

# Earth Honoring Creation Tools for Transformative Times

## Elemental Creation Tools

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. Align 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."



# Download a Free Natural Rhythms Starter Kit at [naturalrhythms.org](http://naturalrhythms.org)

## 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 and through the natural world. Open to receive, connect to grace, and rhythmically feed your creations.



## Lisa Michaels Programs

### Creation Coach Training

Start applying the tools of Nature to support your clients in clearing old energies and powerfully direct the forces of creation and grow a thriving business. June 25-28 Atlanta Call Lisa to apply 770-823-8718 More details on [naturalrhythms.org](http://naturalrhythms.org).

### Business Acceleration Mentorship

If you are ready to grow a six-figure business, being of service to others, and need a mentor to help you develop your plan and strategies then contact me about this exciting program. Lisa 770-823-8718

email: [info@naturalrhythms.org](mailto:info@naturalrhythms.org)



29 Days  
To Ignite  
Deep  
Grace:

Transforming Fear  
through the  
Power of Love  
with Lisa Michaels

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Register by April 22 to join Lisa Michaels in this potent program designed to align you with the powers of creation. [naturalrhythms.org](http://naturalrhythms.org)