

Episode N°10 5 Timeless Wisdoms

We Can Learn From Beautiful Nature

Christian Dior said 'You can never really go wrong if you take nature as an example.' Do you love and enjoy the blossom season like spring? When I was paying closer attention to how nature is so miraculous and magnificent, I found five important things that we can learn from beautiful nature and apply to our lives. So today, I am excited to share with you, how this timeless wisdom from nature can be applicable to your life. Are you excited? Let's dive in.

Welcome to the Haute Couture Life podcast. I'm your host Mana here to help you become the most beautiful goddess version of yourself. Whether it's beauty, style tips, health, or personal growth, this podcast is your Ultimate Guide to becoming happier healthier, and creating the most beautiful life. Are you ready to unlock the secrets? Let's begin.

Hello beautiful friend! How are you doing? I personally love this springtime as I mentioned on the last podcast (laugh). I am fascinated with myself that if we focus on what we truly love and the beauty around us, we are going to realize how blessed we are at the moment.

This is off-topic but I love strawberries in springtime and I recently created a beautiful haute couture life breakfast recipe, such as a fruit salad using strawberries, and more smoothies like leafy greens. It is so delicious and your body will thank you later definitely so if you haven't checked it, please check it out.

So, a little bit digressed but if we look closely, really put phones and digital away, and pay closer attention to the nature around us, there are 5 things that how nature is telling us timeless wisdom. Nature can teach us a lot of things in our lives. So today, I would love you to listen to this podcast if you are feeling stressed or frustrated in a particular area of your life.

It could be your relationship, business, health, finances, personal growth, or anything. Please imagine the situation and how this can be applied to your life or if you just love nature and you are mostly feeling great every day, that's so gorgeous!

Please enjoy this episode, so let's dive in.
Number one, to bloom, it takes time and patience.

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So when we plant any seeds, it takes quite a time to grow and we won't expect seeds to grow into flowers or trees immediately do we? (laugh) and if it happens, it is going to be shocking or crazy right?

So anything, whether you are trying to be healthy and fit more or building relationships, or even making your own business to make it profitable, it takes time and patience.

Most of us want to feel happy and great immediately so we all want overnight success but our life is designed to take time and have patience in our lives. Personally, I feel that patients sometimes have the kind of negative feeling so we can place the words with trusting or savoring the time even though we want to go to the next right away.

Number two, nature never rushes. If we look at nature, one of the greatest things they teach us is that they never rush.

We are really in our lives, we are always hustling, chasing one another, and we are always somehow in a rush, right? It is because especially we are conditioned to think that if we want to feel good and happy more, we have to go fast to get there but when we get there, it is always the next for a better feeling so if we think that the things can give us the feeling we want, we are kind of in this cycle.

Actually, in our lives, all we want to do is feel better so we take some kind of action but all the feelings come down to our thoughts. So not only do we need to understand that our thought creates the feeling we want to feel but also rushing doesn't really have the upside.

For example, have you experienced creating something with rushed emotion? and how was the result of it? Sure I have experienced that many times in my life and I can honestly say that if I make something out of a rushed feeling, it does not lead to feeling better even when I get things done and if I take a deep breath and enjoy the process, it will lead the result I truly want. Can you relate?

Number three, everything is working perfectly. When we look at nature, there are no fruits or flowers that bloom out of season. Every flower blooms and every tree produces fruition at the perfect timing.

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In our lives, we all have the seasons of our lives and every season is so beautiful especially since we don't really see that when we are living in the situation.

In fact, have you ever felt like if you look back, that particular moment made you grow and able to help you to be a better version of yourself?

I love the quote by Steve Jobs he said, 'You can't connect the dots looking forward; you can only connect them looking backwards. So you have to trust that the dots will somehow connect in your future.'

We sometimes even miss the time in the past that if we think back, it was all a beautiful and golden time. So all we need to do is just enjoy the process more than ever. Most of us, if we don't get immediate results, especially after living in this massive digital era, tend to go 'Why, please hurry.' But you know if we keep believing in it and taking massive action with a beautiful state, it will fruition beautifully.

Doris Day said 'I love to laugh. It's the only way to live. Enjoy each day's not coming back again!'

Number four, nature is always giving beauty and love unconditionally.

Tony Robbins said 'The secret to living is giving.' If we look at any trees, flowers, or fruits, it always gives us massive love and beauty. There are no trees that if it has apples, they don't eat apples by themselves right (laugh). And if we look at roses, it doesn't say looking at the mirror and say oh I am so beautiful but instead, she is just giving and showing us the beauty and love.

Most of us are taught to take as we grow up, especially in relationships. Most people are not always looking at what can they give, most people think about what can they take from their partner subconsciously but the secret to ultimate happiness and fulfillment is giving.

'The meaning of life is to find your gift. The purpose of life is to give it away.' by Pablo Picasso.

We all have special unique gifts and talents within us. Why not maximize that and share it with the world?

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If you are interested in what your truth and special beautiful gift is, stay tuned for our first ever Haute Couture Life Course called How to Be Your True Self. This course will unveil who you truly are and you will have more joy and help you to have your own blueprint for your own fulfillment in your life.

You will wake up so energized and enjoy every day and this is what I have personally gone through and overcame so that I know what exact mindset and skillset and strategies will help you and I promise you this is one of the best investment, love, and gift you can give to yourself. So stay tuned.

Number five, nature never compares each other. When we look at flowers, roses never think that a tulip is way prettier kind of like that right or even animals! I don't think my cat sister sees another cat on Instagram and she wonders oh she looks so cute and her color of fur is nice and I want to have that right (laugh).

They are just honoring and owning who they are, loving who they are, and blooming to the fullest. and they are both beautiful and all the flowers are beautiful including cats here of course.

When it comes to us, humans, we really tend to compare each other especially since it is so easy to compare with others when you see any social media. I believe that it is somehow designed to see what others doing and even if we are conscious, it will lead to comparison mode.

In order to truly own who we are and bloom to the fullest like flowers or cats, all we need to do is focus on ourselves. When you want to put away your phone, there are strategies that I use and I go deep dive for How to Be Your True Self Course but I can teach you a little bit here about how to do that.

I would love you to always ask yourself: What I really love? and what do I really need? instead whenever you tend to touch your phone by default. With this practice every day and little by little, you will be able to train your brain to focus on what really matters in your life.

So here are the five things that how magnificent and miraculous nature can teach us in our lives and here are the three simple actionable steps you can apply to your life right after the podcast.

Haute Couture Life Podcast with Mana

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Step number one, enjoy the process no matter what. How many dreams have you accomplished so far? If we truly trust that we will eventually get there with of course managing our brains and taking actions, we want to practice having more fun in the process. so let's have more fun as much as we can. So take a deep breath, believe, and trust that everything is working out perfectly. It will bloom in perfect timing.

Step number two, focus on giving. In this moment, you have an amazing gorgeous gift. you can always ask yourself in the morning, how can I give today? How can I serve this person?and How can I give more value? Add more value? I promise you it will change your life forever.

Step number three, keep focusing on yourself. You are so blessed to have this one-time offer gift that is your life.

Keep focusing on what you love. Keep following your heart and take action with a beautiful state to make your precious dreams come true.

Bonus tip, turn off digitals, and spend more time with nature in this especially blossom beautiful season.

The important thing in life is just living and loving. What kind of timeless wisdom have you ever learned from nature? I cannot wait to hear your insights. Have a gorgeous week my friend. I will see you next time.

As we wrap up today's episode, I encourage you to take action on what you learned. Visit hautecouturelife.com to leave your comments. I am so excited to hear your takeaways and insights. So until next time stay beautiful and have an amazing week my goddess friend!