

Natural Skills

A Natural Approach
to Well-being





**Nature is our
Greatest Common
Denominator**



There is a **universal why**
for everything we
think, feel, and do.



We all share a **natural deep** longing for:

- Happiness
- Freedom
- Connection



Happy

(peaceful, free, connected)

Two ways



Stillness



Action



Not Happy

(peaceful, free, connected)

One way



Action



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This is the world of action



- Action requires **skill** !



We all share the same **Natural Skills** to
fulfill our longing:

- Happiness
- Freedom
- Connection



The playfield of our **natural skills**:

- How we **look**
 - How we **think**
 - How we **feel**
- } How we **relate!**



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You just
discovered
your
Natural Skills



Natural Skills
under influence of
(self)knowledge
and
(self)compassion

A wide-angle photograph of the Grand Canyon, showing the layered red rock formations and the winding Colorado River in the distance. The sky is a clear, pale blue. In the foreground, a large, green pine tree is visible on the left side, and a rocky cliff edge is on the right. The quote is centered in white text over the canyon's expanse.

**“To go far,
you must begin
very near.”**

- J. Krishnamurti



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