



Dear Seeker,

As the Earth blossoms into spring, we're reminded of our deep connection to nature—and the power it holds to heal, renew, and realign us. In this issue, we're honoring **Eco-Spirituality** with practices, events, and reflections to inspire your journey of awakening and sustainability.

Practices for Earth-Centered Living

This Earth Day, consider grounding your spiritual practice with nature by trying:

- **Earthing:** Walk barefoot on the ground to reconnect with Earth's energy.
- **Sacred Reciprocity:** Offer gratitude to the land—through ceremony, clean-up, or planting something with intention.
- **Eco-Altars:** Build a nature-based altar with stones, flowers, or water to honor seasonal cycles.
- **Journaling Prompt:** *How do I commune with nature? Where do I feel most alive in the natural world?*

These small rituals deepen our awareness and foster a sense of **sacred stewardship** for the planet.

Retreat Spotlight: Ripples of Renewal

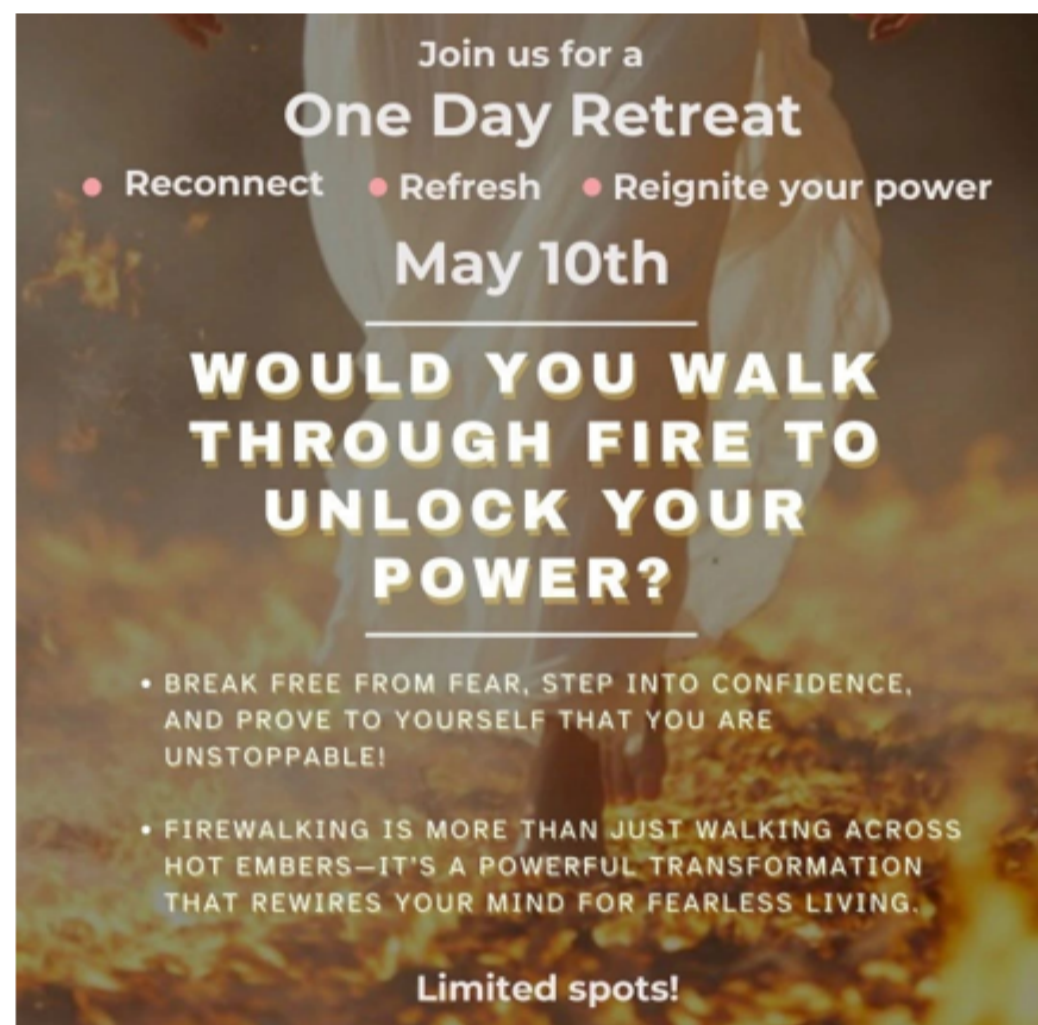
May 10 | Riverwoods, IL

Awaken Your Senses ~ Reignite Your Power ~ Reconnect with Yourself

Step away from daily distractions and immerse yourself in a **multi-sensory experience** designed to rejuvenate your body and spirit. This full-day retreat blends sensory awakening with holistic practices to enhance cellular renewal, longevity, and presence.

You'll leave feeling empowered, refreshed, and deeply connected to yourself—and the Earth.

 [Learn More + Register Here](#)





Save the Date: Worldwide Metaphysical Tribe 2025

August 21-24 | Lost Nation, IL

What's the **best-kept metaphysical secret in the Midwest?** The **Annual Worldwide Metaphysical Tribe Experience!**

Now in its 12th year, this powerful gathering features transformational speakers—including our very own **Daphne Paras**, who will open the event with a 2 hour interactive talk offering tools for grounding and presence in an ever-changing world.

Plus, the headline speaker from *The Telepathy Tapes*—the #1 podcast on the planet—will bring wisdom and tools to help shape the new reality we are stepping into together.

 Lodging available, but space fills quickly!
 [Explore Details + Tickets](#)



Stay Connected with The Collective Journey

We're here to inspire, support, and uplift one another as we walk this sacred path. Be sure to follow us on social media, share this newsletter with your community, and keep an eye out for more events, practitioner highlights, and spiritual resources.

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Meetup: www.meetup.com/the-collective-journey/

Together, we rise—one journey at a time.

With you on the journey.

The Collective Journey Team



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