

The Journey

Pathways of healing and self-discovery.

Deep Breath.
Standing in the storm...
Questioning.
Longing. Seeking.

The journey begins.

The moon above lights my way
in each phase of my journey.

The Earth below gently supports
my every step along the path.
Water flowing. Hope growing.
Listening with each step.
Embers hold the promise
of a blazing fire coming to life.

The woodland giants dance.
The wind chants.
Upon the wind came an answer...

Beauty and magic,
are born in secret places...
Look within.
Find the light in the dark.
Dance the shadowdance.
Be open to wonder.
Watch the clouds tell their stories.
Listen to the rain dance.
Nourish and nurture
mind, body, and spirit.
See with a new perspective.
Cultivate ease and flow.
Kindle your passions.

Breathe.
Make a wish.

Talk to the bees.

Cleanse toxic energies.
Spend time with trees.
Be gentle with your self.
Connect with nature.

With each step,
...journey within...
and discover new worlds.

Rest and wait...
for the promise of Spring returning.
Plant the seeds of transformation.
Love.
Embrace Joy.
Be flexible along the way.
Protect your energy.
Release to make room for growth.
Emotions flow, grounded below.

Life goes by so quickly...
Slow down.
Embrace your magic.
Be bravely you.
You are enough.
Welcome Home.

The End

In every ending, a new beginning
awaits...

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As you reflect on the poem 'The Journey,' I invite you to explore your inner self, emotions, and experiences in your own unique way. There is no right or wrong approach to self-discovery and mindfulness, so allow yourself to openly consider your thoughts, feelings, and personal experiences as you delve into these journal prompts. Feel free to use your journal or another piece of paper for additional space to write.

What aspect of your life or self are you currently seeking to explore or understand?

In moments of stillness, what do you notice about yourself and your surroundings?

How can you create a sense of comfort or ease and flow in your daily life, even if only for a short while?

What simple activities, like watching clouds or enjoying a cup of tea, bring you joy and a sense of presence?

Reflect on a time when slowing down brought you insight or peace. How can you incorporate that lesson into your life?

When do you feel most at home and connected with yourself? How can you create more of those moments?

Were there any other thoughts or feelings that came up for you while you watched The Journey?

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Thank you for embarking on this journey of self-reflection with me. I hope these journal prompts have provided a moment of pause and inspiration in your day.

If the themes and ideas explored in "The Journey" have resonated with you, stay tuned for an upcoming online class that will delve even deeper into these concepts. I'm currently in the process of creating this class to provide a more immersive and interactive experience for those looking to further their journey of self-discovery and mindfulness. While I don't have a firm launch date yet, I'm excited to share this offering with you in the future!

As you continue seeking connection and growth, I invite you to stay in touch by signing up for my newsletter. By joining my community, you'll receive updates on upcoming online classes and shop offerings designed to support your journey of self-discovery and mindfulness. Together, we can create a space for sharing, learning, and fostering authentic connections with ourselves and the world around us.

To sign up for the newsletter, visit my website at www.moonwillow.me I look forward to continuing this journey with you.

