

Pause with the Earth's Heart

Each day, reflect on a message below from Mother Earth to you! Allow the messages to enter your heart. Take time to journal about your experiences.

Mon

I will
always
love you

Tue

I am
healthy,
you are
healthy

Wed

Rest in
my
stillness
and joy

Thu

You are meant
to thrive

Fri

Love is
everywhere

Sat

We are ONE

Sun

Be with me

