



Hi everyone! In this pdf, I have included a little sample of chapter 2 from my book which includes my story and thoughts on nature being my medicine. I hope it resonates with you.

Connecting with The Natural World

NATURE, MY MEDICINE

by Louise Gale

*Nature, my medicine, you heal me, calm me, connect me
Mother earth, like an earthly mother, you nurture me, nourish me and protect me*

*Thank you for my morning ritual, the sound of the ocean, the stillness of this moment
before the day begins.*

Bare feet in the sand, the cold, fresh and grounding sand.

*Here it comes, the sun to greet the day, shedding light onto my world.
A new day, a new beginning, a new opportunity for whatever I want it to bring.
Reflections on the ocean, reflections in my life, everything is a reflection of me.
See the birds basking in your light and feeling the breeze lift their wings as they fly across the sky.
I feel the connection deepen as my feet sink deeper into the sand, you awaken my toes,
my eyes and mind gaze into the sun.
I set my intention for the day
Nature, everyday you deliver what you promise. Thank you.*

Introduction

Let Nature Be Your Guide

Mother Nature is a beautiful designer and we are reminded of her creations at every turn. Nature conspires with us and for us. It is part of us; we are part of her and we are all connected.

Each season provides us with unique color palettes, new inspiration and, most of all, a reminder of the cycle of life and the beauty it beholds.

When you look closely, you will see patterns, formulas, worlds within worlds and an endless inspiration for botanical-mandala designs.

Spending time outside can often be limited, due to our busy lives. The projects within this book will help you connect with the world around you through nature and the world within you through mandala creation.

Being in nature and noticing the beauty in every tiny detail of life is the most natural way to live in the present moment. As an artist, when I first landed on the new shores of southern Spain, I felt lost without my art supplies and a dedicated space in which to create. The universe soon showed me that the world was my

art studio and nature, my materials. All I had to do was see with my new eyes and listen with my heart. I spent my morning beach walks gathering natural found objects and creating little temporary temples in the form of nature mandalas. As part of this morning ritual, I also found myself feeling more relaxed, calmer and in tune with myself and the natural world around me. It opened my eyes to a new way of being.

There are many benefits to being outside in nature: breathing in the fresh air, grounding ourselves with the natural energy of the earth, letting the healing sunlight touch our skin and being constantly inspired by nature's gifts at every turn. If you do not have access to a garden, try exploring your local park, garden center or visit a florist. These are wonderful places to go to year-round if you are in need of "filling the well." Nature is found in so many places and opens up an entire world of inspiration and wonder.

My invitation to you, is to use this book as a guide to find a deeper connection with the natural world and your inner creative playmate. Notice what botanical elements speak to you. Observe how each season affects you and inspires you. Dive deep into particular natural objects. By connecting to nature and using the meditative process of creating mandalas, I hope this book inspires you to spend more time in nature. I hope it inspires you to create your own unique mixed-media mandalas from the heart, knowing we are all part of the whole.

Photo by Ashley Fincham

*Much Love
Louise xx*

A Sanctuary in Nature

When we spend time in nature, our connection to Mother Earth deepens; our connection heals us.

Our body hums a sweet harmony, our breath slows down and our heart beats in time with the song of the earth. We feel connected. Free. As one. Complete. A sanctuary in nature that is our home. Being in nature is our natural existence and, over time, many feel that the human race has become more and more distant from that connection.

Technology has opened up an amazing world of opportunities and connections, which can often become a constant distraction from our human bond with the natural world. As our time with technology increases, so does the need for reconnecting with the earth—a connection that is needed more than ever.

Think about how you feel when you find yourself in nature. What natural environments light you up the most? The smell of a forest after a rainfall? The salty air on your lips when you walk on the beach? Maybe the colors of wild flowers in the countryside?

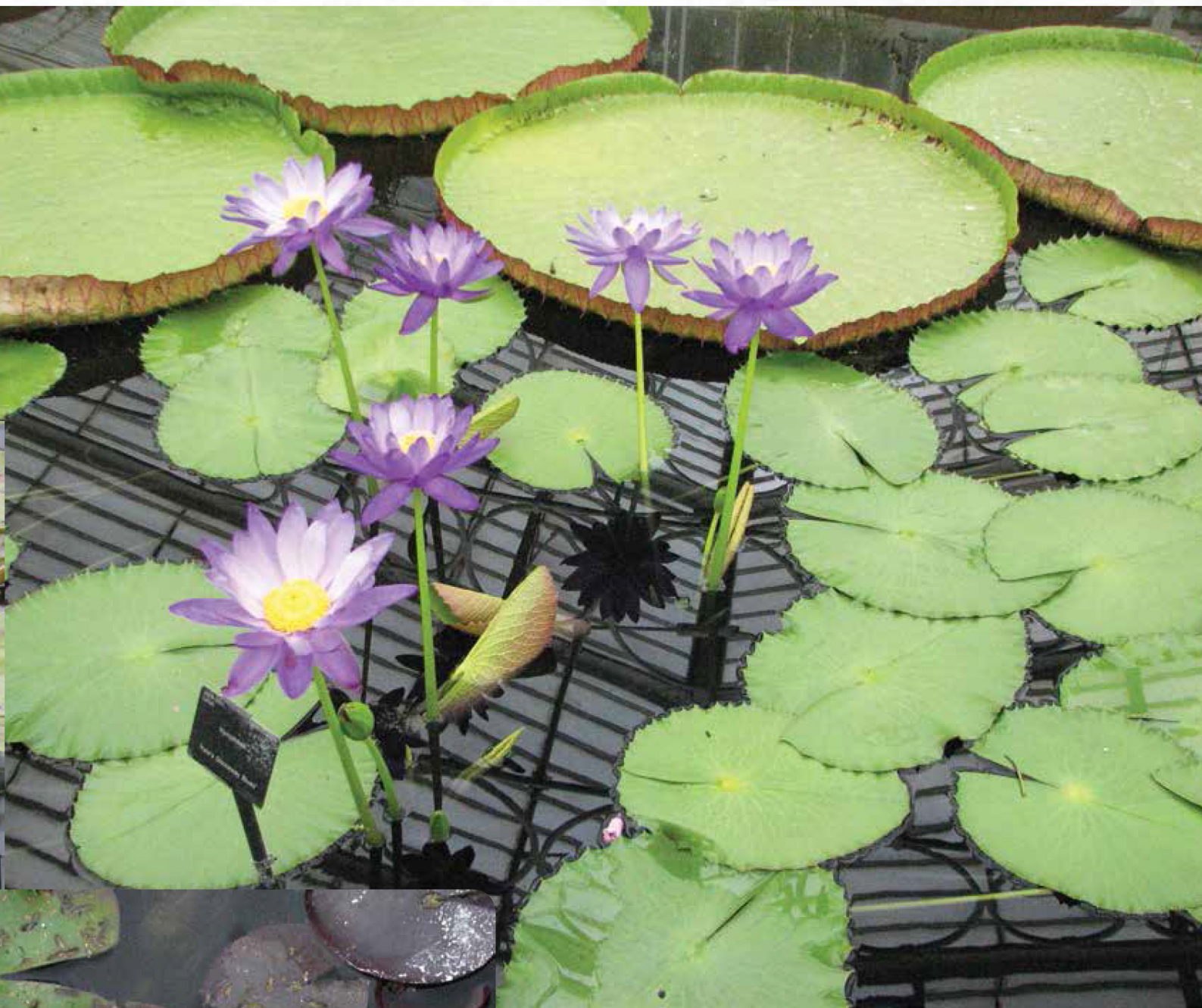
What are some of your most favorite moments in nature? How do you remember feeling in these moments?

In this chapter, I invite you to join me to get more connected to the natural world and find inspiration for your botanical mandala artwork. I hope these activities, exercises and prompts help you feel that deeper connection that we all long for, and that you find your own special sanctuary.

Learn how to see. Realize that everything connects to everything else.

—Leonardo da Vinci





My Return to Nature & Detox Story

In 2013, I made a big life change and moved from busy city life in the USA to a peaceful, simple life by the beach in Spain. Complete polar opposites and, at the time, I had no idea of the impact it was going to have on my relationship with technology and the discovery of my own medicine that is nature.

Six months before I decided to make the move, I was craving a life where I spent less time on the computer and more time in nature. I had been in the New York City area for eight years and the busy city life was taking a toll on my wellbeing. I had already given up my mobile phone and was feeling benefits such as more focus, a sense of freedom and restful sleep. Then, whilst holidaying in Spain that August, the Universe presented me with the answer. I decided to buy a property and make the move the following year (another serendipitous story) and I returned to the US, ready to pack my life up and make the move from the USA back to Europe.

In November 2012, as I was clearing my apartment, the East Coast of the United States experienced Hurricane Sandy. When the hurricane hit my town, it was indeed a scary and uncertain time. Although there was a lot of flooding, the hurricane did not create too much structural damage. Amongst all of the uncertainty, I distinctly remember the calm feeling I had for those five days without power. I noticed how different my body felt without electricity around me and especially with no Wi-Fi in my home. My evenings were spent in candlelight, talking and playing games with my neighbors. There was a sense of connection without technological “connectivity.”

Three months later, I moved to live by the sea. As I settled into my new life in Spain, I still felt like my body was “charged” from city life. I felt much more sensitive to something around me and it scared me a

little as I felt fatigued and out of sync. I experienced seeing flashes at night (like electrical flashes). I put it down to the move—all the situations that surrounded it and the previous few months.

The seafront called me every day and after spending many mornings on the beach with my bare feet in the sand, I came to realize this earthly connection was helping me get rid of the electrical charge I had been feeling the effects of.

I felt like my body was detoxing from electricity, like you feel when you do a food and drink detox. After observing and allowing this transition for two months, I felt the remaining “electrical effects” completely leave my body. I have felt differently ever since.

Even today with a daily life **mostly** free of Wi-Fi and mobile technologies, I can feel the effects of these things when I travel or go into towns that have it all around. While not everyone can feel this consciously, I do believe it effects us all deep inside. Studies and reports are emerging about people having “electro-sensitivity” and I truly believe one day, we will know how these technologies effect our health and wellbeing.

This experience opened me up to spending more time in nature, which led to quiet slow moments, allowing me to take time to observe nature’s beauty and bring me on this path to write this book.

Now, every morning on the beach, as my feet sink into wet sand, I feel my body thanking me for following my heart and starting this new life. When I travel and know I am going to find myself in environments with Wi-Fi or electromagnetic fields, I ensure I will have access to nature to ground and detox myself and feed my body with raw, fresh healthy food full of essential nutrients to keep my immune system strong.



Rewilding & Going Barefoot

Rewilding is essentially a term used to bring something back to its natural state. It is a term most often used with landscapes and places, but is now being introduced as a concept to help us reconnect ourselves with nature and, most importantly, to give ourselves permission to be away from technology.

Are you someone who is constantly ensuring your mobile devices are charged? Imagine if you recharged your own energy system as often as you find yourself charging your mobile devices. How grounded and connected do you think you would feel to the natural world around you?

One thing I give myself permission to do every day is to touch the earth with my bare feet as much as possible, wherever I find myself. To me, it is a way to connect with the energy of the place I find myself in; to balance and recharge my own energy system—especially if I can place my bare feet on grass, sand, the dirt or in water.

Grounding or Earthing (in an electrical-power sense) is all about removing the excess charge of an object. Think of yourself as this object. Grounding is a process that helps the body connect to earth energies—specifically the electrons that are naturally part of our planet. In this modern world, buzzing with invisible waves and technology, we are in greater
with the earth, get rid of that excess rounded.

When we touch the ground or connect with nature, the earth's electrons are conducted to our body, bringing us closer in tune with the earth itself, and its tranquil energy naturally transfers to us when we are in it. Our body aligns with the pulse and the natural heartbeat of the earth (also known as the Schumann Resonance which vibrates at around 7–10 kHz). This frequency was found to be the same as the frequency of our brain in its natural state. Many discoveries have been made that this resonance is essential to our physical and mental wellbeing.

Walking barefoot will get rid of the build up of any electrical stress caused by being surrounded by all of our electronic devices! It helps keep our immune system in tact by providing our body with these much-needed electrons and natural frequencies. Direct body contact with the earth or ocean (water is naturally conducting) can discharge static electricity from your body.

Inviting nature back into our busy lives is essential. If we can create space to ensure this is part of our daily lives, we will lead a much more balanced, happy and fulfilling life. Nature is all around us, even in a busy city, we can find sanctuary in a local park or courtyard garden.

No matter where you are in the world, you can connect Earth's energy through the soles of your feet.

Photo by Ashley Fincham



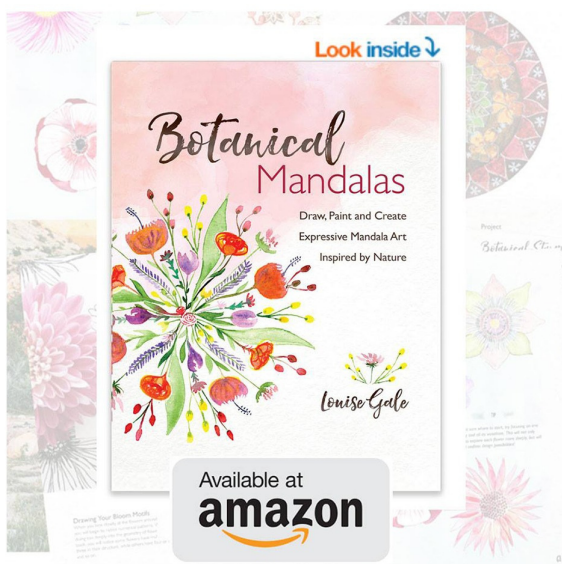
Reconnect to Mother Earth and recharge your creativity by combining the healing energy of nature with the meditative process of drawing and painting

My Botanical Mandalas book is your guidebook to slowing down and journeying within, while creating organic expressions of the natural elements that most speak to your unique way of looking at the world.

This engaging & interactive book includes drawing, painting and mixed-media projects to find endless inspiration for your own botanical mandala journey.

My intention is that the book helps you:

- Reconnect back to nature by taking breaks from technology and enjoy the calming energy that nature provides.
- Slow down and take time to really observe the beauty that surrounds you in the natural world.
- Be inspired to sketch, draw and paint flora and fauna you are drawn to.
- Learn how to draw, paint and create expressive mandala art inspired by your own unique connection to nature.
- Reduce stress and enjoy the calming process that 'Botanical Mandalas' creates.



Find out more at <https://botanicalmandalas.com/>



About the Coloring Book



Recharge your connection to nature through the mindful practice of Coloring Botanical Mandalas.

The practice of coloring has been proven to calm the mind, lower blood pressure and create a personal meditative experience.



- A large range of designs from simple blooms to more complex and intricate illustrations.
- Includes designs with intentional white space for you to add your own favorite details in pen.
- Melt away the stress of your day, using colors that bring you joy.

Find out more at <https://botanicalmandalas.com/>





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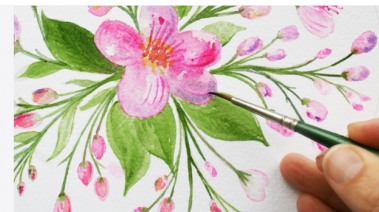
EP1: Draw and Paint Botanical Motifs

Botanical Mandalas Masterclass Series
(EP1)



EP2: Draw & Color Botanical Mandalas

Botanical Mandalas Masterclass Series
(EP2)



EP3: Mindful Botanical Mandalas

Botanical Mandalas Masterclass Series
(EP3)



EP4: Stamp and Printmaking Explorations

Botanical Mandalas Masterclass Series
(EP4)



EP5: Mantra Mandalas - Affirmations, Intentions,...

Botanical Mandalas Masterclass Series
(EP5)



EP6: Paper, Paint and Wax

Botanical Mandalas Masterclass Series
(EP6)



EP7: Color Palettes Inspired by Nature

Botanical Mandalas Masterclass Series
(EP7)



EP8: Nature Pressing and Printing

Botanical Mandalas Masterclass Series
(EP8)



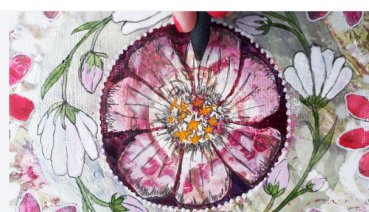
EP9: Create and Paint Clay Botanicals!

Botanical Mandalas Masterclass Series
(EP9)



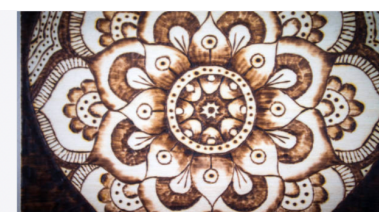
EP10: Embroidered Botanical Motifs and Mandalas

Botanical Mandalas Masterclass Series
(EP10)



EP11: Mixed-Media Botanical Mandalas on Canvas

Botanical Mandalas Masterclass Series
(EP11)



EP12: Mixed-Media Botanicals on Wood

Botanical Mandalas Masterclass Series
(EP12)