



# Working With Earth Wisdom

## Earth Wisdom

‘Everything in the Universe Has a Rhythm.  
Everything Dances.’

*~May Angelou*

**Rhythm can be defined as a strong, regular, repeated pattern of movement and sound.** It is important to understand these rhythms and work in concert to allow the Laws of the Universe and their flow to support you. When we work in alignment with these, we hear our truth's with greater clarity, follow them more courageously and allow magic to happen in our lives. This brings us greater joy, abundance, and love.

**In this lesson, we will be exploring these rhythms and how to use them for our highest good.** We will be discovering how to align our own energies to be in concert with these profound rhythms and how we can activate those energies within us.



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## Stepping into Your Inner Shamaness

**A shamaness has the ability to reach into hidden worlds to gain great insight, strength and healing for themselves and their tribes.** In spite of the differences between ancient cultures, there are many similarities between them.

**There is a modern day inner shamaness within you.** It's that part of you that has an intimate awareness of earth's cycles, the understanding of the connection between these cycles and themselves. They are able to align these by taking a deep journey into their soul's truth to allow for greater flow. All you have to do is activate that inner wise woman.

**The inner Shamaness in you is mystical, magical and powerful.** She is the part of you that knows the cycles in nature, listens to and aligns with these and the messages in the universe to step out Living Her Truth.

**To awaken and heighten this awareness within you, it is vital to be aware of earth wisdom and continually learn how to connect to it.**



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## Stepping into Your Inner Shamaness

**Modern Day life has us disconnected from our wise shamaness.** We sit inside at work. We Commute. We go to the gym to workout. We forget to commune with nature on a *daily basis*.

**In Modern Day Busy-ness, we forget to connect to our own rhythms.** We eat at different times of the day and when we are disconnected to our own nutritional needs. We go to bed at different times. We wake up, unnaturally, to an alarm clock at the time we must get up instead of allowing our bodies to do so naturally. Our body chemistries shift each day, each month in a cyclical fashion creating a rhythm for us ~ which we often disconnect too.

**We have lost this sacredness to life. But, we can regain it with simple, easy steps.** The secret to this, and creating powerful internal energy for us, is our ability to attune our body to the cycle of life!

**Assignment:** *Take your journal out and use the power of your pen to connect to cycles of your day. Pay particular attention to where routine supports you and how you've created rhythm for yourself. And, where you are not dancing to your cycles well.*