

# 18 Forest heart

Key words: feeling

Now that we have recognized and integrated all of our five senses, we can access another level of feeling our environment. We go deeper into the Grove, to its heart. There, we feel serenity take over our whole being.

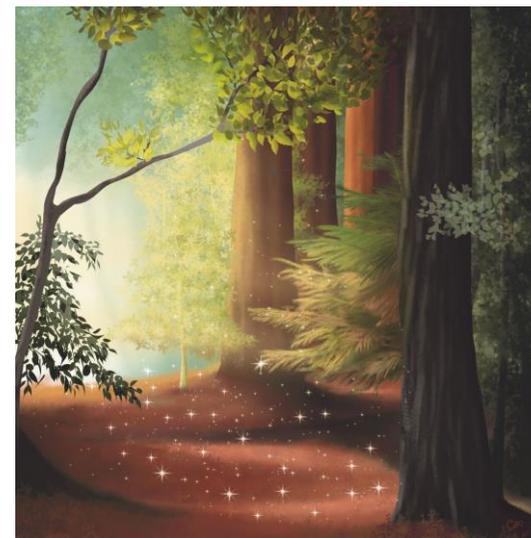
We decide to go barefoot, and when our feet make contact with the ground, we can feel the energy of the Grove linking itself to ours. We then sit down, and put our hands on the soil. We close our eyes and we open ourselves to any sensation coming our way.

We feel the peaceful atmosphere of the Grove, its ancient wisdom protecting us. We, in exchange, send our desires, our hope, our determination, our will, our thirst to learn more and to understand. We let our questions and intentions run from our head and heart to our finger tips, and into the ground. We understand that to feel is to be connected. If we allow ourselves to open the gate to our heart and soul, we then feel more than just our own emotions. We can tap into the collective, we can give and receive if we want to. Or we can just go with the flow and accept what is coming, with the assurance that it will be what we need at this very moment.

If we were a bit anxious or angry, the simple fact to let our bare feet and hands get in contact with the natural soil is taking it away from us. It doesn't belong to us anymore. We let it go into the collective, to be diluted and changed into confidence and determination.

Then we open ourselves a bit more, and we let our mind wander and get clues of what is coming, like sparkling emotions that will reveal themselves when the time has come to do so.

We stay there a bit more, enjoying the sensation of being one with a whole. Then we go back to our journey.



You need to connect with the collective.

Go to a natural place you like, or you feel drawn to. Find a comfortable place and remove your shoes.

Sit on the ground, or lay there. Let your bare feet and hands get in contact with the ground.

Breathe deeply, and calmly. Close your eyes. And give yourself permission to let go of what you don't need right now. Give yourself permission to share your emotions with nature. And let it fill you with peace and its own living energy.

Try to connect yourself with your emotions. Tell your mind to step back, so you don't project what you *should* feel, but on the contrary accept whatever emotion comes to you as your own. Welcome it, and honor it as it makes you who you are.

Because you deserve it.