

NATURE JOURNALING

FOR PERSONAL TRANSFORMATION



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Earth

Connect with a favorite tree, flower, or rock. Hold or touch them. Ask for guidance, ask a question, and then listen for their response.

Prompt: What belief or habit need rooting, composting, or restructuring?

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Journaling area with 20 horizontal lines for writing.

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Air

Get outside, if you can and spend some time watching the clouds. What do you see? Ask a question and listen. What are they telling you?

Prompt: What thoughts, stories, or possibilities want space, clarity, or breath?

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

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This image shows a single sheet of white paper with horizontal blue ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

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Fire

Light a candle and focus on the flame. Soften your gaze, ask a question, and pay attention to what you receive, whether it's a thought, a sensation, or emotion.

Prompt: What part of identity or desire needs ignition?
Where does passion burn or fear consume?

[illegible]

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Water

Pour yourself a glass of water. Hold it in both hands and speak your desire, hope, or wish. Focus on what you want to manifest while you hold the glass of water. When it feels right and complete, drink the water slowly and thoughtfully. Allow the water to work its magic.

Prompt: What emotions need to move, soften, or be witnessed?

[illegible]

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This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. In the bottom right corner, there is a faint, light blue watercolor splash or ink blot. The overall appearance is that of a clean, unused piece of stationery.

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Lizbeth Russell, M.Ed., HHP, RMT. is an intuitive herbalist, Kundalini Reiki master-teacher, intuitive, artist, and author. She comes from a long line of witches, indigenous storytellers, medicine men, and fae. As an Earthworker, Path Restorer, and Voice of the Forgotten Soil, she helps people reconnect to their soul and remember who they are, what they are here to do, and what they are truly capable of.

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