

1. A seed tolerates the elements of wind and rain, eventually growing into a ripened mature plant; I must tolerate in order to become experienced.
2. A vine grows upwards towards the light and sometimes tangles itself among other plants; yet it manages to free itself and continue its path upwards. I am like the vine.
3. Although clouds hide the sun, their effect is only temporary. In the same way I greet challenges knowing they will pass and reveal light which enables me to grow.
4. As I walk the nature trail of life, I admire the beauty around me, while keeping my focus on my final destination.
5. Because of your gratitude, you care for nature as a grown child cares for the parents who created and sustained him.
6. Flowers come in so many varieties and colors, which should I choose? So are the virtues of the soul, I admire one, set it down and then pick up another. I continue this journey until my soul is completely blossomed.
7. God's love and light is the seed planted in my heart which spreads the fruits of His treasures to the whole planet.
8. I aim to be like the moon, drawing the gaze of those who are in darkness to shine the light of purity.
9. I am like a rose. I sit among the thorns but never touch them and am not influenced by them. I continue to bloom and exhibit my beauty to anyone who sees me.
10. I envision a pure, clean, fragrant and peaceful planet, ripe with the exquisite beauty of nature's offerings; I wish to make this vision a reality through my pure thoughts and good wishes for Mother Earth and all her inhabitants.
11. I give thanks to Mother Earth for selflessly sustaining me with all her gifts while asking nothing of me.
12. I realize the tremendous power of the elements of nature – water, fire, air, space, earth. Because I have the utmost respect for the elements, I wish to maintain a harmonious relationship with them.
13. I remain grateful for Mother Nature's gifts, and so I return this sustenance to her in all my actions.

14. I rise and greet the morning sun with gratitude, ever mindful of how it generously sustains me while asking nothing of me.
15. I see every aspect of nature in its fullest perfect form and I bubble with joy over its exquisite beauty.
16. I take responsibility for even the smallest of my actions toward the planet, and in doing so I become an example for others to take responsibility too.
17. In harmony with nature, I tread this earth lightly, offering my purest wishes for a healthy planet.
18. In your presence, virtues flourish enabling a garden of positive outcomes and elevated solutions to take root.
19. Just as a lotus flower blooms in stagnant waters, you find beauty within yourself and hope and capacity for happiness, even in your murkiest moments.
20. Like a fully blossomed flower, you give others the experience of sweetness and cheerfulness through your face.
21. My love and regard for the Supreme becomes a canopy of protection during times of upheaval of nature.
22. My love and respect for Mother Earth becomes a canopy of protection from any of her upheavals.
23. My pure and positive actions toward Mother Earth help to sustain my relationship with her and enable me to receive all her gifts.
24. My respect and love for nature has ensured that I will always receive what I need from the earth.
25. My wet cheeks give thanks for the rain that falls and replenishes the earth with its life-giving drops.
26. Nature wants nothing from me but to wisely use her gifts for the benefit of myself and others -- by caring for her, she is able to continue caring for me.
27. No matter what upheaval of nature I may face, I remain unshakeable because I dwell on thoughts of the Supreme.

28. One must be agile and quick to accommodate while travelling the uneven path of life which contains pebbles and stones that can make us fall.
29. The beauty of the rainbow is my reward for remaining calm and unshakeable during the greatest storms.
30. The bird with wings outspread soars through the sky flying determinedly toward its destination. I am like the bird: I spread my wings of light and soar effortlessly through the sky to my sweet silent home.
31. The birds chirping and singing remind me of the voice which I can use to bring happiness to others.
32. The dew drops on flower petals, sparkling, pure and unique, remind me of the qualities of my soul.
33. The first bud of spring bursts forth courageously in the last, cold, gray days of winter, just as I arise from the fear and darkness of my old life to begin anew.
34. The flowers draw nourishment from the earth to create their beauty, just as I draw the love and light of God to become a beautiful flower.
35. The rain enables all of nature to flourish and grow. I am like the rain, showering drops of God's knowledge on others.
36. The rain, drop by drop, washes away all that is old, making the colors brighter and everything clearer. I wish to be like the rain and wash away anything negative inside me.
37. The seeds of positive thoughts, when sown in an area of uneasiness, can sprout into a field of pure vibrations.
38. The sun shines for everyone, never discriminating to whom it should offer its rays of light and warmth. My wish is to be like the sun.
39. The sweetness and simplicity of your presence can penetrate the hardest soil to plant the seed of peace.
40. The untouched snow filled forest - silent, pure, clean, and light, reminds me of my angelic form.
41. The world is your garden from which you remove weeds of doubt and replace them with seeds of hope, knowing they will bear fruits of peace, love and success.

42. Thirsty for the rain, the parched landscape courageously endures and realizes its strength once the first drops fall. The souls of the world are like the landscape waiting for drops of knowledge to revive them.
43. Though the physical world may shake around you, you remain protected under the canopy of God's Love.
44. To cool the fire of vices, I sprinkle drops of God's knowledge on myself and other souls creating an oasis of purity.
45. Weeds sprout among the flowers, but only to challenge them to grow. In the same way I view that which is unwanted as an opportunity to progress.
46. While knowing the ravages our planet has sustained, I hold the vision of a future clean, green, bright and beautiful earth.
47. While seeing the upheavals of nature, I have the utmost mercy for souls caught in the path of her fury, yet I remain unshakeable myself and so I am able to serve.
48. You are like a rose - though you sit amongst thorns, you spread the fragrance of divinity and peace.
49. You attain the jewels and diamonds of experience by going to the bottom of the Ocean through your concentration power.
50. You encourage your mind to be like a lotus flower; although you acknowledge the pains of the world, you allow them to slide off of you as dirt slides off the waxy outer layer of the lotus.
51. You have the power to remove any weeds of doubt by planting seeds of only seeing the best.
52. You sow the seeds of powerful thoughts and water them with love yielding a crop of abundance.
53. Your heart is like a flower – its fragrance is made up of the qualities and virtues of the spirit.