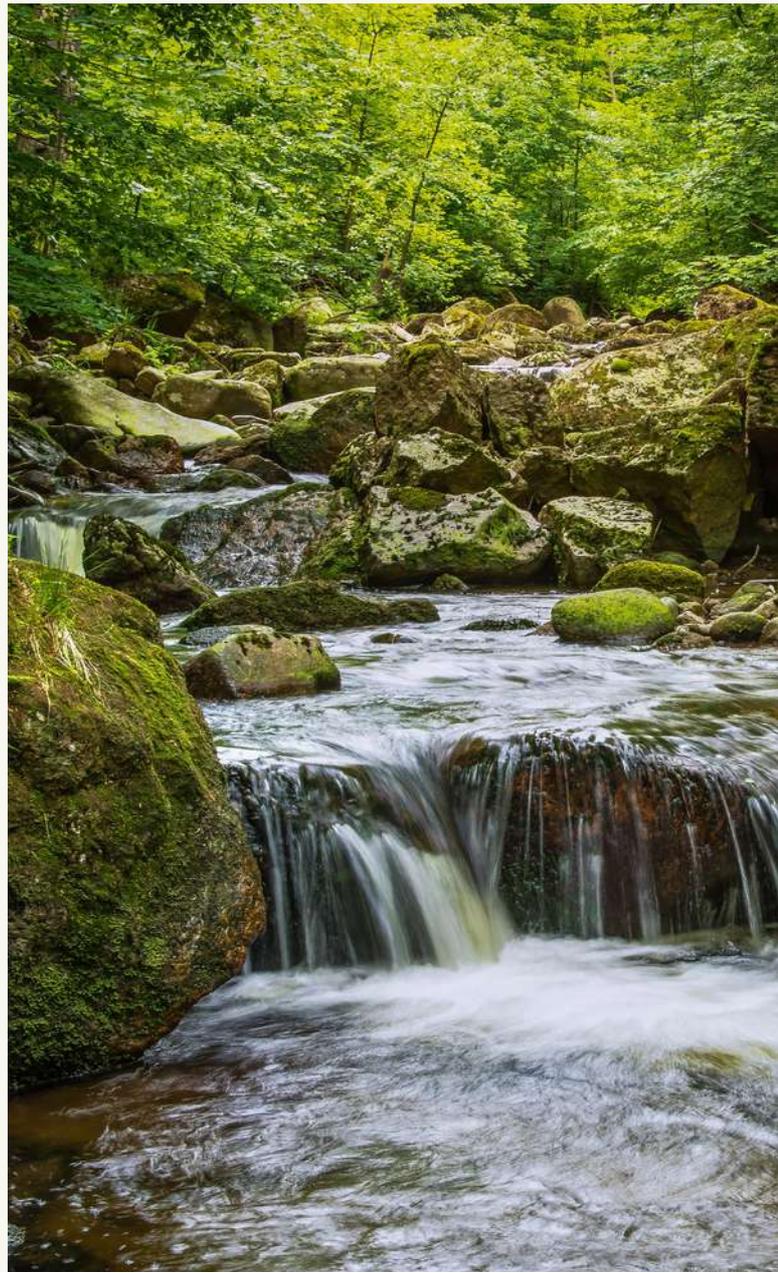
Then, you can look for a big stone on which you can write what it is that you want to let go. Alternatively, you can also identify a natural object that resembles your topic.

Sit quietly next to a river and hold an inner dialogue. Recognize the painful situation and how it helps you to grow. Accept that your negative thoughts do not serve you anymore as they only contribute to feeling stuck and that you're ready to let go of this negative energy as it doesn't serve you anymore. Commit to moving on in life.

Then place or throw the stone or object into the water. Please, ensure you do not hit people or animals nearby.

You just can't control some things in life, so understanding this is essential. Adding a ritual when needed can really help you to relax your mind, re-centre yourself, and feel relief.

**Your intent, though, is of utmost importance. You must believe that you are ready to let go of the things holding you back to move forward.**



## Next steps?

We all experience life transitions. Some of us manage them better than others.

The "twilight zone" can be uncomfortable; the old is not yet fully complete, and the new is not fully clear or implemented. It's a time that can be exciting and terrifying at the same time.

Embrace the process. Remember that anxiety and fear is normal. Make self-care your top priority.

As a next step, watch out for my emails that will hit your inbox. They reveal some golden nuggets. Find out how to hack happiness chemicals to boost your self-care and how three powerful questions can change your thinking without effort.

And I'll share a bit about my journey with you.

Remember, asking for help is not a sign of weakness; it's a sign of self-love and immense strength.

Sending you lots of positive vibes and strength,

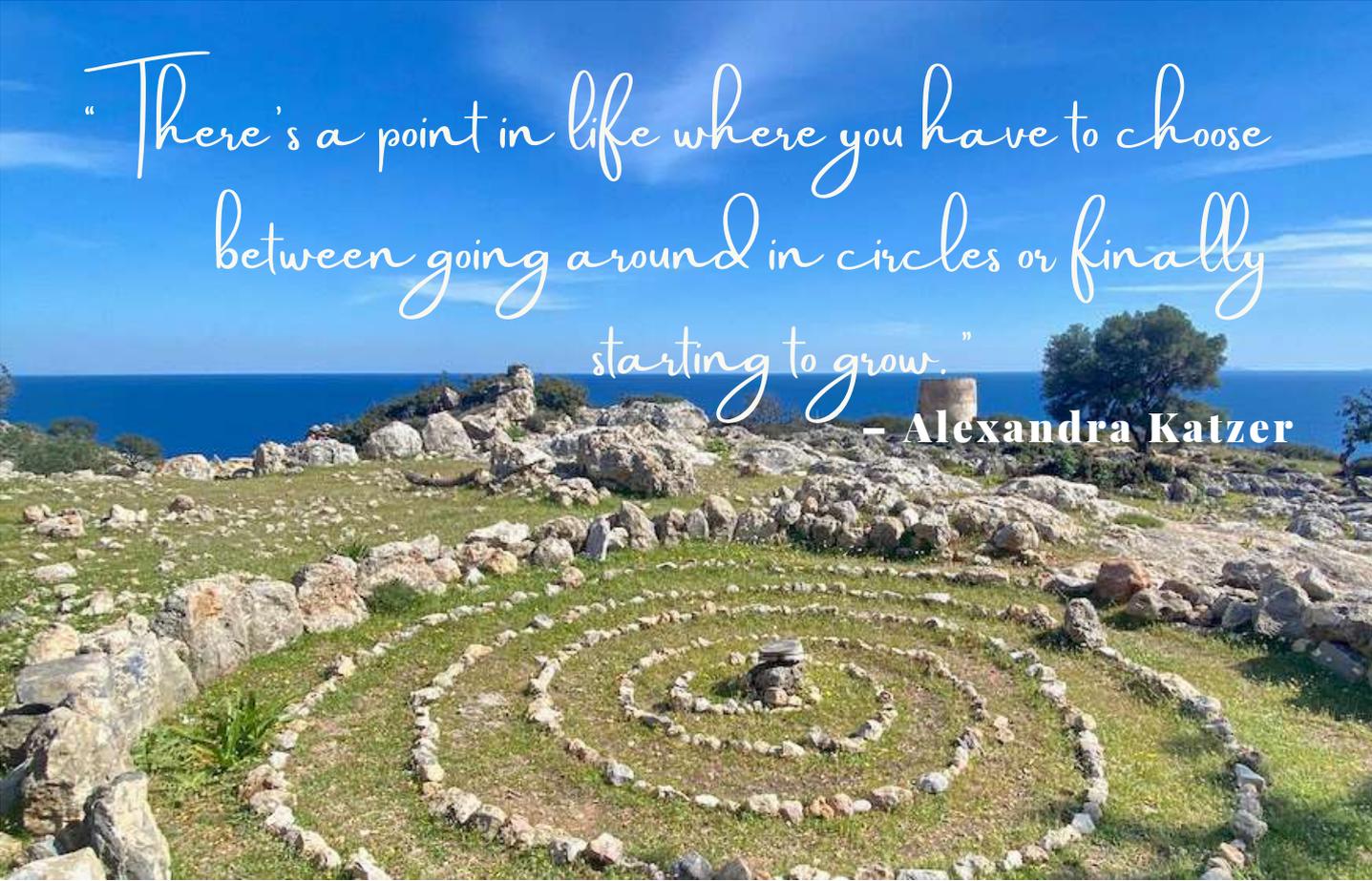
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*"There's a point in life where you have to choose between going around in circles or finally starting to grow."*

**- Alexandra Katzer**