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## Relaxation

### PRESENT CHALLENGE

*Rediscovering your inner nature through observation of physical nature.*

You have drawn this card to give yourself permission to take time for yourself in a natural environment in order to refill your inner reservoirs and to reacquaint yourself with your inner nature.

You are being guided to build confidence in your ability to make the right choices for yourself, your family and friends, and your life work. This is a Rejuvenation card and seeks to encourage you to look at the bigger picture of life through relationship with Nature. Even though you may feel overburdened by the demands of your life, you can still take time for yourself because it is essential to your ability ultimately to meet your life goals.

### ANGELIC MESSAGE

*Relaxation*

*Relaxation is half the equation for a meaningful life and is the complement to focused attention and constrictor. When either half of the relaxation/constriction life-supportive equation is eroded, the human body and psyche suffers. In order to remain spiritually*



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alert, you are required to do more than to meditate in a vacuum. You have incarnated into an exquisitely beautiful natural environment. Your spiritual identity is tied to the other living things that support your daily life. Just as the animals, plants, trees, and minerals each seek to complete their own meaningful life cycles that are based in spiritual evolution, so do you.

Observing the beauty of Nature with more than a vacant stare gives you further practice in the spiritual skill of discovery through paying attention. Consider the flower petals that without fear of death, without strain of being other than they are, without tension and with joy, relax into their fullest expression of beauty. Going into Nature with awareness is different from going blankly and unthinkingly or unfeelingly into Nature. Nature is as alive as you are and benefits from your insightful interactions just as humans benefit from Nature's wisdom.

You might ask, "In what ways can I learn from Nature?" Consider the skill of observation. When you observe the most intricate and minute processes of life, you value and appreciate your own unseen processes that keep you alive. When you revel in the giant and inexplicable majesty of a vast natural landscape that may include mountains or an ocean, you elevate your understanding of yourself as equally complex and inexplicable and also created through divine intention.

Nature is your shadow and your teacher, reflecting back to you the opposite sides of your own personality and spirit. Seeking nature's truths for your life through quiet appreciation offers you an important view of your own life as tied to Nature's support systems and in turn to the spiritual support system of the Universe.

## SPIRITUAL OPPORTUNITY

The guidance coming to you through this flower is to recognize that all activity is essentially spiritual at its center. When you seek to have fun and find refreshment, take a few moments to recognize and honor your own spirit and the spirit it within every other living thing. Notice that the white cen-

ter of this lovely purple flower is also tinged with purple, asking you to consider that all the activities that you pursue in your life are tied together, meshed into one interrelated spiritual fabric that supports all life.

When you go into the yard, the park, or the woods, or when you plant a bulb, a flower, or a tree; or when you rescue an animal, free an insect, rebuild or honor nature in any way, you are responding to the Earth's spirit in all life. Through time spent in Nature you find images to draw from, images that inspire you in any daily journal writing you do, in painting, pottery, sculpture, jewelry-making, or any creative endeavor. The eternal shapes, colors, and juxtapositions of objects will offer you a continuing source of enjoyment. You'll be able to bask in the beauty of these remembered images and scenes from Nature, and these experiences will help you keep your own creative impulses alive in your life when you return home to normal routines.

## APPLICATION

Select one specific aspect of Nature to teach you something important today. Follow this aspect throughout the day, paying attention to the difference stages of contraction or relaxation it experiences. Because the elements of Nature are alive and you are alive, you share a common bond and can come to "hear" each other through your heart and your perception. Do you understand what the trees are saying as the forest whispers through the wind blowing in its branches? Do you know what all the excitement is about when the squawking birds swoop down from a nearby tree? Could you know, if you took the time to learn, the art of "non-thinking" and "staying present" through simple observation? In order to benefit from relaxation you are being encouraged to experience your life as bonded to all other living things and, through this realization of connectedness, to absorb the active living energy Nature puts forth to refocus and heal your life.