

Spiritual Time Out: Summer

Power



Behind all the growth that we see in Nature is the power of the season. There is a no-holding-back quality to Summer. This power is natural and authentic, like the life force that makes the trees grow.

Your authentic power is always available to you.

How do you tap into the energy, wisdom, and guidance of your truest and deepest self?

Flow



Think of the momentum that is present in rivers and waterfalls.

Feel the power and inevitability of that natural flow.

Just as there is a natural power and energy in rivers and waterfalls, there is the flow of this life force in you.

Feel the flow of power and energy within you.

Where is life carrying you now?

What if you trust the flow?