



Soulful Nature

Nature holds the key to our
aesthetic, intellectual, cognitive
and even spiritual satisfaction.

Lynn i e Stein

Look deep into nature, and then you will understand everything better



Nature holds the key to our aesthetic, intellectual, cognitive and even spiritual satisfaction.





A snake knows more about what is happening around than any other creature, because it has no ears to listen to gossip only direct perception.

I think we have multiple soulmates' and the one you end up with depends on the work you've done to evolve your own soul.

**I think there's a soulmate for every level of your journey.
I think as you grow so does the quality of your partnerships.**





If we were to discover the meaning in trilling of a frog, perhaps we may understand why it is for us not merely noise but a song of poetry and emotion.

“There’s no such thing as a wrong note as long as you’re singing.” ~ Pete Seeger

There’s no wrong in creativity – the whole idea is to do it your way.

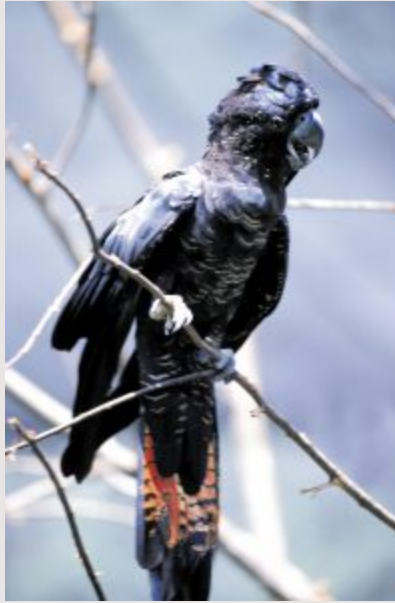


To become a butterfly, a caterpillar undergoes massive transformation, also known as – metamorphosis – a process that can sometimes last up to 30 days! During this entire process, the caterpillar stays in a cocoon and at the end of it, emerges out as a beautiful butterfly.



It is the magical transformation that is inspiring in so many ways.
It teaches us that, change, even though it takes time and a little difficult in the beginning, can lead to beautiful results.

It teaches us the value of letting go of the old, in order to discover the new.
Helping us realize the value of growth, patience, perseverance, adaption and faith.



We are all like birds on a branch, terrified of the thought that the twig beneath us is going to break. But we all have wings that can fly us to the next branch.

Butterfly kisses and angel wing hugs.



In nature nothing is perfect and everything is perfect.





Nature does not hurry, and yet everything is accomplished.

~ Lao Tzu

Happiness is like a butterfly: the more you chase it, the more it will elude you, but if you turn your attention to other things, it will come and sit softly on your shoulder.



“Commitment is a big part of what I am and what I believe. How committed
are you to winning?

How committed are you to being a good friend?

To being trustworthy?

To being successful?

How committed are you to being a good father, a good teammate, a good role
model?

There’s that moment every morning when you look in the mirror: Are you
committed, or are you not?”

~ LeBron James





Remember, you don't need a certain number of friends, just a number of friends you can be certain of.



Adopt the pace of nature: her secret is patience.

~ Ralph Waldo Emerson

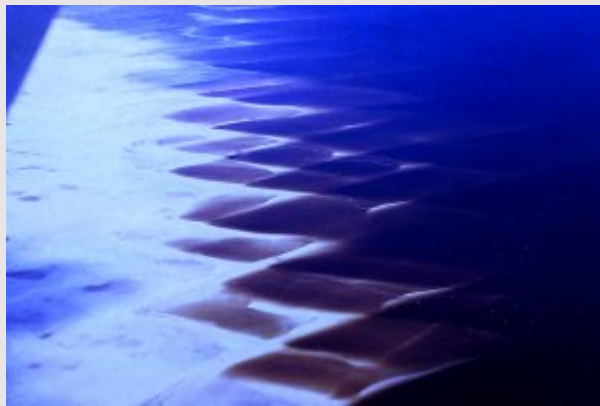




You meet people who forget you. You forget people you meet. But sometimes you meet those people you can't forget. Those are your friends.



If you truly love nature, you will find beauty everywhere ~ Vincent Van Gogh



The key to succeeding in a Relationship is not finding the right person; it's learning to love the Person you found.



Kindness is like snow – it beautifies everything it covers.
~ Kahlil Gibran



Snowflakes are one of nature's most fragile things, but just look what they can do when they stick together. ~ Vista M. Kelly



Saltwater heals EVERYTHING!

Saltwater and Sunshine are the vehicles for the soul.

We grow in the sunshine just like a plant.

Saltwater is good for the soul! Playing and exercising in the sunshine are good for the soul. Salt water on the skin – swimming in the ocean is good for the soul. Tears are good for the soul. Just like a good shower will clean your body, tears clean the soul. After crying, you will feel liberated, have more energy and desire to move ahead, no matter how bad everything seems.



“Let me tell you this: if you meet a loner, no matter what they tell you, it’s not because they enjoy solitude.

It’s because they have tried to blend into the world before, and people continue to disappoint them.”

Jodi Picoult, *My Sister’s Keeper*



God / The Universe determines who walks into your life. It is up to you to decide who you let walk away, who you let stay, and who you refuse to let GO! Let go of what needs to be removed. There's great blessings in surrendering and allowing.



Our bodies are our gardens—our wills are our gardeners.“
~ Shakespeare.



Talk to the moon.
Tell the universe exactly what you want.



“Take care of your body. It’s the only place you have to live. “
~ Jim Rohn.



Where there is a Will there is a Way



You are not your emotions. They are temporary, like clouds that pass by.



Every child is born a naturalist.

His eyes are, by nature, open to the glories of the stars, the beauty of the flowers, and the mystery of life.

~ Ritu Ghatourey



The definition of tasting paradise.





Don't move the way fear makes you move. Move the way love makes you move. Move the way joy makes you move.



Do you count your chickens before they are hatched?



No one is sent by accident to anyone.



At the end of the day, everyone wants the same things: to love and be loved,
to have a purpose in life. We are much more alike than we are different.



“It’s bizarre that the produce manager is more important to my children’s health than the pediatrician.” ~ Meryl Streep.



If an Egg is Broken By Outside Force, Life Ends. If Broken By Inside Force,
Life Begins. Great Things Always Begin From Inside.



Make the most you can of the Indian Hemp seed and sow it everywhere.
~ George Washington



Art is born of the observation and investigation of nature.

Cicero “

Creativity is not just for artists. It’s for business people looking for a new way to close a sale; it’s for engineers trying to solve a problem; it’s for parents who want their children to see the world in more than one way.” Twyla Tharp

I listened to Twyla Tharp’s *The Creative Habit*. She says, “**Every creative project needs a spine. What’s yours?**” Mine is connection, for when we’re curious about what’s happening to and around us, we’re deeply connected.



Keep close to Nature’s heart.

~ John Muir



Sunflowers end up facing the sun, but they go through a lot of dirt to find their way there.



I think pot should be legal. I don't smoke it, but I like the smell of it.
~ Andy Warhol



The love of gardening is a seed once sown that never dies.
~ Gertrude Jekyll



“You only lose what you cling to.” Siddhartha Gautama Buddha.



“Change is not something that we should fear. Rather, it is something that we should welcome. For without change, nothing in this world would ever grow or blossom, and no one in this world would ever move forward to become the person they’re meant to be.” ~ Author Unknown.



Even though you flew away, in my soul you will forever stay ...



Soul is regarded as an immaterial aspect within the body. Some consider the soul to be an integral part of life and function's and also the source of highest mental activities. Soul is almost synonymous with self, spirit or mind.



Advice from a Pelican
Wade into life
Look beneath the surface
Spread your wings
Keep your beak clean
Soar over rough waters
Stretch yourself
Go fish!

“Peace comes from within. Do not seek it without.” ~ Gautama Buddha.



“Live with intention. Walk to the edge. Listen hard. Practice wellness. Play with abandon. Laugh. Choose with no regret. Appreciate your friends. Continue to learn. Do what you love. Live as if this is all there is.” ~ Mary Radmacher.



“Worries are pointless. If there’s a solution, there’s no need to worry. If no solution exists, there’s no point to worry.” ~ Matthieu Ricard.



“Don’t ask what the world needs. Ask what makes you come alive and go do it. Because what the world needs is more people who have come alive.”

~ Howard Thurman



“Do what you can, with what you have, where you are.”
~ Theodore Roosevelt



To find a prince, you gotta kiss some toads.
~ Foxy Brown



I bend so I don't break. Be committed to your future best self, instead of the current situation that's taking you off course. You can bend around any challenge and create a better shape afterwards.



First we ferment the foraged treasure. A simple preparation that transform's already tasty wild foods into something truly delicious and even better for you than the original and stores our holiday memories for many years of tasting on our plates. Better still you don't need to go to the shops for ingredients.



In the book *The Magic*, there is a passage “Whoever has will be given more, and he will have an abundance. Whoever does not have, even what he has will be taken from him” So, what does that mean? The secret word “GRATITUDE”. Remember ALWAYS to be thankful even for the little things in your life.



Why try to explain miracles to kids when you can just have them plant a garden.

~ Robert Brault



When you are Grateful Fear disappears and Abundance appears



“Do not ask for less responsibility to be free and relaxed—ask for more strength!”



“Everyone thinks of changing the world, but no one thinks of changing himself.”

~ Leo Tolstoy



“Don’t worry about being worried. You’re heading out on an adventure and you can always change your mind along the way and try something else.”

~ Tracy Kidder



Big things often have small beginnings.



Visualize Yourself Better Everyday. You are manifesting your dream life.



When life gives you rain, jump in muddy puddles. Encourage your child to have muddy, grassy or sandy feet by the end of the day, that's the childhood they deserve.



To have successful pollination in the garden, first provide a food source for the likes of bees so they will actually want to be in your garden. Gardens without the addition of flowers are like eating scones without cream and jam.



“Life isn’t about finding yourself. It’s about creating yourself.”
~ George Bernard Shaw



Begin to use the two most powerful words, I AM, to your advantage.



“The world as we have created it is a process of our thinking. It cannot be changed without changing our thinking.”

~ Albert Einstein



“The way to get started is to quit talking and begin doing.”
~ Walt Disney



“Never cut a tree down in the wintertime.
Never make a negative decision in the low time.
Never make your most important decisions when you are in your worst
moods.
Wait.
Be patient.
The storm will pass.
The spring will come”
~ Robert H. Schuller





Extracts from the tropical tree *Moringa oleifera* show antidiabetic, antioxidant, anti-inflammatory, and anticancer effects.

As well as the leaf, the young shoots, flowers and young seed pods are all edible and fermentable. The roots grow like crazy – all coming out of my pot. I love to ferment the roots the same as horseradish (grated with parsnip and spice) also great added with chili, onion, turmeric, ginger and garlic in apple cider vinegar for a fire cider version. It is often referred to as the horseradish tree.

Do you use the mighty moringa?



Our greatest glory is not in never falling, but in rising every time we fall. ~
Confucius

Decide upon your major definite purpose in life and then organize all your
activities around it. ~ Brian Tracy

Magic is believing in yourself, if you can do that, you can make anything
happen. ~ Johann Wolfgang von Goethe

Becoming strong doesn't start in the gym. It starts in your head.

All our dreams can come true, if we have the courage to pursue them. ~Walt
Disney

The secret of getting ahead is getting started. ~Mark Twain

Don't wish it were easier. Wish you were better. ~ Jim Rohn

If you don't like something, change it. If you can't change it, change your
attitude. ~Maya Angelou

Try not to become a person of success, but rather try to become a person of
value. ~Albert Einstein



I'd kiss a frog even if there was no promise of a Prince Charming popping out of it. I love frogs. ~ Cameron Diaz

**No matter how old you get, may you always stop to fill your pockets with smooth stones, empty snail shells and other little treasure's.
~ Nicolette Sowder**



How about, “I am receiving every good thing. I AM happy. I AM abundant. I AM healthy. I AM love. I AM always on time. I AM eternal youth. I AM filled with energy every single day.



In solitude the mind gains strength and learns to lean upon itself.
~ Laurence Sterne



Patience means that you already trust that it will happen.



I love the world! When we trust that we have the strength and tools inside of us, we can live life leading with love instead of fear. We are each a ray of light in our own way.



Forgive everyone and sleep with a clean heart.





Everything is temporary, don't stress.
~e-buddhism.com



I hope you don't mind
I hope you don't mind
if I put down in words
how wonderful life is
when you're in the world ~ Elton John



Life is a verb. Life is not a noun, it is really “living” not “life.” It is not love, it is loving. It is not relationship, it is relating. It is not a song, it is singing. It is not a dance, it is dancing. See the difference, savor the difference ~ OSHO



Anything you want to ask a teacher, ask yourself and wait for the answer in silence ~ Byron Katie



Courage doesn't always roar. Sometimes courage is the little voice at the end of the day that says, "we'll try again tomorrow."~ Mary Anne Radmacher



Attention is the most basic form of love. Through it we bless and are blessed.
~ John Tarrant



The wings of angels are often found on the backs of the least likely people ~
Eric Honeycutt



When things take longer than expected, it just means that there is time and there's a journey to enjoy ~ Mike Dooley



The moment you change the way you look at things, the things you look at change. ~ Wayne Dyer



We may think we are nurturing our garden, but of course it's our garden that is really nurturing us.

~ Jenny Uglow

“Fear less, hope more; eat less, chew more; whine less, breathe more; talk less, say more; hate less, love more; and all good things are yours.”

~ Swedish Proverb.



“We all have dreams. But in order to make dreams come into reality, it takes an awful lot of determination, dedication, self-discipline, and effort”

~ Jesse Owens



The woman I was yesterday introduced me to the woman I am today, which makes me very excited to meet the woman I will become.

~ Poetic Evolution



Happiness is when you love who you are and you are able to accept yourself
and others.
~ Bar Refaeli



My path is about JOY. What is your Path about?





“The heaviness of being successful was replaced by the lightness of being a beginner again, less sure about everything. It freed me to enter one of the most creative periods of my life.”

~ Steve Jobs



“Begin today. Declare out loud to the universe that you are willing to let go of struggle and eager to learn through joy.”

~ Sarah Ban Breathnach



“Every single cell in the human body replaces itself over a period of seven years. That means there’s not even the smallest part of you now that was part of you seven years ago.”

~ Steven Hall



Whatever you can do, or dream you can do, begin it. Boldness has genius, power, and magic in it!



“I believe in my dreams with my entire heart. The Universe is manifesting miracles for me.”



This year I lost, won, failed, cried, laughed, loved, but I didn't fold.



“Happiness is not in the mere possession of money; it lies in the joy of achievement, in the thrill of creative effort.”

~ Franklin D. Roosevelt



“There are some things one can only achieve by a deliberate leap in the opposite direction.”

~ Franz Kafka



“Nobody can go back and start a new beginning, but anyone can start today and make a new ending.”

~ Maria Robinson



“Life is either a daring adventure or nothing.”

~ Helen Keller



“There are two mistakes one can make along the road to truth... not going all the way, and not starting.”

~ Buddha



“I think there is something more important than believing: Action! The world is full of dreamers. There aren’t enough who will move ahead and begin to take concrete steps to actualize their vision.”

~ W. Clement Stone



“Anyone who stops learning is old, whether at twenty or eighty. Anyone who keeps learning stays young. The greatest thing in life is to keep your mind young.”~

Henry Ford

Life is never going to be perfect – but that’s the fun of it.



Becoming intoxicated with a dream gives us the passion
to bring it into reality! ~ Anonymous



Unless you try to do something beyond what you have already mastered, you
will never grow.

~ Ralph Waldo Emerson



It's a helluva start, being able to recognize what makes you happy.

~ Lucille Ball



Then to that twenty, add a hundred more:
A thousand to that hundred: so kiss on,
To make that thousand up a million.
Treble that million, and when that is done,
Let's kiss afresh, as when we first begun.
~ Robert Herrick



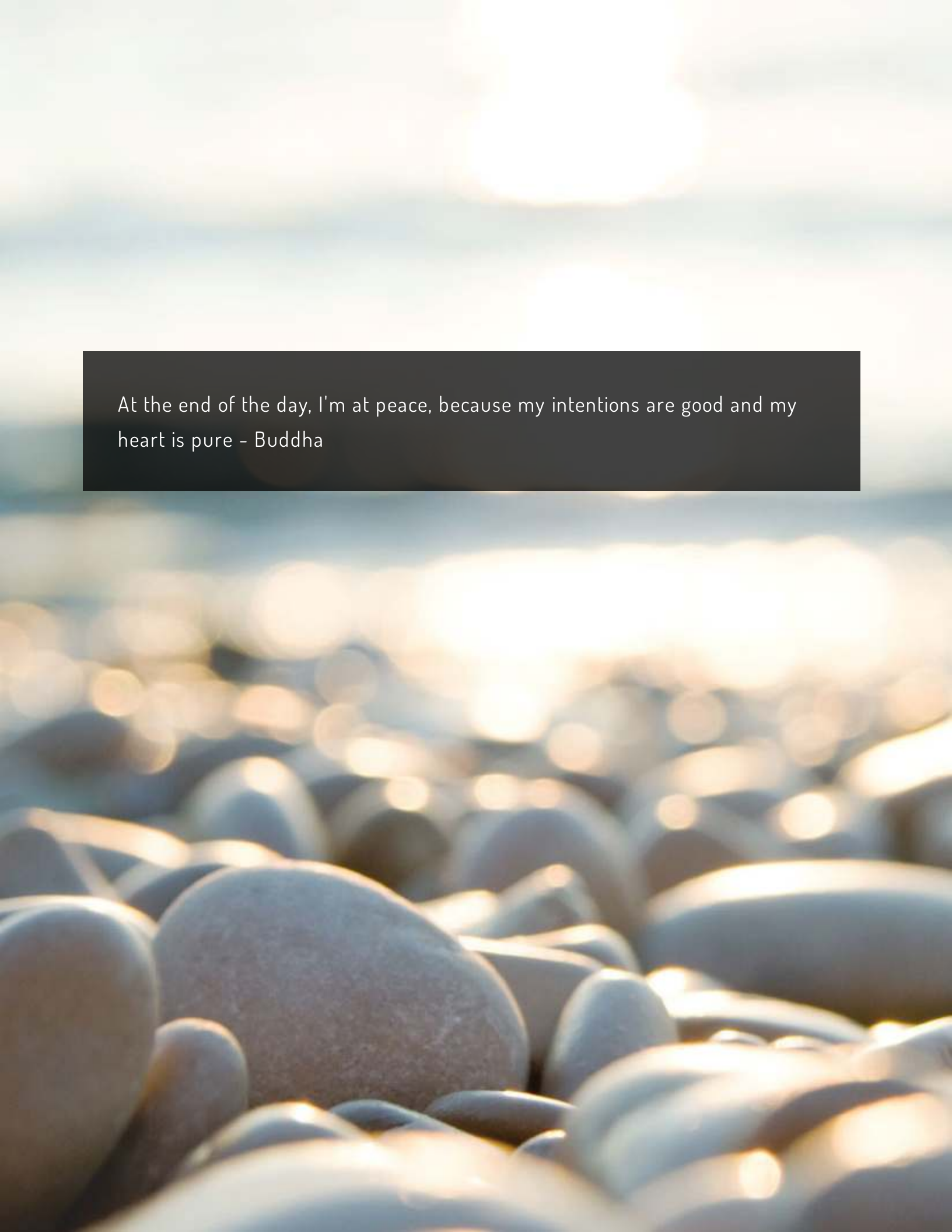
I heard you were focusing more on yourself and worrying less about everyone else. I think that's beautiful.

We are like seashells upon the beach, beautiful and unique each with a story of its own to tell.

“”The world was shocked to learn I wrote a bestseller at 66. No matter how long you live, you have stories to tell. What else is there to do but head off on the Conestoga wagon of the soul?” ~ Pulitzer Prize winning author Frank McCourt, Angela's Ashes

The good news is, we can be creative at any age if we keep our curiosity alive.

Are you ready to write your story?

A photograph of a beach at sunset. The foreground is filled with smooth, dark, rounded stones. The background shows a bright sun low on the horizon, creating a warm, golden glow over the water and sky. The sun is slightly out of focus, creating a bokeh effect.

At the end of the day, I'm at peace, because my intentions are good and my heart is pure - Buddha