



Life Lessons from Mother Nature



Lynnie Stein

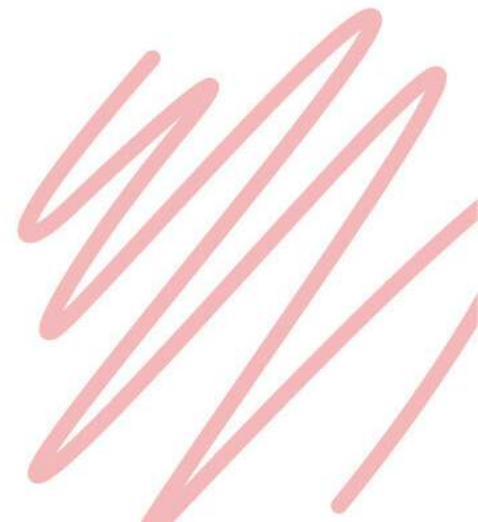
As we become more and more detached from nature, we start to realize how much we depend on it.

Nature is our primal home, our roots, and our remedy.

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



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



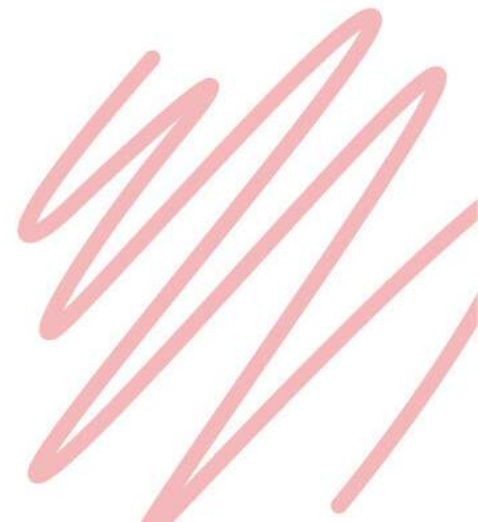


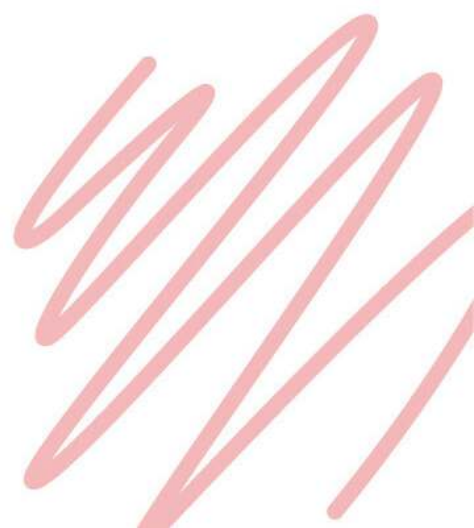
A snake knows more about what is happening around than any other creature, because it has no ears to listen to gossip only direct perception.

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.



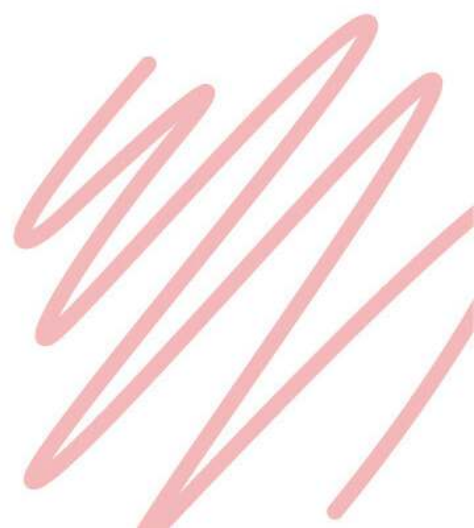


If we were to discover the meaning in trilling of a frog, perhaps we may understand why it is for us not merely noise but a song of poetry and emotion.

"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.





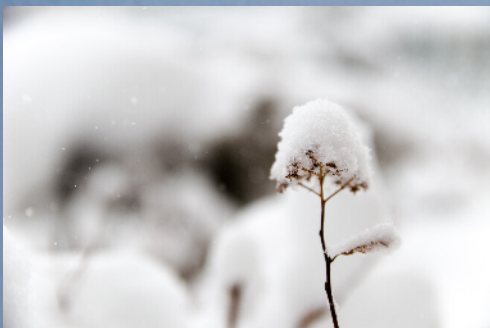
It is the magical transformation that is inspiring in so many ways. It teaches us that, change, even though it takes time and a little difficult in the beginning, can lead to beautiful results. It teaches us the value of letting go of the old, in order to discover the new. Helping us realize the value of growth, patience, perseverance, adaption and faith.

Butterfly kisses and angel wing hugs.

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.



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



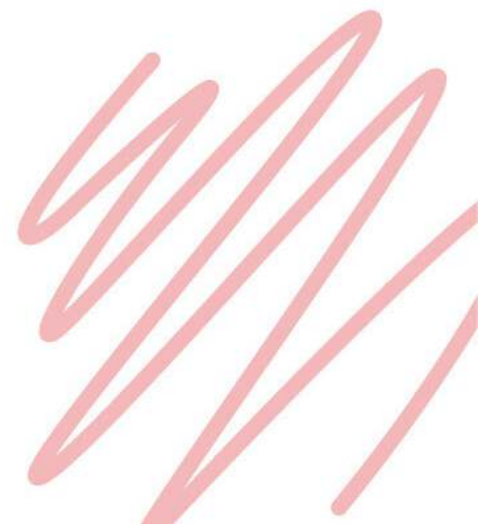




Every child is born a naturalist.

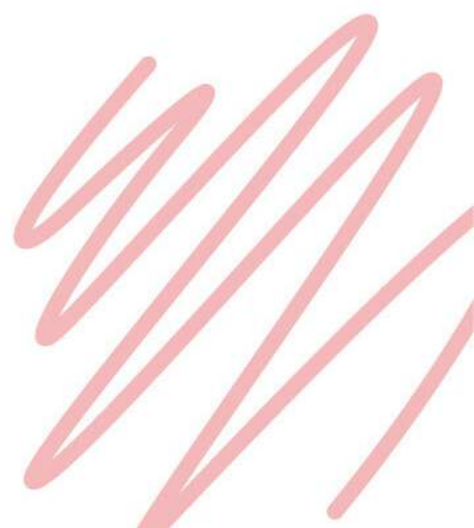
His eyes are, by nature, open to the glories of the stars, the beauty of the flowers, and the mystery of life.

~ Ritu Ghatourey





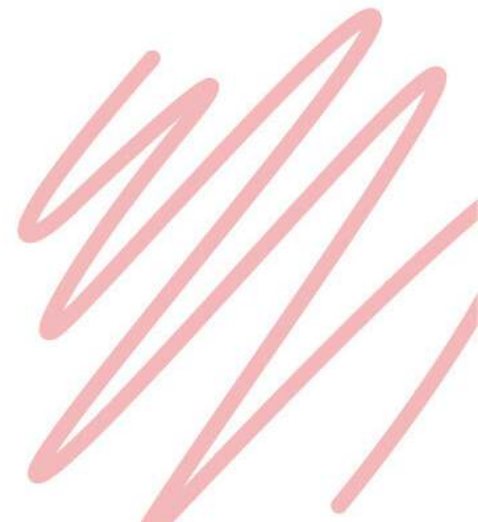
If an Egg is Broken By Outside Force, Life Ends. If Broken By Inside Force, Life Begins. Great Things Always Begin From Inside.





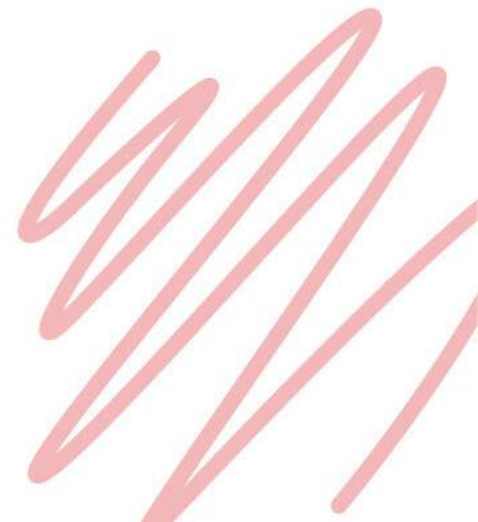
Make the most you can of the Indian Hemp seed and sow it
everywhere.

~ George Washington



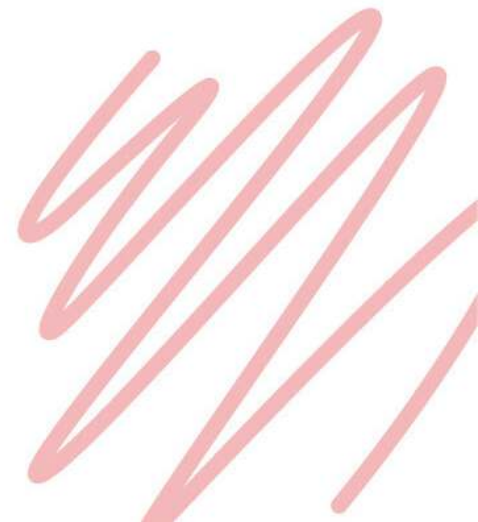


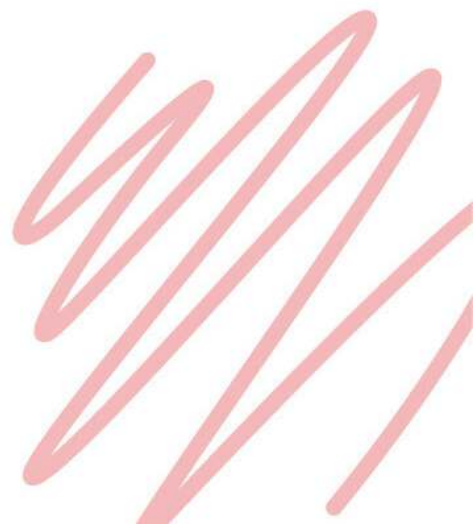
Keep close to Nature's heart.
~ John Muir





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

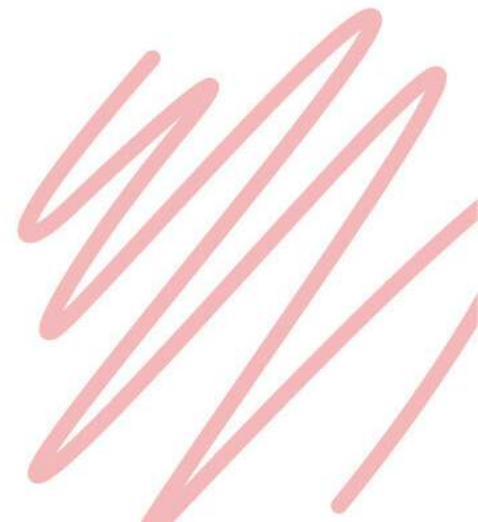




I think pot should be legal. I don't smoke it, but I like the smell of it.
~ Andy Warhol

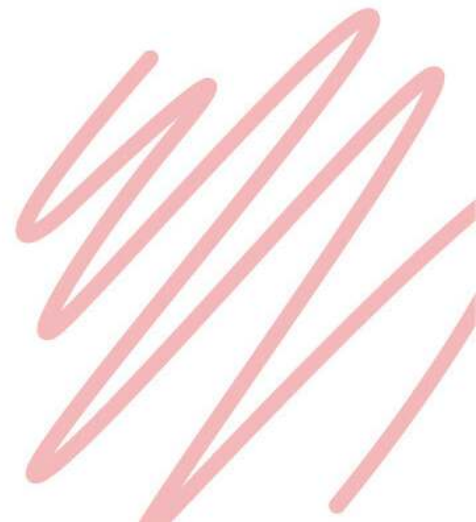


The love of gardening is a seed once sown that never dies.
~ Gertrude Jekyll



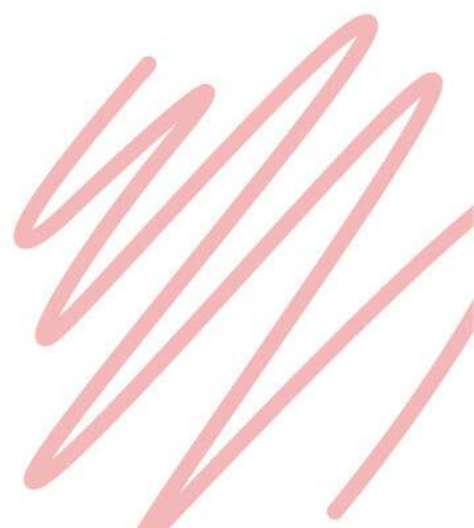


"You only lose what you cling to." Siddhartha Gautama Buddha.



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!

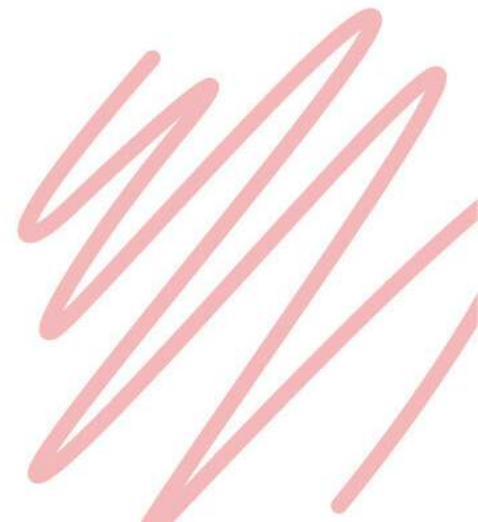
"Peace comes from within. Do not seek it without." ~ Gautama Buddha.



“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.

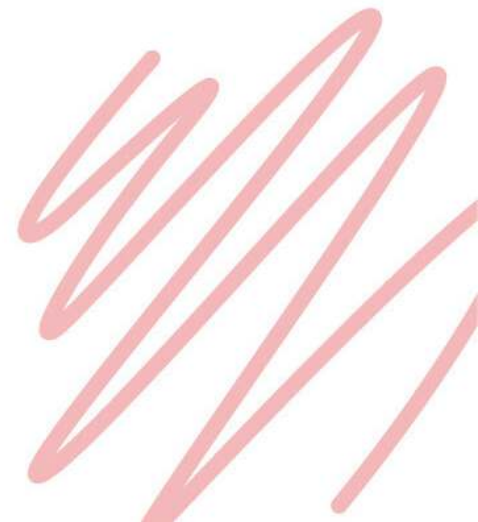


“Worries are pointless. If there’s a solution, there’s no need to worry. If no solution exists, there’s no point to worry.” ~ Matthieu Ricard.





“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





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.

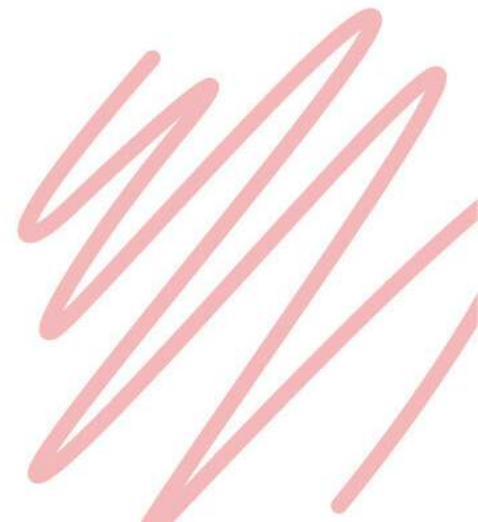




In the book *The Magic*, there is a passage “Whoever has will be given more, and he will have an abundance. Whoever does not have, even what he has will be taken from him” So, what does that mean? The secret word “GRATITUDE”. Remember ALWAYS to be thankful even for the little things in your life.

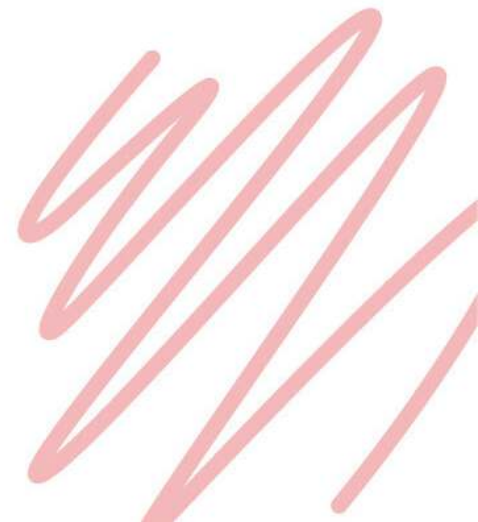


Why try to explain miracles to kids when you can just have them plant a garden.
~ Robert Brault



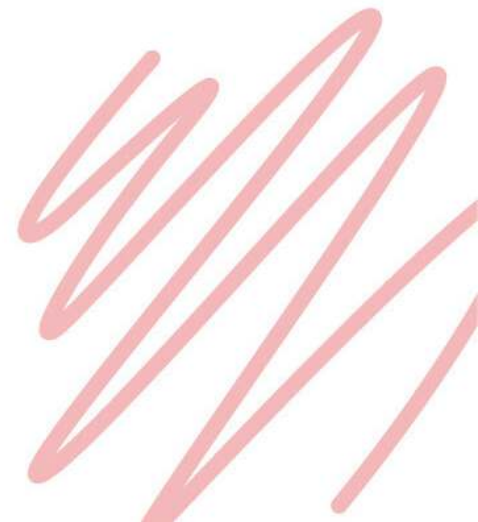


"Do not ask for less responsibility to be free and relaxed—ask for more strength!"



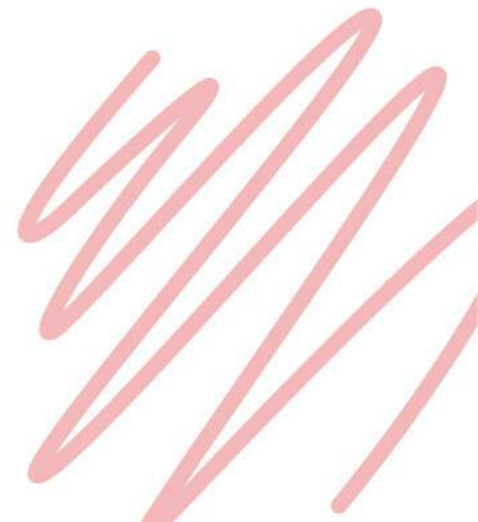


"Everyone thinks of changing the world, but no one thinks of
changing himself."
~ Leo Tolstoy



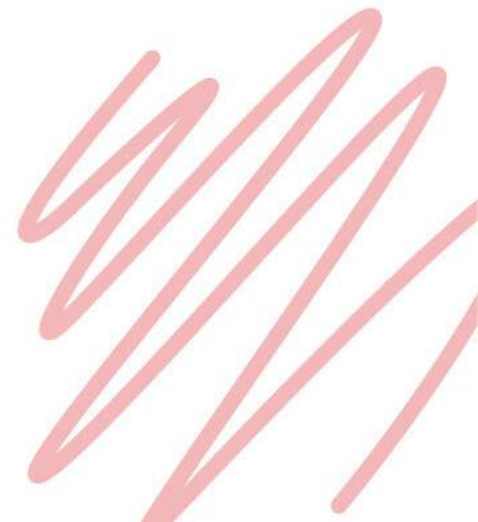


"Don't worry about being worried. You're heading out on an adventure and you can always change your mind along the way and try something else."
~ Tracy Kidder



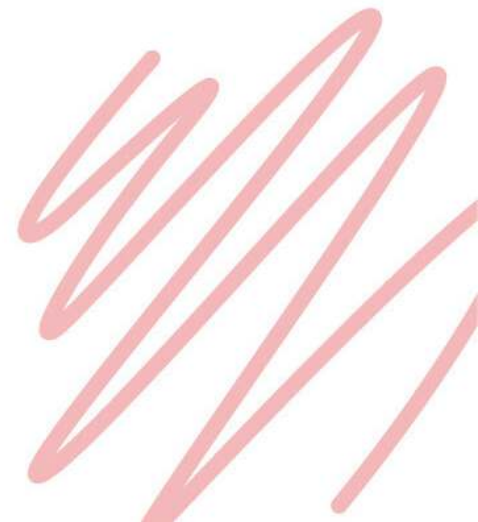


Big things often have small beginnings.



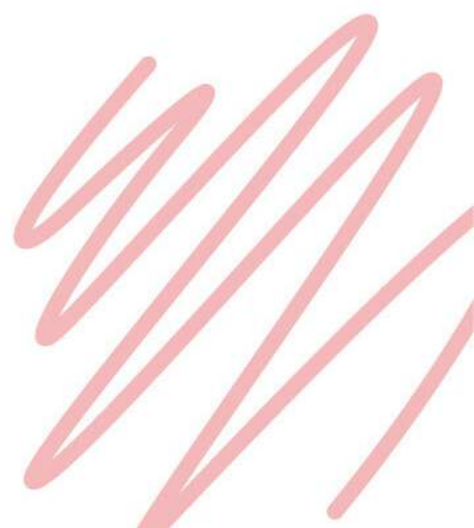


Visualize Yourself Better Everyday. You are manifesting your dream life.



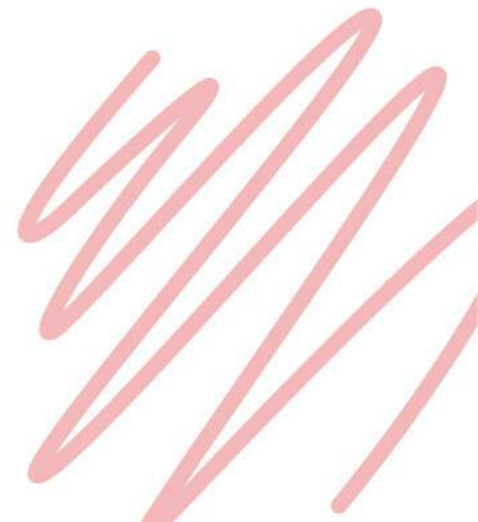


When life gives you rain, jump in muddy puddles. Encourage your child to have muddy, grassy or sandy feet by the end of the day, that's the childhood they deserve.



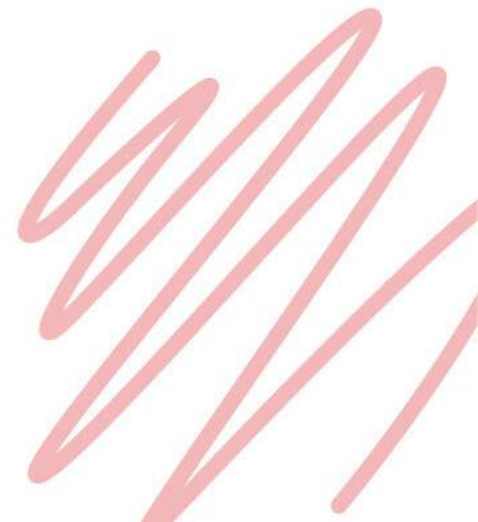


To have successful pollination in the garden, first provide a food source for the likes of bees so they will actually want to be in your garden. Gardens without the addition of flowers are like eating scones without cream and jam.



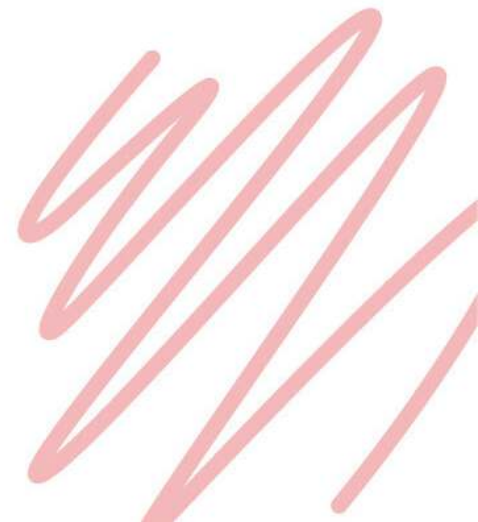


"Life isn't about finding yourself. It's about creating yourself."
~ George Bernard Shaw





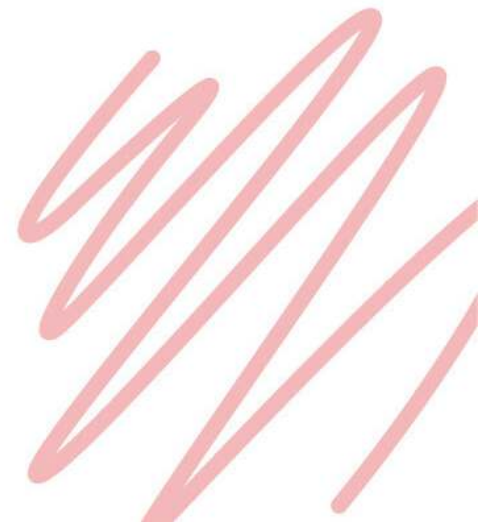
Begin to use the two most powerful words, I AM, to your advantage.





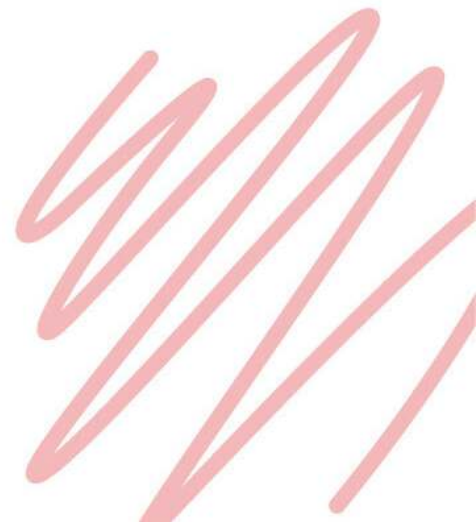
"The world as we have created it is a process of our thinking. It cannot be changed without changing our thinking."

~ 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.

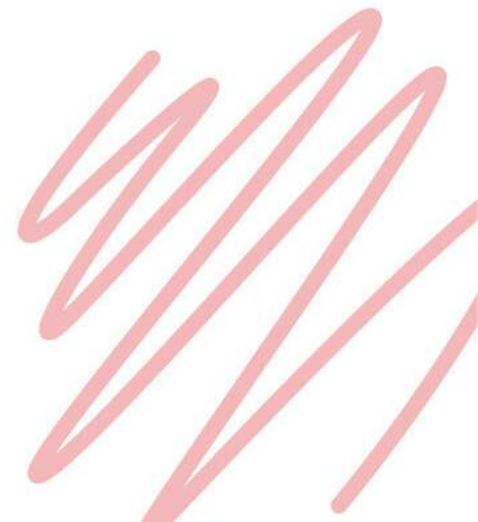
Wait.

Be patient.

The storm will pass.
The spring will come"
~ Robert H. Schuller



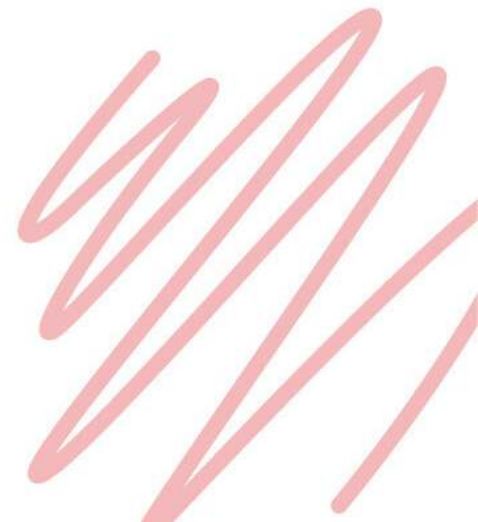
How about, "I am receiving every good thing. I AM happy. I AM
abundant. I AM healthy. I AM love. I AM always on time. I AM eternal
youth. I AM filled with energy every single day.





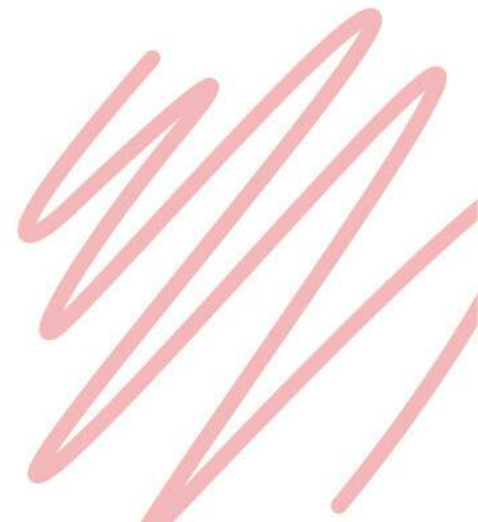
In solitude the mind gains strength and learns to lean upon itself.

~ Laurence Sterne



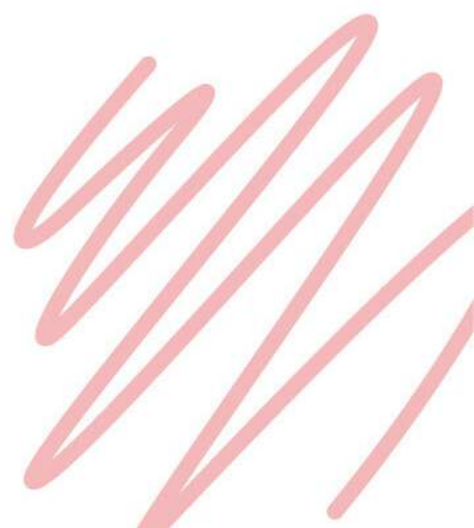


Forgive everyone and sleep with a clean heart.



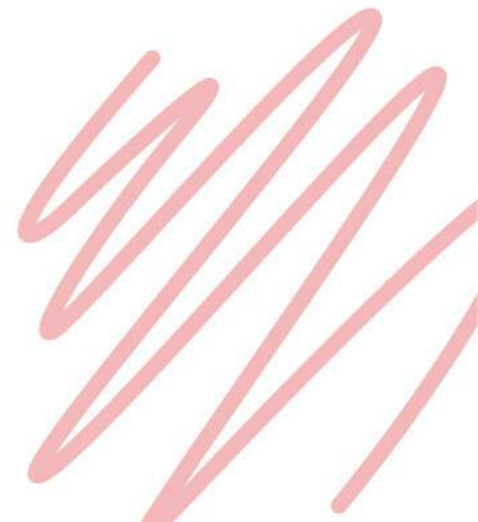


Everything is temporary, don't stress.
~e-buddhism.com



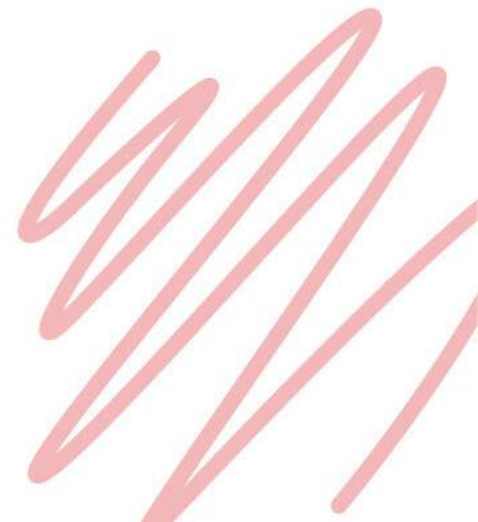


I hope you don't mind
I hope you don't mind
if I put down in words
how wonderful life is
when you're in the world ~ Elton John



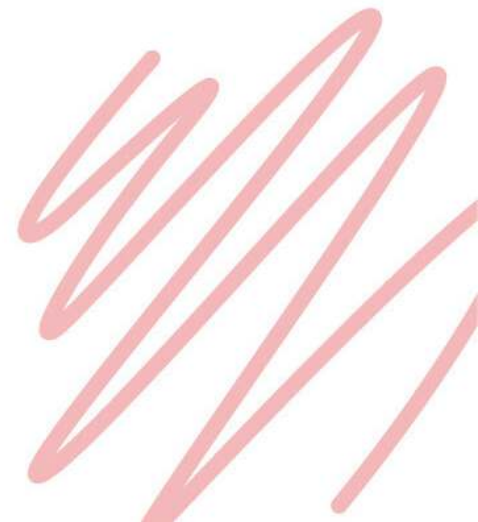


Life is a verb. Life is not a noun, it is really “living” not “life.” It is not love, it is loving. It is not relationship, it is relating. It is not a song, it is singing. It is not a dance, it is dancing. See the difference, savor the difference ~ OSHO



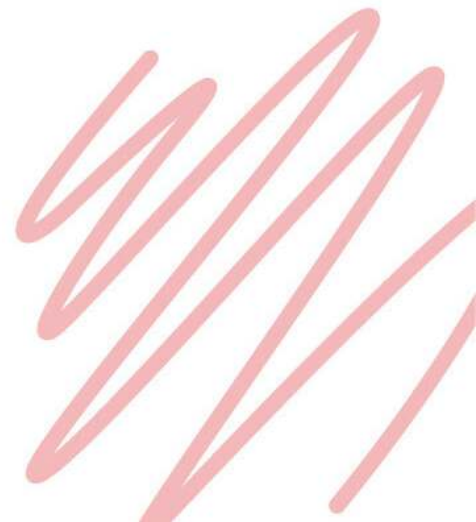


Anything you want to ask a teacher, ask yourself and wait for the answer in silence ~ Byron Katie



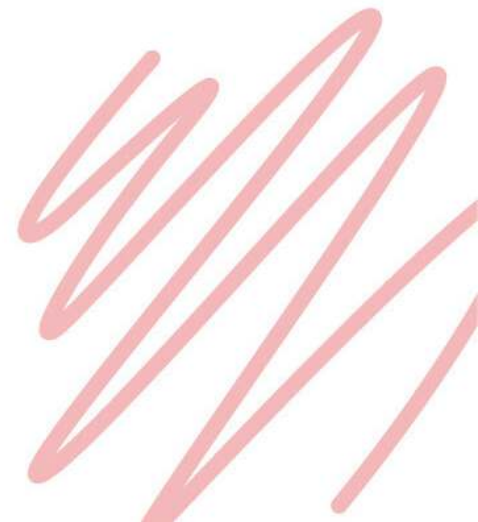


Courage doesn't always roar. Sometimes courage is the little voice
at the end of the day that says, "we'll try again tomorrow."~ Mary
Anne Radmacher



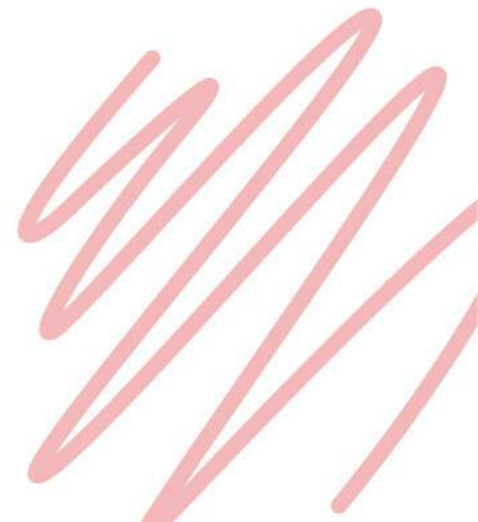


The wings of angels are often found on the backs of the least likely people ~ Eric Honeycutt



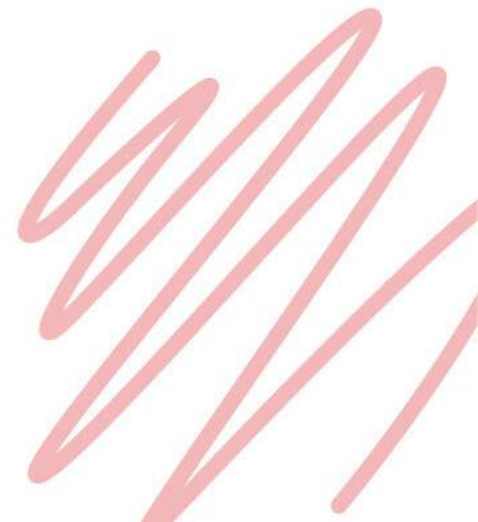


When things take longer than expected, it just means that there is time and there's a journey to enjoy ~ Mike Dooley





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

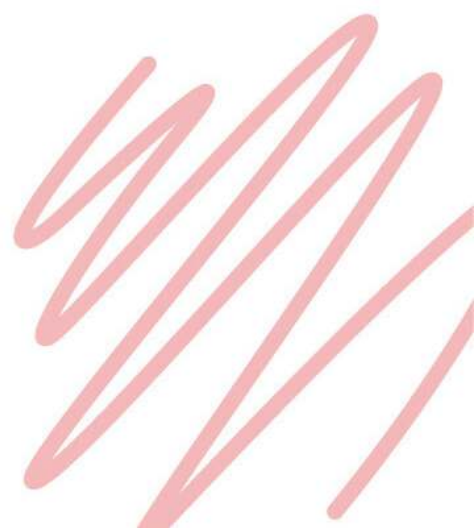




We may think we are nurturing our garden, but of course it's our garden that is really nurturing us.

~ Jenny Uglow

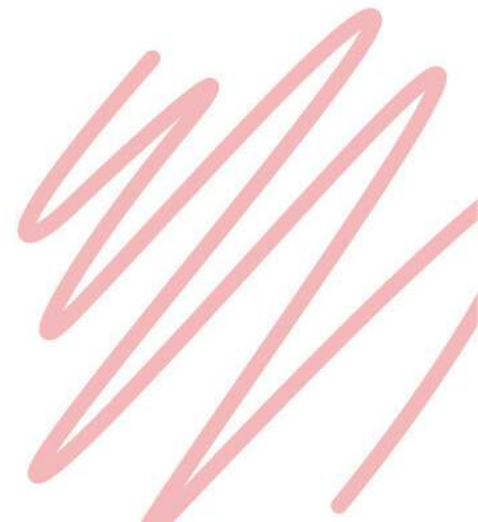
"Fear less, hope more; eat less, chew more; whine less, breathe more; talk less, say more; hate less, love more; and all good things are yours." ~ Swedish Proverb.





"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"

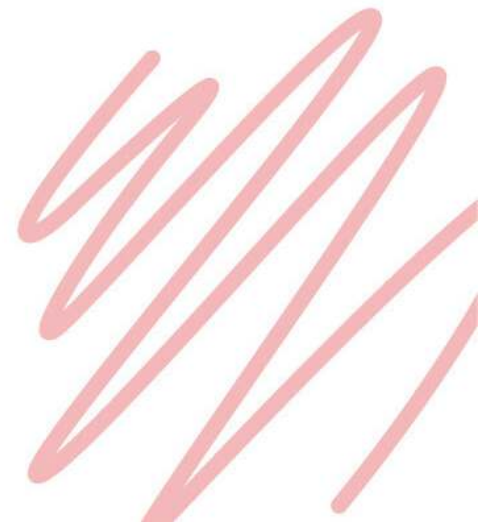
~ Jesse Owens





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.

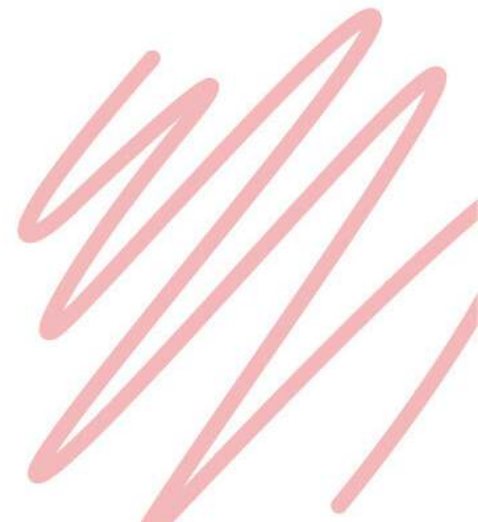
~ Poetic Evolution





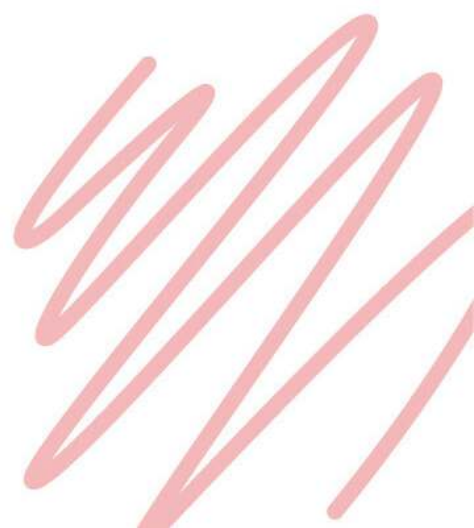
Happiness is when you love who you are and you are able to accept yourself and others.

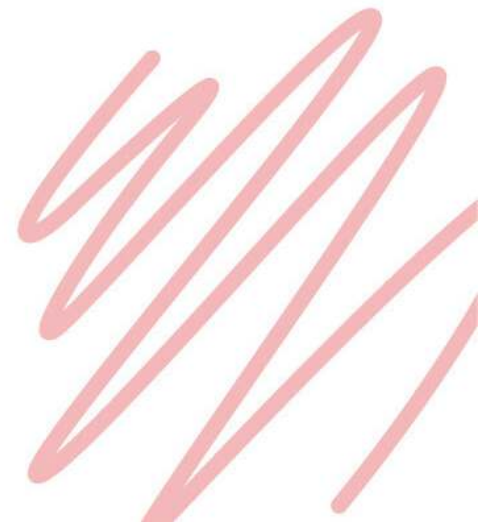
~ Bar Refaeli

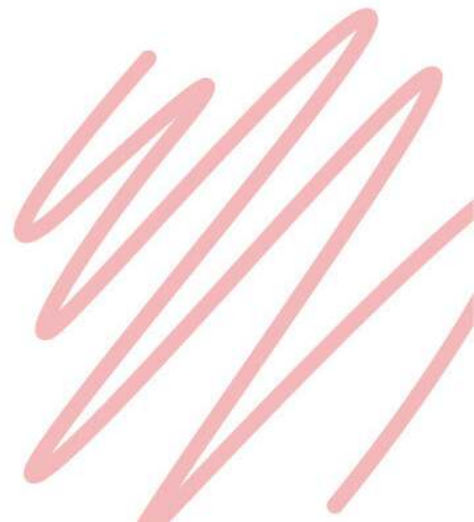




My path is about JOY. What is your Path about?







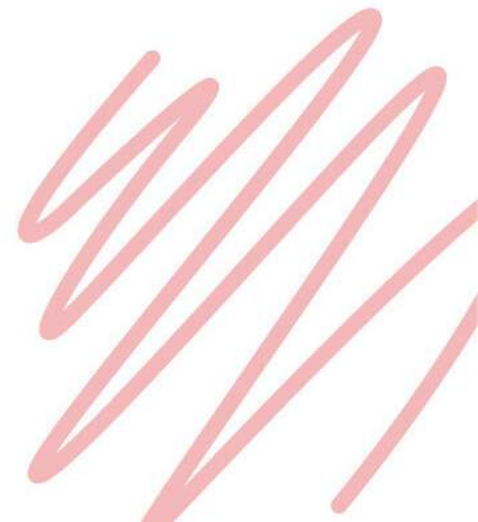
"The heaviness of being successful was replaced by the lightness of being a beginner again, less sure about everything. It freed me to enter one of the most creative periods of my life."

~ 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."

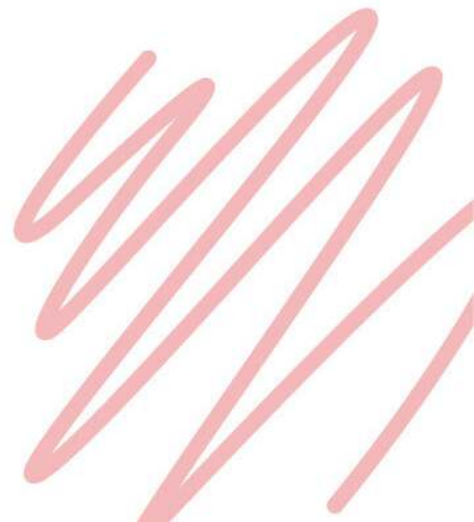
~ Sarah Ban Breathnach





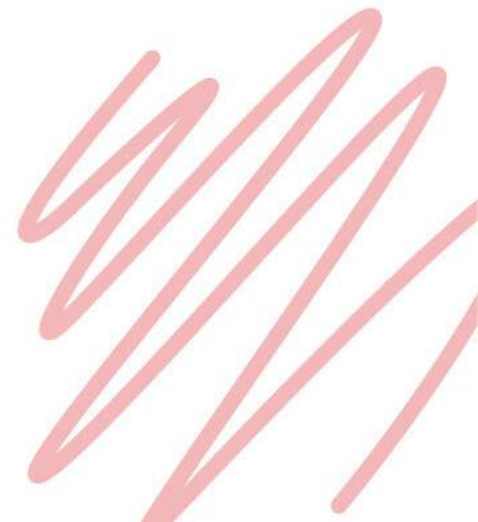
"Every single cell in the human body replaces itself over a period of seven years. That means there's not even the smallest part of you now that was part of you seven years ago."

~ Steven Hall



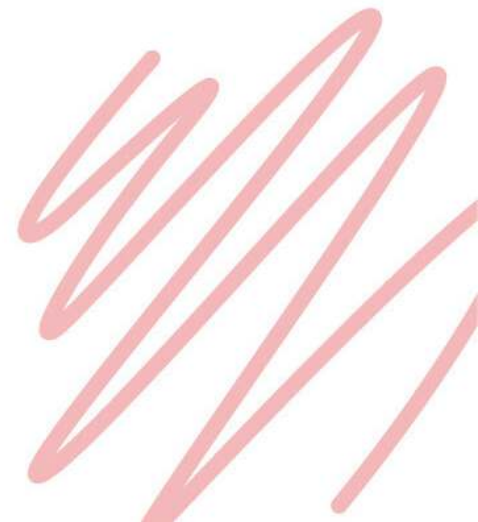


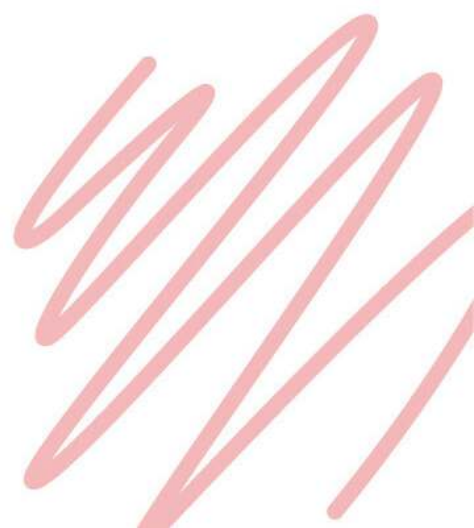
Whatever you can do, or dream you can do, begin it. Boldness has genius, power, and magic in it!





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

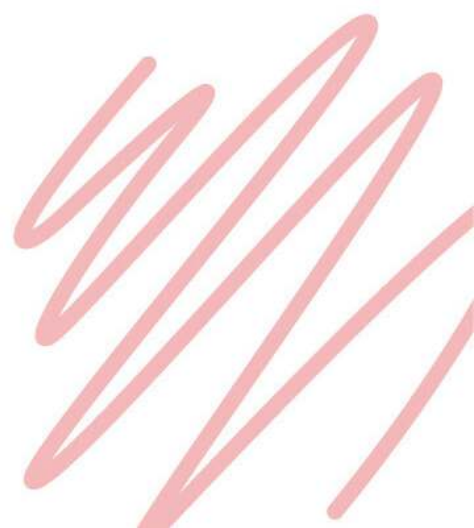




This year I lost, won, failed, cried, laughed, loved, but I didn't fold.



"Life is either a daring adventure or nothing."
~ Helen Keller



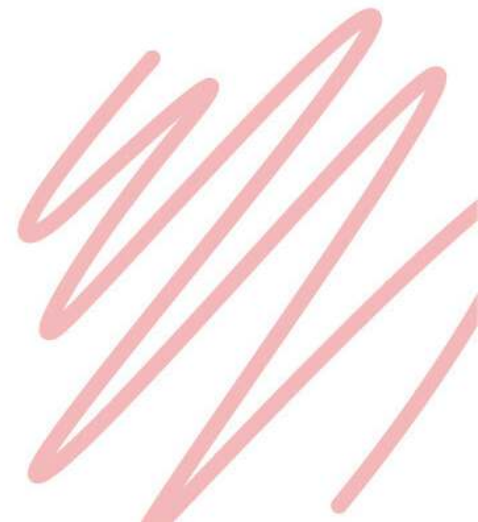


"There are two mistakes one can make along the road to truth... not going all the way, and not starting."

~ Buddha

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

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?

Nature's Life Lessons & Blessings

SAND

SUNSHINE

RELAX

WAVES

SEASHELLS

BEACH

SAND CASTLES

THE GOOD LIFE

PARADISE