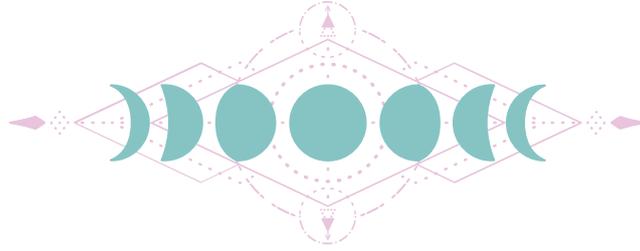




# Bushflowergirl Nature Journal



*New Moon Intentions & Positive Affirmations...*

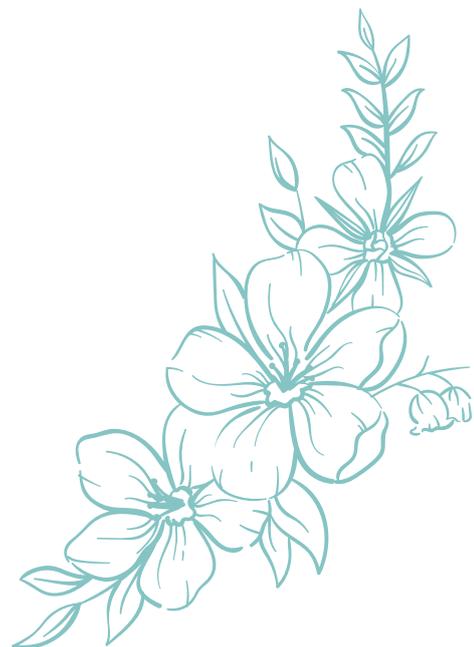


# Observations...

*(Take time to journal & draw)*

# Reflections...

*(Things I'm celebrating or letting go of)*



# Bushflowergirl Nature Journaling

## *About Bushflowergirl Nature Journaling*

Keeping a journal of your surrounding natural world and making notes on your observations, thoughts and feelings is a practice which allows you to become more mindful and present. It is simply a useful tool to connect with Nature and to your Inner Wise Self and bring to you an awareness of what is really going on in your life and then be able to celebrate or make changes if necessary.

## *Why follow the moon & seasons?*

If you follow the seasons and use the moon as a natural time keeper you will tune in to the patterns and cycles of your emotions, energy levels and thoughts as well as those of Nature. By reflecting on these and by bringing awareness to them we can come to better understand ourselves, make changes if necessary and move on.

## *New moon intentions & positive affirmations*

When the sky is dark and the moon is nowhere to be seen the invitation is there to turn inward and ask what it is you may like to cultivate this new moon cycle? Like planting a seed deep in the soil there is opportunity for us to consciously manifest something we desire or simply put into practice something new. As the moon grows each night we are reminded that our little seed if given the right conditions will also sprout & grow. Setting a positive affirmation is a reminder that what we wish for is possible & coming our way!

## *Witnessing & Making Observations*

Recording your observations and actively spending time in Nature allows for a greater connection to Mother Earth and to yourself. By drawing or painting you are allowing your creativity to flow which in turn encourages you to come to a greater place of stillness and contemplative thought. Don't worry if you are not a great botanist or artist - these recordings are for you to slow down and recognise the seasons both within and around you and to serve as a reference point in your life.

## *Reflections & Letting Go*

When the moon becomes golden and round and at it's fullest there is another natural invitation to reflect on the past few weeks and to let go of anything that is no longer serving you. It may be that our intentions were fulfilled or it may be that our internal musings have illuminated an unhelpful thought or behaviour that is holding us back from our full potential. This is the perfect time to release them and let them go so that something better that serves your highest good may fill this space...

I'd love to hear how you go... If you need any help please get in touch at [www.bushflowergirl.com](http://www.bushflowergirl.com)