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More balance, less bark

Nature Journaling: How To Use Nature To Tap Into Your Creativity And Wisdom

Nature journaling is a practice of observing the natural world to realize our inherent creativity. That creativity can take the form of a solution to a nagging problem, a new way of seeing a situation, uncovering habitual patterns holding us back, fresh ways of expressing something ... the ways will be unique to you as this exercise is designed to be a deeply personal experience in nature.

Materials:

Notebook or journal
Pen or pencil
A timer
A spot to sit and write

The Process

Once you arrive at your chosen spot to journal, let your eyes take in everything. Notice if one thing – a tree, a bird call, the feel of a rock you might be sitting on – keeps calling you back to it. **For five minutes, quietly contemplate this element.** Notice how it looks, its color, shape, size, texture, smell, anything counted (ex. Number of petals, leaves, ants crawling on it, etc.), any facts you might know about it, any emotional reactions to experience, etc. Practice quietly observing.

Reset your timer for 10 minutes to free-write in your journal. Of critical importance is that you *do not stop writing*. Begin with all of the physical things observed. Do not stop; do not let your pen/pencil leave the paper. Even if you start writing that you don't know what to write, that's fine. Keep writing. If I have to, I'll repeat what I've already written or write "what else" just to keep my hand active and engaged for the 10 minutes. Eventually, you'll break through this impasse.

As you describe the physical traits of the element, if you successfully let yourself go, you will find yourself veering off from the element itself into new territory. The way you describe a texture will remind you of something else, seemingly unrelated. But it is related, because that means that texture has become a symbol in your subconscious mind for something else. Follow that lead. If a color reminds you of your first car, write it. Explore it. Emotional reactions to elements are almost always fodder for creative writing.

Interested in a Nature Journaling workshop? Contact me today! DogandDojo@gmail.com