

SEASONAL JOURNALLING PROMPTS

Summer

*Deepening our connection
with ourselves, one another &
the earth while sustaining our
energy & activism*

Write down all the things you associate with summertime - words, activities, emotions, smells, sounds, sensations and memories. Let them flow from you in a stream of consciousness. Read back over this ONLY when you're finished. What feelings are you left with?

What is your experience of being in the full, ripe, creative phase of a project? Do you thrive or dive? Do you burn out or remain grounded? How has this worked out for you? Does this pattern serve you?

What do you desire in life? Write it all down.

Choose something that is happening in the rest of nature right now - tomatoes ripening, dragonflies hovering in the bulrushes, etc - and write as if you are them. It may help to write as an individual tomato or dragonfly, for example.

What magic and beauty is lighting up your heart right now? What brings you joy, peace and fulfilment? Write everything down as a list or sprawling celebration of life and savour the feeling of gratitude.

What are your three key intentions for summer? How do you want to feel? Where do you want to put your energy?

Free-associate around the word: transformation.

More _____ less _____ Complete this sentence over and over. Go with the flow, trust yourself. What do you, or the web of life you are part of, need more or less of?

In your wildest dreams, what would your ideal day look and feel like? From getting up in the morning to falling asleep at night, what do you see, smell, eat? Who do you spend your time with? What are you doing and where? Let yourself dream big, removing all restrictions.

What did your mother or mother figure teach you about being a woman?

What habit do you have that gets in the way of your creativity? Journal ways to break the habit.

Who in your life believes in you and the woman you are becoming? Who holds you back and has you doubting yourself? Make two lists. Does this reflect where your energy is going right now? What might you change?

Who are you becoming?

Project yourself into your vision for the future. You find a being there - human or more-than-human. Write a story about the world from their perspective. What is their life like? What do they understand about the past?

Complete the sentence: in a perfect world I would secretly love to... (try to write a page or more). When you've finished, read it back and highlight the parts that hold energy for you. How might you embody this right now?

What is essential to you right now? What needs to be brought to the forefront of your life? What calls to you?

Free-associate around the word: interconnectedness.

What does your heart want you to know right now? Write a letter from your heart.

What are you afraid of? From the big things that keep you awake at night to the little things that creep in through the day. Pour your fears onto the paper, let them spill out.

Complete the sentence: wild woman is... (try to write a whole page or more).

Where are you shining right now? Where in your life are you bearing fruit? Write a list of all the ways you are contributing to the co-creation of a better world. Include ways that you are sustaining your energy and motivation.

What grounds you? What brings you back into connection with yourself and the rest of nature? Where can you expand your grounding practice to balance the heady, flighty energy of summer?

Free-associate around the word: abundance.

What are you angry about? What fires you up? Write it all down.

Where are you feeling stuck right now? What are you pushing against that isn't moving? Is there an obstacle that needs to be shifted or navigated? Does something need to be let go of?

What is your wild spirit asking of you? What does it need? Let it write through you.

How do you want to feel?

Complete the sentence: the world I am helping to co-create is... (try to write a whole page or more).

What nourishes and replenishes you?

Free-associate around the word: wild.

AN INTRODUCTION TO Stream of consciousness writing

Stream of consciousness writing is one of my absolute favourite, most immediately soul-enriching, bring-you-back-to-the-present, intuitive, revealing, creative practices ever. Ever ever. It can act like a direct line to the unconscious and is therefore a great way to untangle ourselves from our conditioning and re-connect with our intuitive, authentic selves and the web of life we are part of. Several of the prompts here invite you to write in this way so I thought I'd include a little guide in case you've not come across it before.

Essentially it comes down to this - write whatever comes. I find it so permission giving because you can't get it wrong - whatever ends up on the page is what's right for you in that moment. The trick is not to judge, analyse or censor yourself. You don't even have to use punctuation if you don't want - just let the words flow.

Top tips

BE GENTLE WITH YOURSELF

It may take some time to get into it; to shake off the hustle and bustle of our culture; to quieten your mind enough to be able to listen to your body, your soul, your intuition; to hush your inner-critic so that the words flow freely. Give yourself space and trust the process.

GIVE YOURSELF PERMISSION TO WRITE WHATEVER COMES TO YOU

Even if it doesn't seem to make sense or feels offensive! The unconscious communicates symbolically not literally. Avoid reading what you've written while you're still writing. This can be really hard! We are so used to constantly analysing everything. Trust that delaying reading it is giving you the freedom you need to get into the flow.

STAY IN THE MOMENT

Allow your unconscious to take the driving seat by asking your rational mind to be quiet. Flow with the writing, trying not to control it. If the topic changes abruptly, so be it. This is especially relevant for the prompts where you are asked to free-associate around a particular word. Give yourself permission to leave the word behind and follow where the writing takes you.

ENJOYED THESE PROMPTS? YOU'LL LOVE ROOT & RISE!

A series of lovingly-guided audio sessions that take you on a journey of connection with the rest of nature, *your* true nature and the gifts you were born to offer the world.

Including insightful visualisations, writing prompts and embodiment exercises. I've taken everything that I've found helpful along the way and packaged it into an easily achievable journey for you. Because the world needs you right now - whole, free and empowered.

<https://lisa-harmer.com/root-and-rise/>