



Eco-Spirituality Reflection & Journaling Workbook

Companion to *Eco-Spirituality: Nature's Gateway to 5D Awareness*

By Cindy Myers, YourEnergyHealer.com

“The clearest way into the Universe is through a forest wilderness.” — John Muir

Welcome!

This guided workbook invites you to deepen your relationship with the living Earth, awaken your intuitive senses, and experience the peace and expansion of 5D awareness through reflection, writing, and mindful nature connection.

You can print this workbook and bring it with you outdoors, write freely, sketch, or record your reflections. Return to it with each season—the meanings will evolve as you do.

Tip: Before writing, take three deep breaths. Feel your feet grounded to the Earth and imagine drawing up energy from the soil into your heart, aligning with the pulse of nature.

Sacred Encounters

“There is a language older than words.” — Derrick Jensen

When was the last time you felt awe or reverence in nature? What details do you remember—sights, sounds, textures, or emotions?

Earth as Mirror

**“Look deep into nature, and then you will understand everything better.”
— Albert Einstein**

What aspect of your current life feels reflected in nature around you today (a flowing river, a sturdy tree, a stormy sky)?

Walking with Intention

“The Earth has music for those who listen.” — George Santayana

Take a slow, mindful walk outdoors. What draws your attention—a pattern, sound, animal, or color? What might nature be whispering to you?

Spirit Animal Connection

“Animals are not only our companions; they are reflections of our souls.”

— Unknown

What animal has appeared in your dreams, meditations, or daily life recently? What might this guide be encouraging you to see or change within yourself?

5D Awareness Check-In

“The soul always knows what to do to heal itself. The challenge is to silence the mind.” — Caroline Myss

Describe a moment when you felt deeply connected, expansive, or at peace with the universe. How might eco-spiritual practices help you invite more of this state into your daily life?

Reciprocity Reflection

**“We do not inherit the Earth from our ancestors; we borrow it from our children.” —
Native Proverb**

**What gifts has nature given you recently—peace, beauty, clarity, grounding? What is
one way you can offer something back—a prayer, gratitude, or simple act of care?**

Recommended Readings on Eco-Spiritual Wisdom

- **Braiding Sweetgrass — Robin Wall Kimmerer**
- **The Spell of the Sensuous — David Abram**
- **Earth Prayers — Elizabeth Roberts & Elias Amidon**
- **Becoming Animal — David Abram**
- **The Hidden Life of Trees — Peter Wohlleben**
- **The Dream of the Earth — Thomas Berry**

Each of these authors speaks to the living intelligence of the Earth. Read them slowly—let the words breathe through you.

Closing Reflection

How has your perspective shifted through these reflections? What do you feel called to explore next in your relationship with the natural world?

Your connection with nature is sacred and ongoing. Every moment of awareness, every breath of gratitude, ripples outward—healing not just you, but the planet itself.

**Continue Your Journey: Join Cindy Myers' Eco-Spirituality Courses and Group Healing Circles to explore deeper connection and guided 5D awareness.
Visit YourEnergyHealer.com | Use code 5DSpirit for 10% off your next class.**



Cindy Myers is offering Your Energy Healer courses that include classes on How to Interpret Your Dreams, How to Communicate with Your Spirit Guides, Animal Communication classes, The Language of Metaphor, and much more. Click on the **Events Page** to register and receive more information on classes and webinars.

If you are curious about animals and emotions then please sign up for my next webinar here:

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