



## Natural Rhythms Soul Tools for Transformative Times with Lisa Michaels

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Increase your capacity to align with the powerful force of nature as the shift of our times and systems continues. Accessing nature's sacred wisdom and rhythmic teachings can help ground and center you as the wave of change and uncertainty washes through life.

**EARTH** - Placing your awareness in Earth, the physical/material realm.

Aligning with Earth's Pulse: Sit on the ground and consciously ask to align with the sacred pulse of the Earth Mother 15-20 minutes at a time as often as possible.

Peruvian Technique: Using intention consciously ask that your body be filled with lighter vibrations from Spirit. Breathe in the lighter vibrations of Spirit until you sense a feeling of fullness. Then ask your body to drain any dense energy into the Earth, allowing the lighter vibrations to fully fill your body.

**WATER** - Placing your awareness in the Water, the feeling/emotional realm.

Healing Planetary Water's: Forgiveness prayer. "Dear Waters of the planet please forgive me for any unconscious actions I have taken that have harmed or polluted you. I honor, respect, and appreciate you."

Healing Your Inner Water: Self-forgiveness prayer. "I consciously forgive myself for anything harmful I've ever done, said, or thought about myself or those around me. I fill my inner Water with the sacred power of love."

**AIR** - Placing your awareness in Air, the mental/vibrational realm.

Mass Consciousness Upliftment: "Air, I ask to consciously connect my intention with those around the globe, who are focused on raising the vibration of the collective. Together we use the power of intention to uplift the consciousness of the planet."

Personal Air: "Dear Air, I honor the precious breath of life I have been given and respect its deeply animating force."

**FIRE** - Placing your awareness in Fire, the action/energetic realm.

Potency of Rhythm: Align with the sun. “Great Fire, I honor your constant motion and your sacred rhythm. You bring the light each day helping me create the energy for outward movement and action. Then you share the darkness of night, reminding me to turn my energy inward for reflection.”

Energize Your Life: Use the Fire tools of dance and movement to consciously release stress and energize your desires.

**SPIRIT:** Placing your awareness in your essence, the spiritual/soul realm.

Daily Connection: Each day intentionally ask to connect with the Divine and the ways it flows uniquely through you.

Strengthen Your Container: Increase your capacity to channel Divine Essence through you consciousness and physical body by activating the priestess or priest within.

Rhythm: Begin consciously working with the new and full moon and the Wheel of the Year to bring your life into harmony and balance with the sacred rhythm of Nature.

Go to <http://naturalrhythms.org> and download a FREE Natural Rhythms Starter Kit.

In it there is a very helpful Sacred Timings, an Elemental Forces of Creation Workbook, a beautiful Natural Rhythms Poster, and chapter two of Lisa’s book Natural Rhythms the Dance of Creation.

### **Upcoming Atlanta Events With Lisa Michaels**

Power of Sacred Dance Facilitator Training August 19-22 (Learn to more powerfully facilitate others in transformational workshops and settings through sacred dance.)

Practical Priestess/Priest Process begins September 11/12 (Activate the priestess or priest within through this sacred process and ignite your inner gifts and personal power.)

Dynamic Facilitator Training September 29 - October 3 (Dynamically take your facilitation skills to the next level with exciting and potent Accelerated Learning techniques.)

Elemental Coach Training October 28-31 (This training is great for therapists, coaches, and massage therapists who want to more consciously work with the elements to boost the progress of their clients.)

On-going in person or phone private Creation Coaching Sessions with Lisa Michaels anytime you need to clear energies blocking your process, learn more about your life purpose or accelerate your the progress of your creations.

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