



Mother Nature: A Bridge to Conscious Living

Mary Jane Kasliner

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Not a day goes by that man's eyes won't fall upon some aspect of nature's beauty. Whether it's the sunrise and sunset, tree branches as they fold in the wind, a bird's fluttering wings, or swollen clouds drifting along the grey sky, the earth's sights and sounds ignite the human spirit.

Mother Nature, A Bridge to Conscious Living is a seven-week meditation that uses the forces of nature to shift your state of being. Through Tree, Wind, Sky, Earth, Water, Fire, and Mountain, the natural world teaches us to honor the oneness in all things as we pave our journeys ahead.

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