

Your Winter Journal



Readings to Support Your Winter Journal:

Nature Journaling, Ch. 6 "The Winter Journal"

(New students: Please read as much as you can up through Ch. 4)

"Dream Packet" (on Closed Reserve in the Library) which includes "Creative Edge Dreamwork" by Donald Mathews, an excerpt by Starhawk from *Circle Round*, and an excerpt from *Thirteen Moons on Turtle's Back* by Joseph Bruchac and Jonathan London. Please make a copy for yourself.

Journal Guidelines:

***MOON. Pay attention to the moon. Record its changes. Note your own feelings, thoughts and moods.

***MENSTRUAL CYCLES. If you are a bleeding woman, pay attention to your cycle. Record changes in your body. Note your feelings, thoughts and moods. If you are the partner of a bleeding woman, you might note HER cycle and observe YOURSELF.

***SLEEP. Pay attention to your sleep patterns. Record when and how much you are sleeping, along with the quality of your sleep.

***DREAMS. Pay attention to your dreams. How?

Put a dream journal beside your bed. Before you go to bed, note your intention to remember at least one dream. (Perhaps try your own version of the "Dream Incubation" suggestions from Starhawk in the handout. By the way, Starhawk has been invited to be a guest at Evergreen's Synergy Conference.)

At least three mornings each week, plan to write in your dream journal THE VERY FIRST THING before you get out of bed. Turn on the light and simply scribble if that's what comes. This is a process of "priming the pump." It opens the door to allowing the dream to cross over into your waking mind. It gets easier with practice.

Later, return to what you have written. Rewrite it legibly (if necessary). Reflect on it. What is it telling you? Draw or write some of your insights in your Nature Journal. Remember, you are part of nature!

*** GO OUTSIDE. As during Fall quarter, go outside and utilize suggestions from our *Nature Journaling* text. Please make at least four entries per week. Included your GARDEN in this.

***WINTER. Periodically, consider how Winter is manifesting both inside of you and outside of you. What are the connections you notice? What is relevant and meaningful to your life right now?