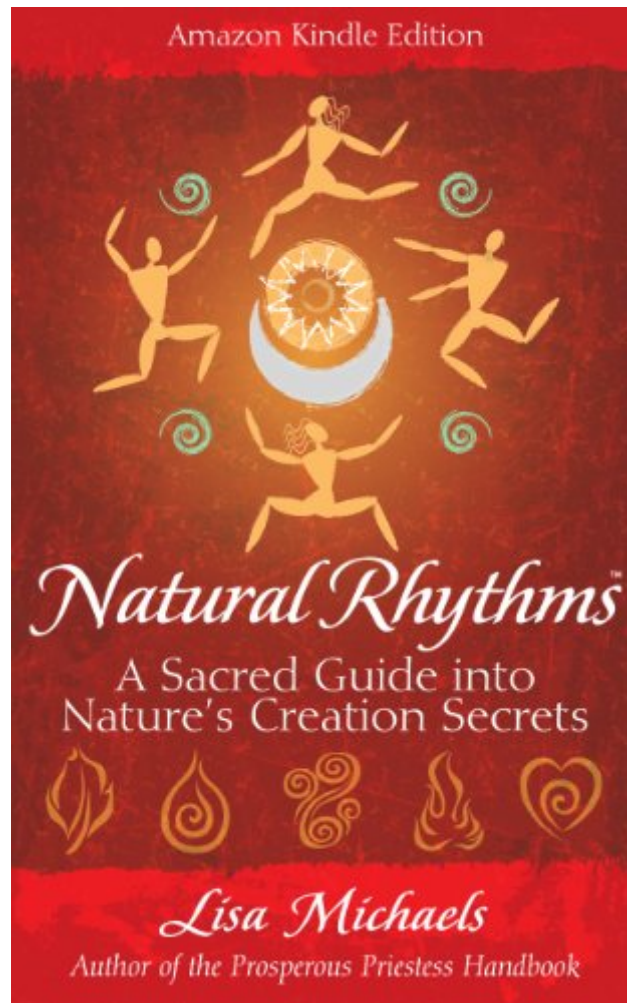


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# Natural Rhythms: A Sacred Guide Into Nature's Creation Secrets



## Synopsis

Natural Rhythms: A Sacred Guide Into Nature's Creation Secrets Manifest your dreams, goals, and desires by aligning with the elemental forces of nature - your most powerful, divinely-inspired teacher " as you move into greater levels of health and wellness, creativity and wholeness. In Natural Rhythms: A Sacred Guide Into Nature's Creation Secrets, bestselling author and Hay House Mover and Shaker Lisa Michaels reveals how to open to the guiding insights of the natural world and honor the sacred in everything you do by directly connecting to the Divine as you go about the practical matters of life. Discover how to: - focus your intentions for creation. - listen to and apply the elemental forces of nature " Earth, Water, Air, Fire, and Spirit " to ALL your creations. - deepen your alignment with the natural rhythmic cycles of the sun, moon, and stars in order to gain heightened levels of inner peace and balance. - access your own inner wisdom, knowing, and divinity. Natural Rhythms: A Sacred Guide Into Nature's Creation Secrets is applicable in every area of your life: from home and family, to business and career, to community service and creative expression. Learn how to: - release old emotional baggage- improve relationships- activate your ability to take action- increase your ability to thrive Once you understand the sacred forces of nature, you "ll have a bridge for uniting Spirit and matter. Learn to connect to the forces of nature as your power tool for creation as you go about the practical matters of life - from creating a meal, changing diapers, planting vegetables, paying bills, building wealth, and working in your career.

## Book Information

File Size: 3904 KB

Print Length: 294 pages

Simultaneous Device Usage: Unlimited

Publisher: Michaels Hill Inc; Second edition-Kindle version edition (January 18, 2014)

Publication Date: January 18, 2014

Sold by: " Digital Services LLC

Language: English

ASIN: B00HZ2C71G

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Enhanced Typesetting: Enabled

Best Sellers Rank: #480,198 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #77  
inÂ Kindle Store > Kindle eBooks > Religion & Spirituality > New Age > Goddesses #201  
inÂ Books > Religion & Spirituality > New Age & Spirituality > Goddesses #638 inÂ Kindle Store >  
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## Customer Reviews

This book reminds me of Carolyn Myss's *The Anatomy of the Spirit* in that it elegantly and consisely draws the connections to the natural rhythms of the earth and to individuals. The author carefully constructs the foundation and then builds upon it. It is an inspiring invitation to connect oneself with the earth and with life itself.

"We want to allow ourselves to unfold, to let our magnificent, radiant selves shine in the world and to create all that we are meant to create..."This is what each one of us longs for deeply and soulfully. Through *Natural Rhythms* Lisa Michaels offers us a powerful workbook, playbook and companion for living a full, passionate and creative life. She gently challenges us to consciously choose to face and unpack our blocks and to claim our most creative and expressive selves ... to live courageously and honestly ... to be present to the movement and dance of the elemental forces in each moment of our lives ... to accept and then to fully claim our co-creational capabilities and responsibilities.

The Book *Natural Rhythms* begins with a creation story and ends with a letter of blessing from the author. The pages between are teachings of the energy archetypes that grace indigenous religions as well as many contemporary spiritual journeys . Ample exercises throughout the book allow you to understand how these energy archetypes express in your life; and how they can help you create, heal, and become all you can be. *Natural Rhythms* is a highly effective tool for embracing and co-creating with the natural forces that swirl around us and within us.

I've started reading other material by Lisa Michaels including visiting her website. I like thinking of my self as a Goddess and she has some delightfully intriguing ideas she shares with the reader. Very positive lady and I like that.

For those who are looking for information around cocreation as divine human beings, this book is filled with essential information about creation and its rhythms. It is essential for witches, magicians and cocreators to align theirselves with Nature's rhythms, and Lisa delivers quality information in a

yummy way. Highly recommended!

In the course of our very artificial 21st century's lifestyle, we easily forget that our lives are a manifestation of nature and its powerful forces. If we see ourselves as some sort of disembodied beings, impervious to the ebb and flow of the natural cycles of the planet and of our own bodies, we will be unable to understand the profound impact they have on our lives. Our spiritual understanding will also tend to be a shallow mind-based conceptualization. This book's profound ancestral wisdom bridges the chasm between the physical and the spiritual, guiding us to a rooted and down to earth spiritual evolution. Beautifully written, highly inspired and inspiring and full of practical applications.

Natural Rhythms provides an over-arching structure to looking at the wheel of the year, the phase of the moon and the cycle of life. I am moved to gratitude and joy by the simple grace and beauty of this book.

Happy celebrating that Natural Rhythms: A Sacred Guide into Nature's Creation Secrets is now out in its second edition and on Kindle. I've been using this book as a guide through the elemental forces of nature (earth, water, air, fire, and spirit) for a number of years now. I love how it helps me follow the wheel of the year points to work in synchronicity with the sacred timings of the seasons. This book is so well-organized as it features the skills, powers, and teachings of each element. It's a resource I turn to over and over again. Lisa Michaels' writing is crisp, clear and a fine example of a divine download. I highly recommend this book for anyone who wants to live in harmony with the cycles of the year.

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