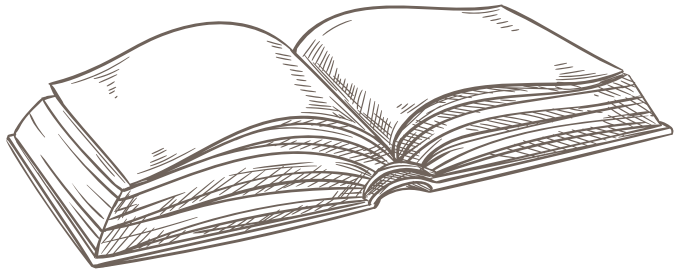


Nature Journal



How to nature journal



Like a personal journal or diary, a nature journal is a place to record our observations and to reflect on them, but unlike a diary, a nature journal is used specifically to record our observations of, and thoughts on, nature.

Without

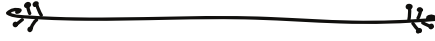
First, make observations about what you see outside of yourself (without). What calls to you in nature? That will become your subject. It can be particular sacred element like Water or Air (the rain or wind), a plant, animal, insect, mineral, or simply observing your surroundings as they change throughout the seasons.

Next, draw the subject. Try learning and labeling it's anatomy or other details. Track the seasonal changes in your subject by recording them on a phenology wheel. Include a specimen of the subject if possible.

Within

Then, explore the deeper meaning behind why you were called to this subject. Does it have any synchronicity or corresponding meanings in your life? Record what you find within.

Without



CYCLE/MONTH:

SEASON:

TIME OF DAY:

OBSERVATION

What do I see? (subject)

What color is it?

What was its size?

Did it make a sound?

Where does it live?

Does it move? How?

How does it get energy?

Does it prefer the night or day?

What does it feel like?

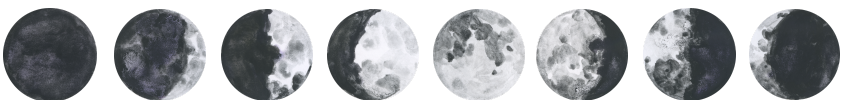
Does it have a scent?

What is the weather like?

What other observations can you note?



MOON PHASE

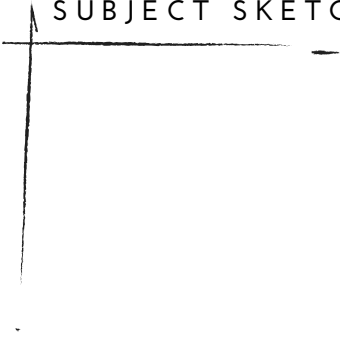


My Natural World

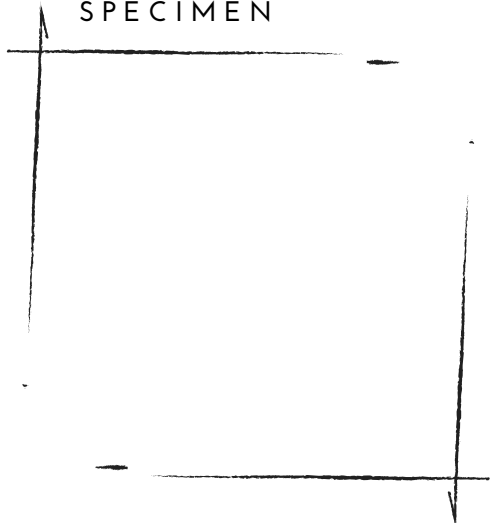
Without



SUBJECT SKETCH



SPECIMEN



My Natural World

Within



CONSCIOUSNESS

How is nature speaking to me today?

When have I felt one with the world?

What colors in nature call to me?

The most beautiful natural wonder I have experienced is:

A W A K E N I N G

How can I explore how I feel connected to or separate from nature?



You may print one copy of this document for personal use only. Otherwise, no part of this document can be copied without the permission of Lacey Burbage of Naturally Modern Life. This may not be distributed to others via print, email, or other means and is intended for use by the original recipient. You may quote brief passages so long as you link and/or tag @naturally_modern, @naturallymodernwitch, and/or naturallymodernlife.com. Please contact Lacey info@laceyburbage.com with questions.

If you would like to be a contributor to The Hearth Witch's Journal please send inquires to info@laceyburbage.com

The information within this eBook is not meant to offer any medicinal solutions, only magickal ones.

This eBook provides general information and discussions about health, herbology, and related subjects. The information and other content provided here, or in any linked materials, are not intended and should not be construed as medical advice, nor is the information a substitute for professional medical expertise or treatment.

If you or any other person has a medical concern, you should consult with your health care provider or seek other professional medical treatment.