

My **One With Nature (OWN)** journey of wonder and wellness in Jordan:

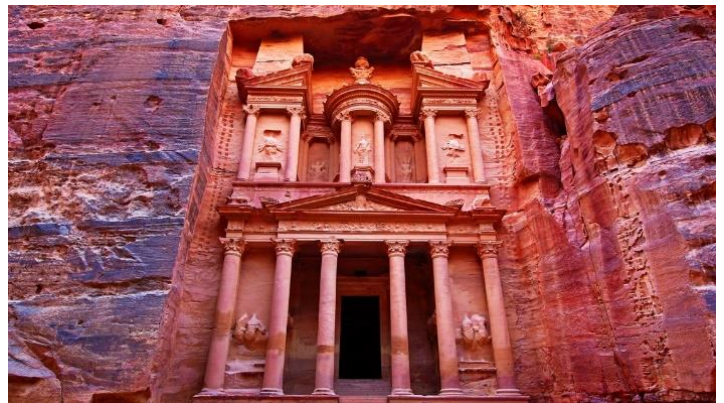
A discovery of that place of beauty and bliss that exists within us;  
a delightful place of tranquillity, lightness and joy.

One morning, at our getaway in Aqaba, I **awakened** to a spectacular sunrise illuminating the Desert Mountains, I took an invigorating dip in the crystal waters of the Red Sea. I began to move gently with the motion of the waves. Gradually my movements became that of the sea anemone then the flamingo, the starfish and the ray. My body was naturally relating to the flowing movements and the patterns of the eclectic marine life below. I soon realized the beauty of blending mind and body and the simplicity of relating to each creature and its unique movement.



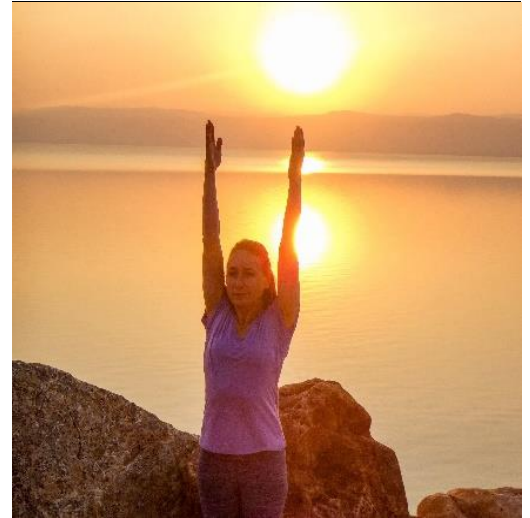
Through my *One with Nature Mind - Body Water Exercise Program*, I not only felt freedom of exercising in the **fluidity of water**, but I also understood the importance of stabilizing my movements to stay safe and balanced. It was such a glowing joy to share this awakening with family, friends and their kids. Together, we continued to make joyful splashes to experience the beauty and harmony of being **one with nature**.

Back at home in Amman, I continued to develop a profound relationship with Mother Nature in order to realize the interconnectedness of all life on the planet, as manifested in our own bodies, minds and hearts. I felt the need to maintain the natural flow of the sea as I developed my *Mind - Body Land Exercise Program* with its fun dynamic **RAXA** dance routines. As I rooted in the **stability of the land**, I tried to maintain my fluidity and flow so I could move with ease and grace.



I ventured beyond the city Amman to Petra, Ajloun and Azrak and other villages to share the One With Nature land program (Raxa Fitness) with our kids in schools and awareness campaigns. I learnt so much as we moved and grooved to their unique natural environments. I felt the radiance of **being one with each other's nature**. I awakened to the **harmony in diversity** rooted in the history and culture of our people as it retains its

natural balance despite the inevitable changes of time. Visitors still passing through this land which remains a crossroad for all people; some are making it their safe haven.



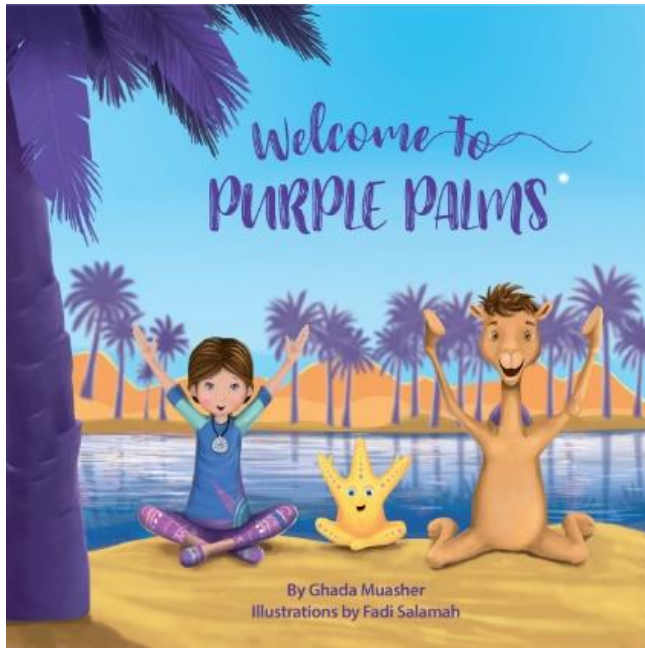
A sanctuary indeed where I was fortunate to revel in its peace and harmony with my dear family and friends at the lowest point on earth, the Dead Sea. As I floated naturally in its rich mineral waters, I felt elated with my levity. I never stopped marveling at the beauty of its sunset spreading its golden light of hope across the sea. I would relax and surrender to the stillness of sunset, realizing the importance of embracing the peace and **serenity of the sky** in every movement and moment, especially when gravity pulls me down!

Recognizing this connection between *sea* (fluidity), *land* (stability) and *sky* (serenity) allowed me to better understand the importance of **blending mind, body and soul to achieve balance, bliss and harmony**. Embracing and reaffirming this **oneness**, I was able to root, reach and relax as I faced the ebb and flow in my life. I learnt that in our unity and peace, we find joy and resilience.



In my ongoing passion to connect to nature, each other and the world, I established the **One With Nature Fitness and Wellness Center**. A surreal escape from our daily stresses and anxieties; a place where we can embark on our special journeys and experience the mind, body and soul connection through various mind- body programs and workshops.

I took it on myself to continue rippling with my journey and reach out with this wholesome approach to our modern kids who are over-teched, over scheduled and “nature deficit” Just like adults, I feel they too are facing challenges and at times are stressed, anxious and worried. How can I boost their emotional resilience to empower them with creative coping skills so they can unplug, distress and overcome the challenges of everyday living?



I ventured to share this magical place of discovery and wonder through “*Welcome to Purple Palms*,” “the first story from my future Purple Palms children’s book series.”

The story takes place in a magical oasis of PURPLE PALMS. A kid’s natural haven for friendships and self-discovery, a dynamic crossroads where diversity meets harmony, where setbacks meet resilience and where emotional fitness meets fun and funny.

As I played, danced and wondered in this sparkling oasis, I realized that Purple Palms is not just a fun and magical place. It's a lifestyle that our kids can dive into, discover and create their own unique oases so they can connect with their inner being: their creative authentic self.

One with nature is about moving together. The journey makes us one.

I invite you to experience your OWN journey at One With Nature Center.

Wishing you the peace, beauty and harmony of One With Nature in Jordan.

Ghada Muasher



