

# The Champion Season

Redefining, Reinventing & Rebuilding  
Your Life



Mother Nature's  
Healing Guide

Dr Geraldine Teggelove

# Mother Nature's Personal Healing Guide

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# Introduction:

The ancient peoples of our planet lived and worked as one with Mother Nature. The Master teachers taught from the sides of mountains, beside great oceans or rivers. Mother Nature gave freely of their signs and symbols, music, sounds, and rhythms, to assist the elders in sharing Truth. Their followers quickly learned to listen, connect and understand the lessons taught through the sharing of all that Mother Nature had to offer. As these people grew in their understanding of how all things were interconnected, their lives reflected the harmony and balance that is a constant in the world of nature. By working and living in harmony with Mother Nature, the flow of life became effortless just as the tiny drop of water from an abundant cloud fell into the stream, journeyed towards the ocean, and then once again rose in the mists of a chilly morning to join the cloud from which it came. A never-ending cycle of life!

Mother Nature taught ancient peoples how to be one with all things, and that going against the Laws of Nature was going against the sacred Laws of all that is. Understanding this, they protected everything that was around them. They respected and valued every tiny part of nature, and in turn, Nature provided for their every need. They ate of the bountiful harvests of the land, bringing health to body and mind. They grew in wisdom as they listened to songs of the wind bringing ancient messages from all corners of the Universe. They drank and bathed in the clearest, refreshing waters of the rivers which healed and renewed body and spirit. Learning to read the signs and symbols within Nature, they not only survived but flourished! But living in harmony with Nature Spirit, is not just for the ancients! It is also available to you and me in our 21<sup>st</sup> century.

In our modern-day society, many have truly forgotten this beautiful connection with Nature. So much emphasis is placed on producing massive profits; everyone trying to 'get' without giving one thought to the impact on the world of nature. The basic laws of working in harmony and balance have been forgotten as the greed for growing empires has been at the forefront of people's minds. But now with the changing of times and the chaos we see in our world with

known systems breaking down, it is definitely time for all to once again make that connection to Mother Nature and the Spirit in all things.

Making the decision to return to Mother Nature and learn from the guidance offered, is one of the most practical and effective ways in which we can begin to heal our lives. Once we take this step, we begin to see that we are naturally drawn to certain aspects of the world of nature, and by consciously embracing these connections, our lives begin to heal in the most magical ways. By allowing Mother Nature to be our guide and mentor, we will very quickly discover that the aspects of nature to which we are drawn will also be a reflection of our personality traits.

The following pages will give you greater understanding of how you can connect with the aspect of nature which best suits you and your personality, and gives you the greatest assistance in your journey of healing.

It is best to begin by reading through all of the pages. Once you have done this, go back and read them again, but this time, listen to your heart or take note of how you feel as you work through each aspect of nature shared. You will definitely feel a pull towards 1 or 2. Then use the advice given to assist your healing.

# Flower:



Today's Note to  
Self  
~Remember  
today, that  
just as a rose,  
my life  
unfolds one  
petal at a time  
until it  
reaches full  
bloom~

A flower is said to give a hint of the beauty of heaven! Flowers not only add great beauty to our world, but also offer amazing wisdom. The energy and vibration of the flower is the perfect metaphor for how life unfolds with perfection when not rushed or forced. The flower encourages us to understand that there is never a rush to complete the process of manifestation of goals and dreams as everything happens in the perfect time and in perfect ways. Each petal symbolises one small story within an amazing life journey – each is perfect in its own unique way, and is an integral part of the whole. Most importantly, the flower helps us to recognise the beauty that lies within every individual journey and every individual soul.

As a flower person, you are attracted to all things 'beautiful'. You love to fill your life with deliciously fragrant, life giving flowers, decor that speaks to your heart and gemstones that speak to your soul. Art works and photos hang on your walls in such creative ways, and tiny

artefacts lay comfortably on tables, making your home is an exciting place to visit. Choosing the perfect colours and style for your body holds great importance. Your exquisite gift to the world is bringing much needed beauty and grace to this often dark and troubled world. You brighten people's lives and enable them to finally capture a glimpse of their very own beauty and perfection. Your ability to create beauty from seemingly ordinary objects shines a light of hope and inspiration into lives struggling to find meaning. Your artistic talents have helped to create your deep understanding of the unfoldment of life – that perfection cannot be rushed or forced.

As a flower person, it is essential to understand that not all people have your ability to tune out from the world around you as you enter your world of creativity. The world in which we live places great emphasis on dates, times and schedules. It is therefore important that you find a balance between this world and your wonderful artistic world where time stands still. It is very easy for you to get so caught up in the creation of beautiful things that the practical steps needed to be taken to create the success you desire can easily fall by the wayside.

#### **Connecting to your unique mode of healing:**

- Place flowers in your home and place of work
- Spend time walking through parks where flowers are grown
- Regardless of where you live, plant flowers in a garden or pots or in window boxes where they are constantly in view so you can connect to their energy and vibration
- Clothes with colour would be the best choice – dark colours will be energy zapping for you
- Meditate with flowers in the room, or take time to meditate in your garden next to flowers

# Ocean:



The ocean represents that never ending-flow of infinite possibility; the ocean of infinite possibilities from which all things have been created. The ocean symbolises power and strength, and gentleness and calm. A storm can be raging across the top of the ocean and yet deep beneath the ocean's surface, the water is still and quiet. This is a reminder from the ocean to always seek out the stillness within as we deal with the challenges and struggles of life.

It also represents the emotions that we feel as we travel our physical journey; its anger and fury during a storm and its gentleness and calm on a warm windless day which has its waters glistening with delight, and the never ending ebb and flow as the waves roll in and out just as breath flows in and out of our lungs as we meditate or rest peacefully. The ocean also represents mystery and magic; that beautiful mystical part of every physical being that no one

else can access, and no one else can call into action but the individual themselves. The salt from the ocean can also symbolize being well grounded, or stabilized.

As an ocean person, a visit to the ocean can bring instant peace and calm to an otherwise hectic life. The rhythm of its unending ebb and flow is music to your ears and heart. This is because you are a very emotional being who is highly sensitive to the up and downs of your own feelings and emotions, and of those around you. The powerful energy and vibration held within the constant rhythm of the waves flowing onto the shore and retreating back into the ocean, entices you to slow your breathing and relax. This in turn allows you to release your pent-up negative emotions and make way for peace and calm to re-enter your being. The ocean also symbolises for you, that never-ending flow of infinite possibility - the mystery and magic of life that no one else can access but you!

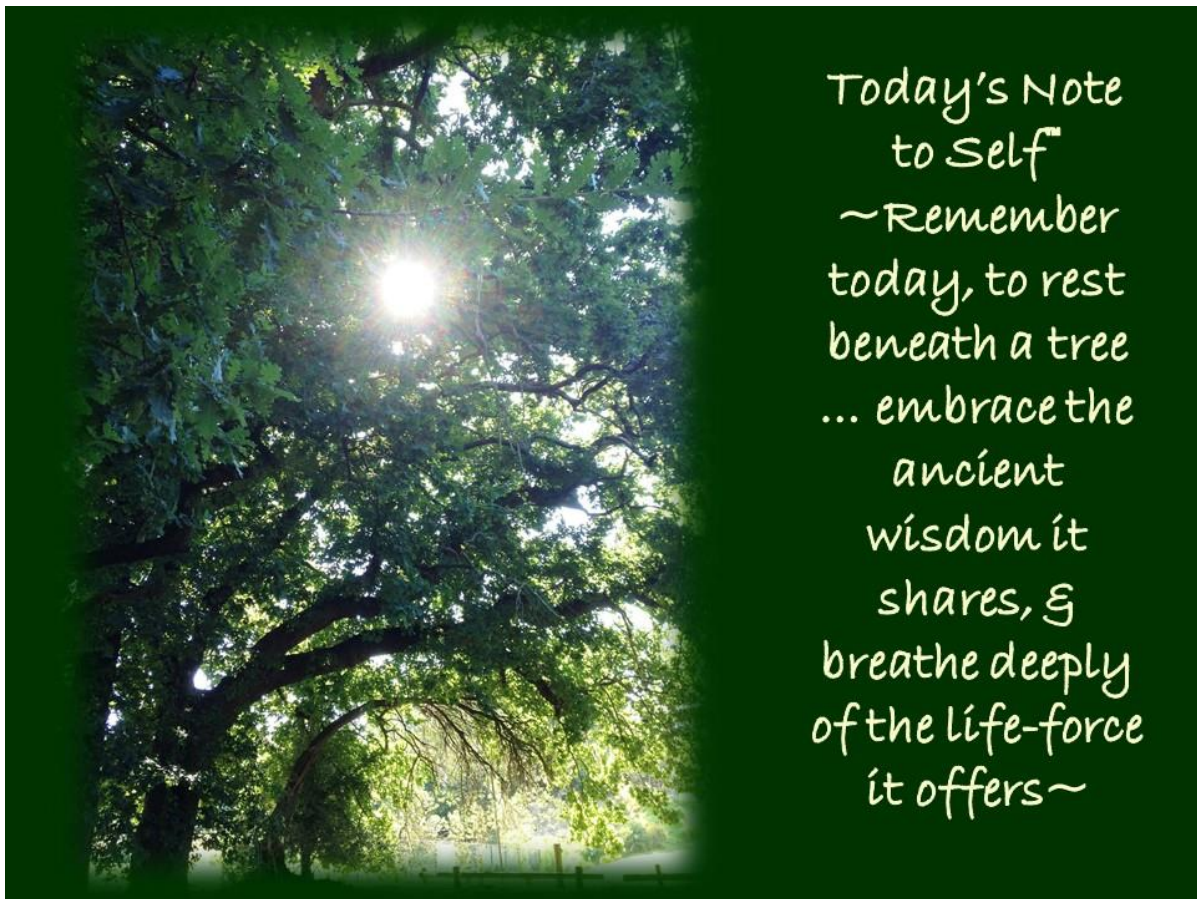
As an ocean person, healing your life is only a step away. It is essential that you recognise and gently move yourself through your emotional up and downs. Allow healing to take place by nurturing your emotional self, embracing the sacred tears that need to be shed, and immersing yourself deeply in the healing waters of life. Spending time near water will greatly enhance this process. By releasing any negative emotions from your life, you are allowing every cell in your body to jump for joy.

#### **Connecting to your unique mode of healing:**

- Spend time walking or swimming at the ocean as often as you can
- Spend time in or near water whenever you feel the negative emotions building ... this can be as simple as having a bath or a shower if you don't have time to go to the beach
- Create water features in your garden, or have a small water feature in your home
- Wear the colour blue
- Decorate 1 room of your home in soft healing shades of blue with pictures of water hanging on the walls



# Forest:



Today's Note  
to Self  
~Remember  
today, to rest  
beneath a tree  
... embrace the  
ancient  
wisdom it  
shares, &  
breathe deeply  
of the life-force  
it offers~

The forests of this world bring amazing life to our planet. The tree provides us with the breath of life that is essential to our survival as a human being here on planet Earth. It is also often seen as symbolising the true nature of man/woman. The tree sends its roots deep into Mother Earth where it is nourished and watered, and reaches high into the sky towards the sun which provides the necessary light and heat for healthy growth. The tree has learned the secret to longevity – living in balance and harmony with itself and all living things.

As a forest person, you have a very special connection to trees. To walk amongst trees, rest quietly beneath them or shuffle through autumn leaves will bring a smile to your eyes and joy to your heart. In simple terms, the tree is a metaphor for your connection between your physical and spiritual worlds, and you feel very comfortable with a foot in each. Your gift to the world is that you are a tower of strength in difficult situations and others look to you for guidance to get things back on track. You have the skills to bring balance to inharmonious

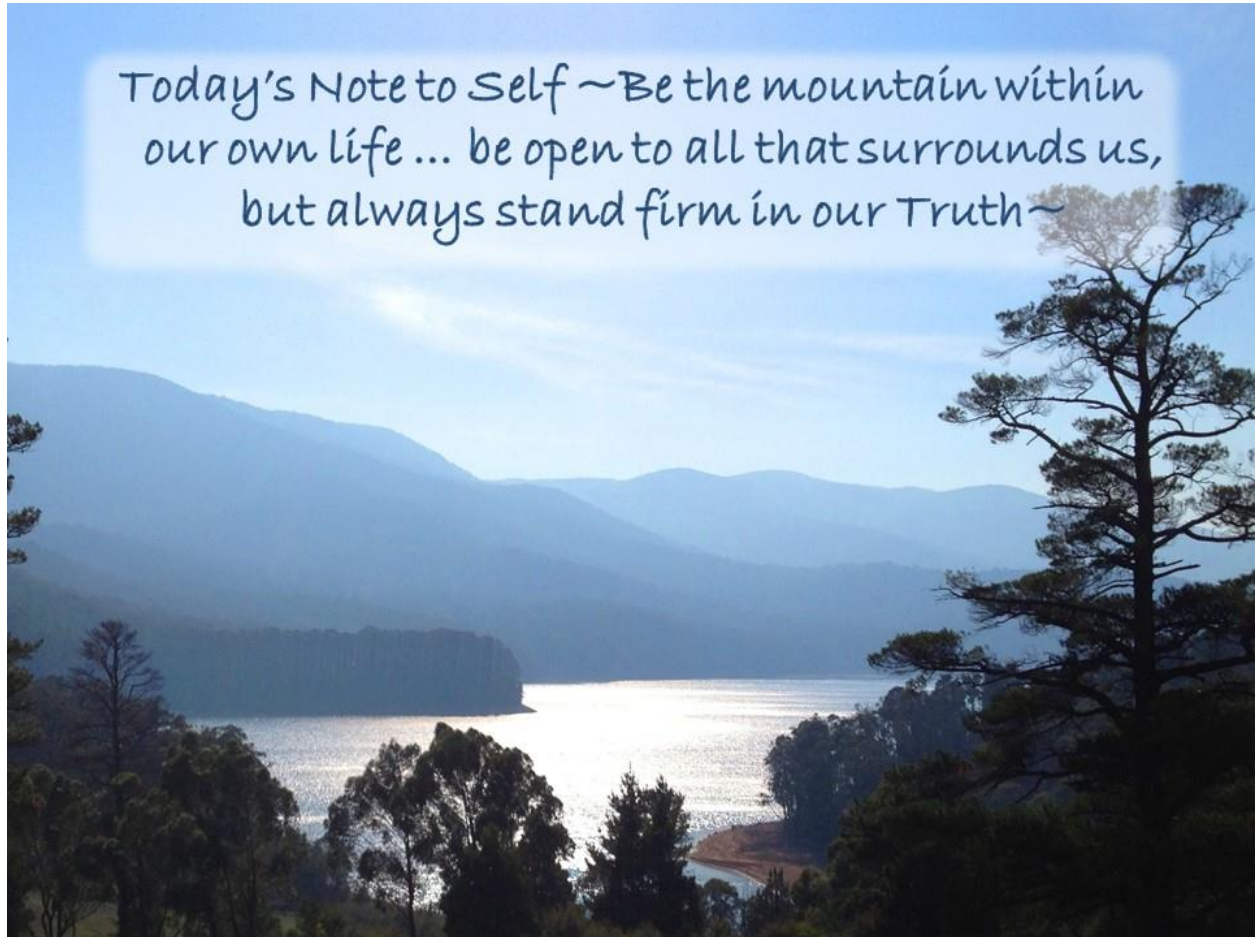
situations. In challenging times, you have the wonderful ability to step back, survey the circumstances and then 'breathe' your way through what others may perceive as impossible situations. Your constant stretching towards greater understanding and growth brings great wisdom to our world.

As a forest person, you must be very aware of feeling the lack of harmony and balance in your life. When you get out of balance and things begin to unravel and challenges appear, your stress levels rise much faster than the average person - your heart beats faster, and your breathing becomes very shallow, or you will say to those around you, 'I just can't breathe'. This will inhibit your ability to make incredible strides forward and your growth will become stunted. If unchecked, this imbalance will often see you hiding in the shadow of others. What has really happened is that you have forgotten your amazing skills in balancing your wealth of 'inner knowing' with 'outer circumstances'.

**Connecting to your unique mode of healing:**

- Spend time walking in forests or bushland
- Take the time to sit under a tree and just breathe deeply of your Truth
- Go out into bushland or forest areas stretch your arms towards the sun – the light of knowledge and understanding
- Stand beneath a tree, take off your shoes and feel the earth beneath your toes – this helps to ground yourself against all the winds and storms of life?
- Shed the bark of your life by letting go of all the negative emotions you may be feeling, and experience the freedom that comes with renewed balance and harmony

# Mountain:



Mountains are monuments to the passage of time. They stand tall against all the elements whether that be drought, torrential rains, hail, storms, snow, gale force winds, or the gentle breeze of a warm summer's day. Regardless of what Mother Nature calls the mountain to endure, it always stands firm in its Truth. It is immovable in its values and integrity! The wisdom held within the mountain is as mighty as the mountain itself. It helps us understand that it is only when we can leave the valleys of fear, doubt and other negative emotions that we can finally reach the peaks of happiness and success. As we all know, the view from the mountain-top is extraordinary.

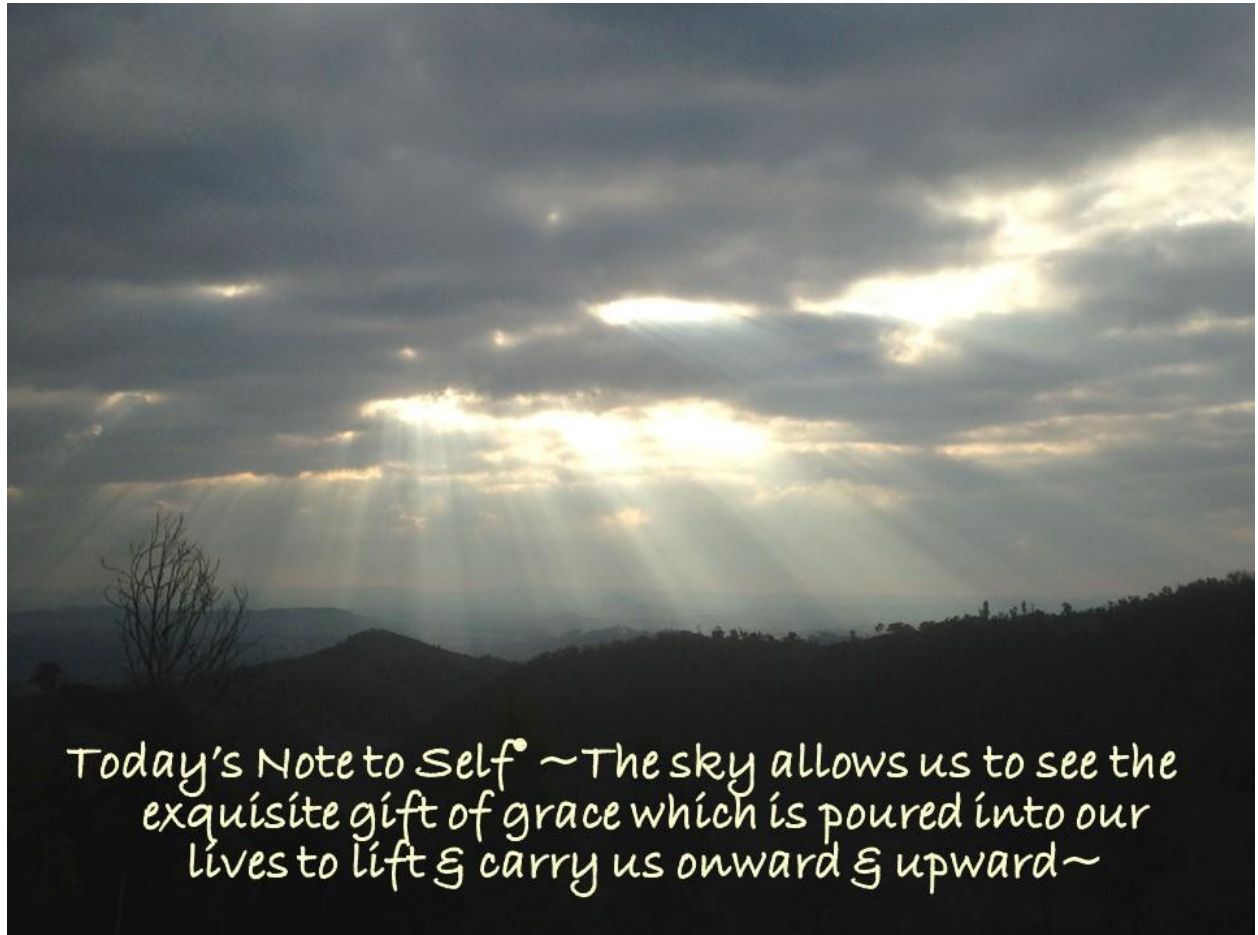
As a Mountain person, you seek out places to visit or live that afford you beautiful views of the surrounding area. You can sit for hours marvelling at what lies before you and often take copious photos to keep as reminders. You love the thrill of climbing the mountains of life – that may mean simply spending time in the mountains, or setting and achieving goals that are really forcing you to stretch and grow. Your magnificent gift to the world is your ability to see the bigger picture of life and knowing without a single doubt that there is a reason for every season. You clearly understand that just a single step each day is the secret to reaching the summit. The strength you hold within is not truly understood by others, but one that empowers and inspires greatness. This strength comes from your wisdom, and standing tall and immovable within your values and Truth which allows your life to blossom and bloom.

As a Mountain person, it is very easy for you to become inflexible with your approach to life. Just as there are many paths to enlightenment, there are also many paths to achieving happiness and success. Stepping off the mountain on occasions to see the view from the valleys offers a whole new perspective on life, and may even open ways on how to climb even higher. With every new season of your life comes the opportunity to explore new possibilities and potentials. It is therefore essential that for every new season you take the time to review your values to make sure they are still serving you in the best possible ways. Gaining clarity on your values and beliefs has the ability to shift your life from ordinary to extraordinary.

### **Connecting to your unique mode of healing:**

- Make a list of your highest values and make sure you live them
- Live in the mountains
- Spend time driving, hiking or camping in the mountains
- Have pictures of mountains on your walls
- Find high points where you live and walk to these to look out across the city or fields or whatever lays before you

# Sky:



The Sky presents us with a constantly changing image. It can be the most beautiful crystal blue with fluffy white clouds being carried along by the currents of the wind, it can portray a dark and menacing time ahead, and then it can present as a thing of such beauty that it takes your breath away. The water from the land below, dances through the air as it rises upwards into the skies above. The eagle spreads its wings within the currents of the wind and soars to great heights. The mountain stands tall and majestic within the crisp clear air that surrounds its peaks. The Sky is filled to the brim with the energy of air which is light, loves to shift and change, and expresses itself in and through all things. Without the gift of air, life as we know it in this present moment would cease to exist.

If you are a Sky person, you will love to gaze upon a starlit night sky, stare in awe at a beautiful sunset, or simply watch clouds shifting and changing shape. Your gift to this world is in thinking

up new and creative ideas and ventures which carry you into the land of dreams - I am not talking about sleeping here - but those dreams that can be brought into reality with vision and focus. Yes, you are a visionary who can happily play in the quantum field of infinite potential. Many would say that you live your life with your head in the clouds, and hopefully they are right because our planet would not be what it is today without the dreamers of great dreams. As a Sky person you are very talented at seeing hidden possibilities and have exceptional talent when it comes to future planning.

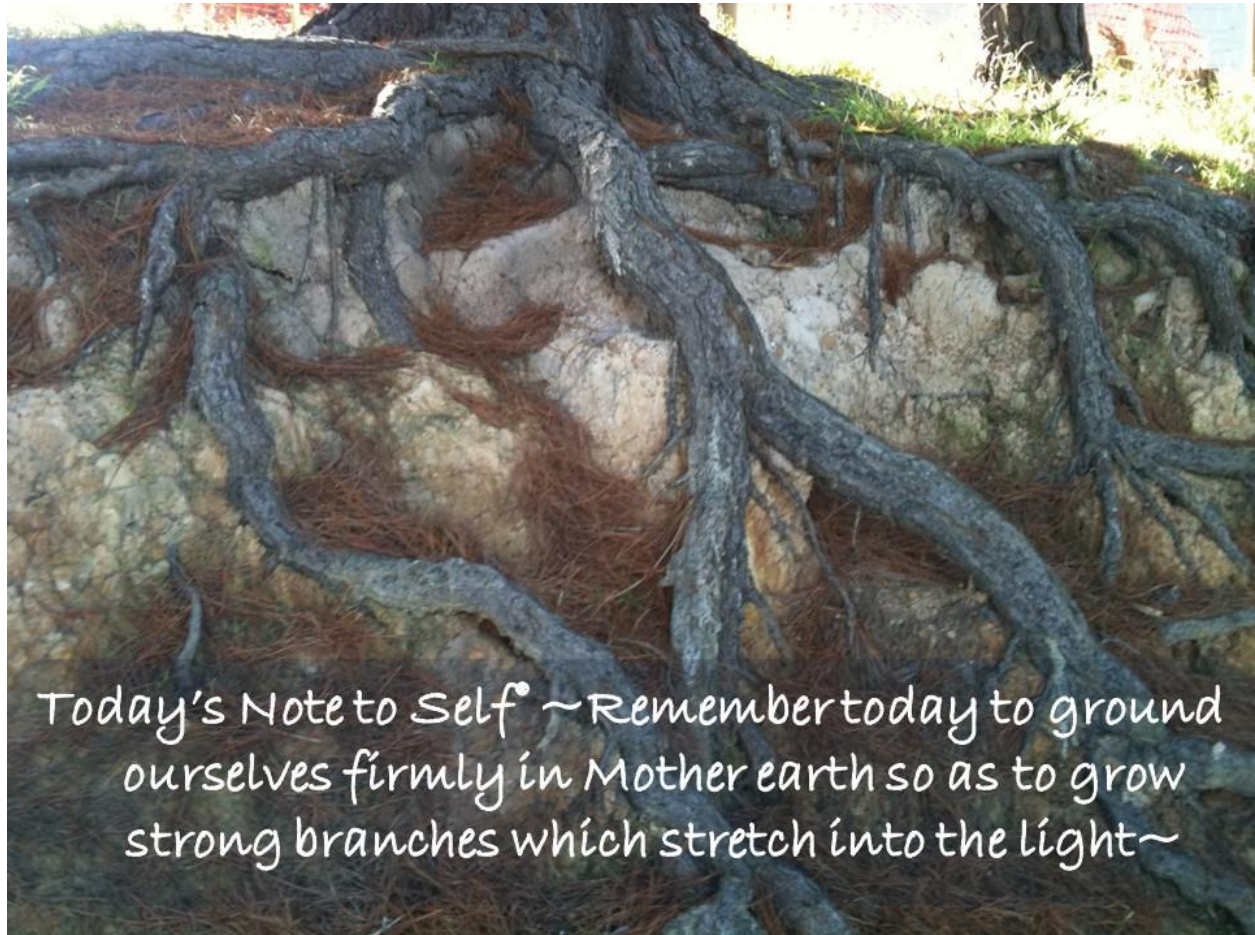
As a Sky person it may be quite difficult, but essential, that you recognise the importance of also grounding yourself in the practicalities of creating your dreams. Creativity is wonderful but jumping from one idea to the next without completing the necessary tasks to realise the goal can lead to failure in realising the dream. New ideas, though wonderful and exciting, can also be very distracting. It is therefore necessary for you to consciously step out of your head whilst taking the practical action steps that are necessary in creating a successful outcome. If this is too difficult a task for you, then just remember to gather around you the people who carry through with the practical steps needed to reach your goal.

#### **Connecting to your unique mode of healing:**

- Take the time to watch sunrises and sunsets
- Become a storm watcher
- Spend time out under the stars
- Buy yourself a telescope for star gazing
- Lie on your back on the grass and watch the clouds playing in the currents of the wind
- Surround yourself in beautiful images of the sky



# Earth:



Mother Earth holds amazing wisdom! It is from Earth that we are all birthed and nurtured – she is Mother to all. Our beautiful planet has endured so many incredible changes over billions of years but she still sits gently within her truth. Earth teaches us about the wisdom of grounding ourselves within this physical experience and provided for us so much beauty and joy to nurture mind, heart and soul. She reminds us of the need to nourish our body with the bountiful harvest she supplies. She reminds us to feed our minds joy filled and prosperous thoughts towards ourselves and others. And Mother Earth reminds us to listen to the music of our souls which will ensure the continued blossoming of peace, harmony and love within the hearts of all her children.

As an Earth person you just love nothing better than to get out into the garden to dig and plant and watch things grow so you can finally see the fruits of your labour. The change in seasons never bothers the Earth person because you love what each brings to your world and the planet. In your mind each brings its own gift of beauty. Your gift to the world is your amazing

ability to stay calm and grounded whilst the storms of life rage around you. People are drawn to your strong, steady and supportive nature, and they know that they can depend on you to show them the practical steps to complete a task. You also have the incredible gift of listening to what is being said behind the words being spoken and then going about things in a very meticulous way to solve the issue at hand.

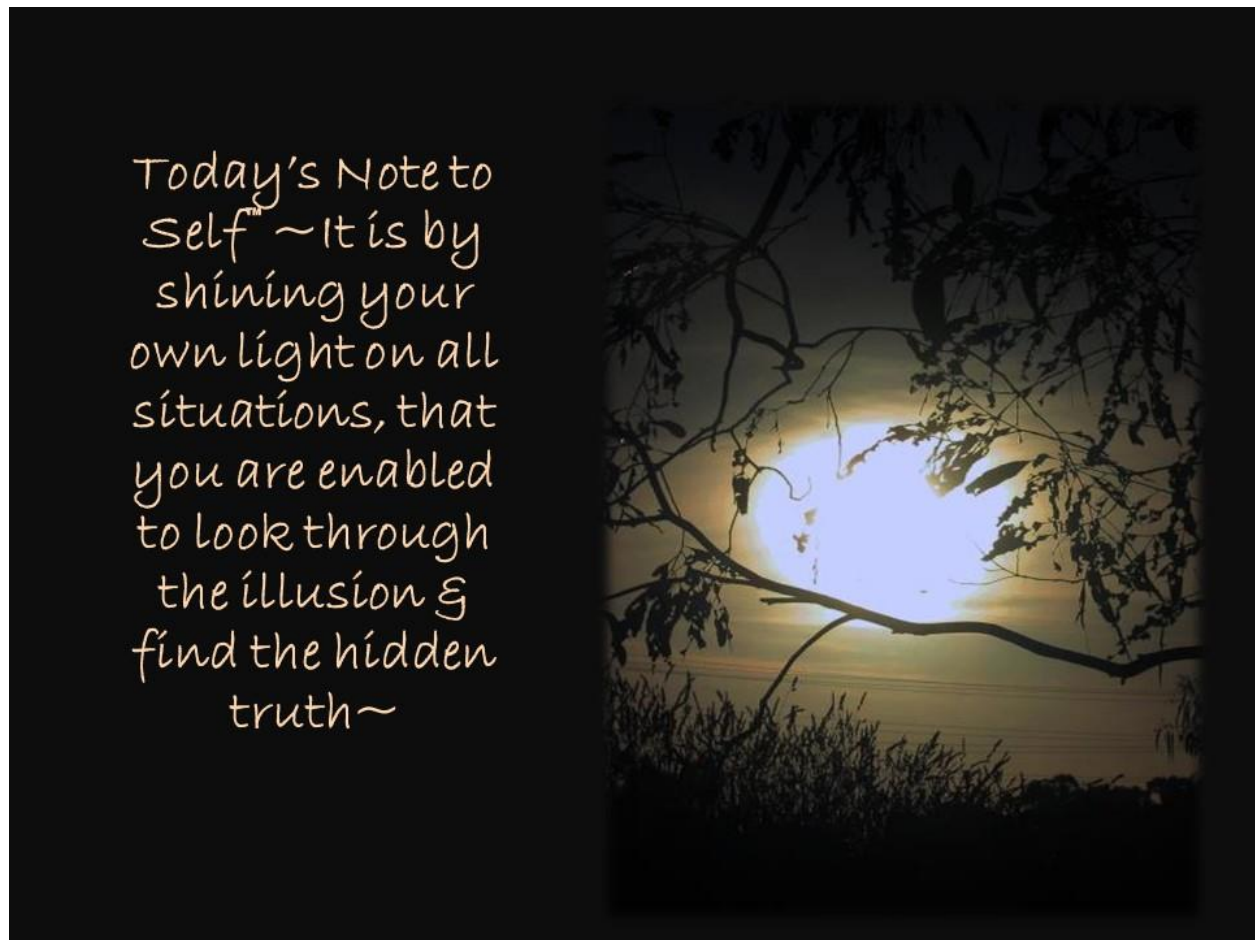
As an Earth person, it is very important that you also take time to nourish your soul. Focusing on the practicalities of life is wonderful, but it is not until you begin to also nourish your spirit that you create the perfect balance and harmony necessary for happiness and success to appear in all areas of your life. As you spend time in the garden moving the soil with your hands and planting seeds, let this symbolise the new life you are allowing to grow and blossom within you. As you methodically complete the tasks you have set for yourself, set aside a little time to step out of your comfort zone of having to know all the details, forget the 'how's' and the 'why's' and trust in the magical unfoldment of life. By doing this, you are opening doors to a brand-new way of living.

#### **Connecting to your unique mode of healing:**

- Take off your shoes and walk bare foot on the soil
- Get your hands into the soil and plant
- Gardening in any way is wonderful
- Create a rock garden or a stone circle that can be used as a space for meditation
- Carry a tiny gratitude rock with you wherever you go



# Moon:



The Moon holds such powerful energy of mystery and magic! So powerful in fact that she controls the ebb and flow of the oceans of our planet, lifting waves to extraordinary heights to wash the sandy shores and cleanse all before them. The moon is often referred to as the Mother of the Universe and is the archetypal Queen of alchemy. Although the moon shines only through the reflected light of the sun and we only ever get to see one side of her face, her symbolism and traits run deep within the veins of Earth's inhabitants. The moon offers us the chance to run free and express our deepest emotions, to understand the depths and breadth of loyalty, and to know and nurture the amazing gift of family regardless of what form that takes in your world.

As a Moon person, you will love to gaze into the sky and bask within the light and incredible energy of a full moon. You will find yourself searching the skies on the darkest nights just hoping for a glimpse of the moon as it shines its light between the drifting clouds. You will feel

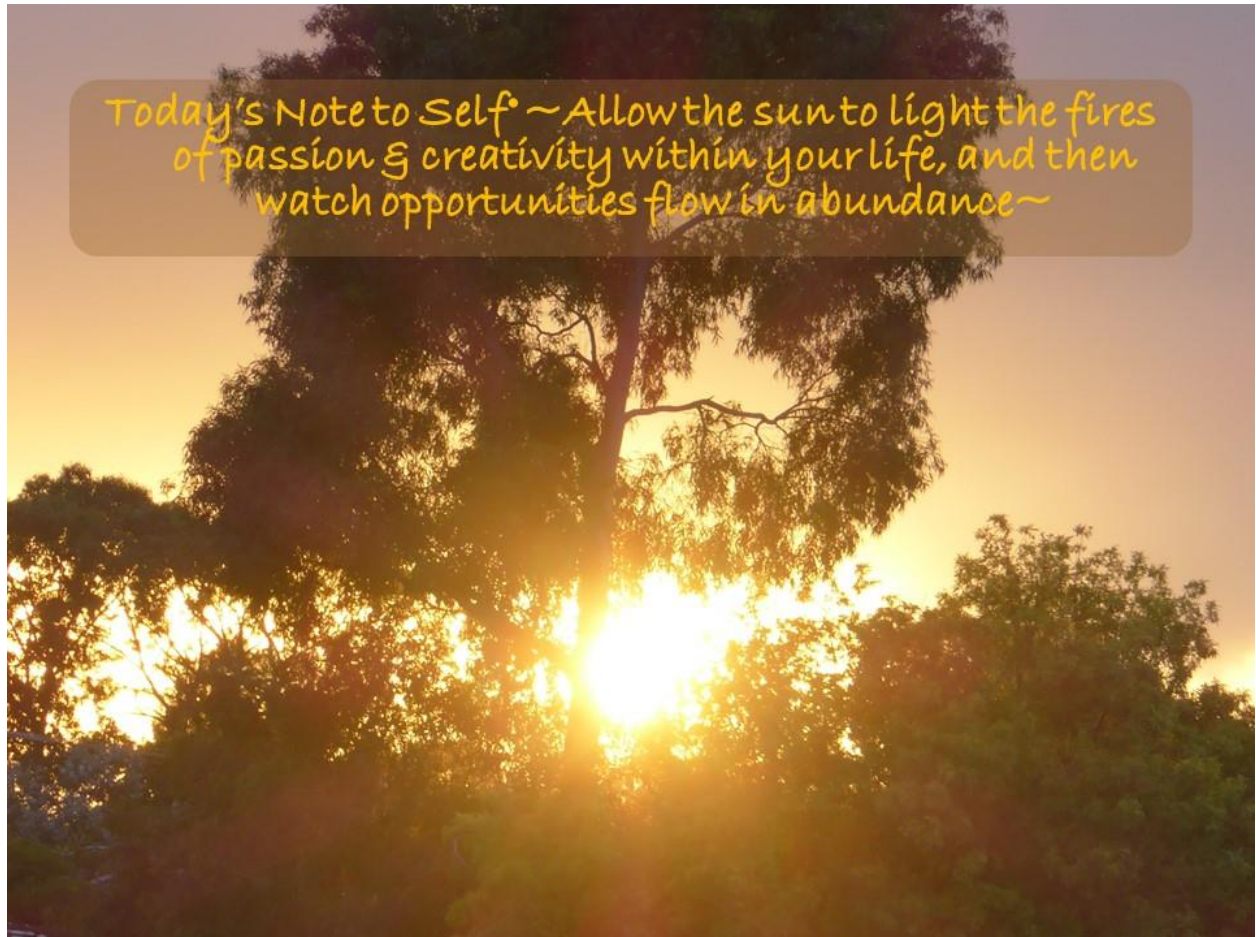
the pull of her energy as she plays with your emotions, and you will happily sink into her arms to feel nurtured and loved. Your magnificent gift to the world is your ability to not only feel and express your own emotions, but also connect to and read the emotion well-being of all those around you, and be empathetic to their needs. You hold within you, potent energy and have the gift of nurturing people in such a way that they can see the benefits of quiet reflection to find much needed answers. You are also a very creative soul who often expresses this creativity in amazing ways through a love of writing or music.

As a moon person, it is important that you not only observe your emotional well-being, but you also take control of the emotional roller coaster that you often find yourself riding. You can so easily slip into the emotional states that create a huge gap between you and your desired outcomes. It is good to remind yourself on a regular basis that the only thing standing between you and all of your desires are the negative emotions that you are feeling on a daily basis! In stressful times, make sure you nurture yourself in such a way that you take time to connect to the truth within a situation, and not the illusion of unfounded perception. In finding what is real in your life, always remember that the light from the moon is an illusion – a reflection of light from the sun. You must shine your own light on all situations, and in doing so, you will definitely find the hidden truth.

#### **Connecting to your unique mode of healing:**

- As often as you can, take the time to bask in the light and energy of the moon
- Always take the time to nurture self
- Purchase a moonstone to carry with you wherever you go
- Use your gift of 'nurture' to assist others in their journey of life
- Practise looking through the illusions of life to find the Truth

# Sun:



The Sun is the key to life on earth – without its light, energy and warmth, all life forms would cease to exist. We have all experienced the warmth and vitality of the sun melting the frost on an icy winter's morning, we have experienced its passion and fiery heat in the middle of a sweltering summer's day, and we have watched in awe as it painted glorious colours across the evening sky, melting its way into the horizon. Such is the powerful energy of the sun. Whereas the Moon is feminine, emotional energy, the Sun is the ambitious masculine energy with enormous courage and drive. In the world of Alchemy, the sun is the King of the Universe.

As a Sun person, you are a sun seeker. Soaking in the sun's rays is essential to your well-being as it lights the fires of your passion for life and creative ideas flow in abundance. Following grey dreary days, you love to spend time in the sunshine which once again lifts your energy and vitality levels to new heights. Your gift to the world is your incredible ability to lead. This

powerful gift is fanned by the flames of creative energy, forward thinking, and the need to get things happening and out into the world. Using your inbuilt courage, determination and ambition to light your way, business ventures flourish and grow, and those around you are also inspired to achieve. Defining your true self becomes a simple task as you connect and take guidance from the sun energy that lies within you.

As a Sun person, it is essential that you find a balance between your powerful mind and your heart. Drive and ambition will certainly bring you success, but pushing aside the feelings of your heart will eventually quench the fire within you, and you may suffer from burnt out. As a leader, you also tend to like things done your way and this may cause disharmony with those around you – making sure those you are working with feel needed and appreciated will assist the flow of success. As a Sun person you may often find yourself frustrated and ‘fired up’ when others cannot fully capture your vision of possibility and potential. Having a good knowledge and acceptance of the inner workings of those you are leading will often calm you down before any damage is done.

#### **Connecting to your unique mode of healing:**

- Soak up the sun but always be mindful of the strength of its rays
- Allow your passion for life guide you into doing what you love and loving what you do
- Give yourself permission to dream big dreams
- Always honour your inner visions
- Place a vase of sunflowers in your office
- Take the time to enjoy a sunrise or a sunset

# River:

Today's Note to  
Self ~ The river  
of life does not  
always flow  
easily and  
effortlessly, but  
with a  
willingness to  
explore the  
unknown, we  
will eventually  
reach the dreams  
of our heart ~



The River creates the perfect picture of the journey of our lives. It often begins life as a tiny trickle from within the womb of the mountain. As it makes its way towards that infinite ocean of possibility and potential, it grows in knowledge and understanding through the many twists and turns of the pathway it chooses to take. The river provides essential nourishment to all inhabitants of our planet physically, spiritually and emotionally. The river teaches us that life is an adventure, and the not knowing what is around the next corner can bring such excitement to the journey. Its wisdom helps us understand that life does not always flow easily and effortlessly, but with persistence and a willingness to explore the unknown, we will eventually reach and enjoy the dreams of our heart.

As a River person, you love spending time in, on or beside running water. In doing so, the nurturing, cleansing and healing energy of the water calms your mind and feeds your soul. The

emotions that have been making you feel less than happy seem to dissipate without you having to do anything other than take the time to relax into the moment. Your magnificent gift to the world is your spirit of adventure. You inspire greatness in others through your ability to step off a path of safety and onto a path of faith with total trust that you will attain your goals and dreams. Your courage and enthusiasm to explore new and unknown territory opens the eyes of those who have never dared to dream big dreams, and it lights a spark of hope within their hearts. The excitement found in every twist and turn of journey is all you need to fill your life with happiness and joy.

As a River person, it is quite difficult for you to sit in the stillness. The need for adventure is so deeply entrenched in your veins that you need to literally write yourself reminders to become still and listen to what is happening around you. All rivers have times when they flow fast and furiously, and times when they flow slowly and gently – they still arrive at their destination! Looking for excitement and adventure is wonderful, but when these are the constant driving forces in your life, your journey can become clogged with a tired mind and body. It is essential for your health and well-being that you take time out, sit still and contemplate life from the banks. In doing so, you will find it so much easier to concentrate on the topic at hand rather than simply jumping from one thing to the next.

**Connecting to your unique mode of healing:**

- Sit by the banks of the river to soak up the energy
- Paddle, lie or swim in its water
- Find river pebbles to hold and carry with you
- Plan adventures to unknown places
- Create an adventures book with lots of pictures of places you would love to visit