



JOURNAL THE RHYTHM OF THE SEASONS

When we journal into the seasons, which signal the everchanging energy of Mother Earth or Ahkikwe (Anishinaabemowin), we become more aware of natural changes and perhaps can begin to connect to those changes in ourselves.

As I searched for ways to deepen my relationship with Mother Earth, I drew from my Indigenous teachings around the rhythm and cycles of Ahkikwe. My family is Anishinaabe, Scottish and French. My teachings lead me to shift my life to attune with "all my relations": Nokomis Giizis, Grandmother Moon and her monthly cycle, Mishimis Giizis, Grandfather Sun and his reliable shining light and Ahkikwe, and her changing seasons. As I became more aware of the changes in Ahkikwe, each season, I started to lean into the energy of that season and see the changes in myself as well.

I hope you can see possibilities of how you can attune your life to grounding and rooting in the spring, blooming in the summer, harvest and gratitude in the fall and then deep rest in the winter.

*Jenn Begin,
Fall 2023*

Fall Harvest

Fall carries the energy of harvesting and gratitude. Mother Earth shows us her most beautiful colours as her canopy turns from green to oranges, golds, reds and yellows.

What are your favourite fall images?

Leaves fall in the most trusting way, as they let the wind carry them to the ground. How (or where) can you trust the wind to carry you where you need to be?

Creation puts a blanket of leaves to cover Mother Earth as she prepares to rest for winter. What "blankets" can you bring out to prepare you to rest for winter?

What are you grateful for?

How can you share your gratitude with others?

What feelings do you try to embrace, or would you like to embrace, in the fall?

Date:

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Winter Stories

Winter is a time of rest for Mother Earth, she is blanketed in snow and ice.
This is the time of stillness, dark days, a time for
storytelling and handicrafts and mending.

In the dark days of winter, where do you bring in the light?

What winter story do you remember being told?

What winter story would you like to tell?

Nature is resting, recovering, & recharging, to begin growing again. How are you resting?

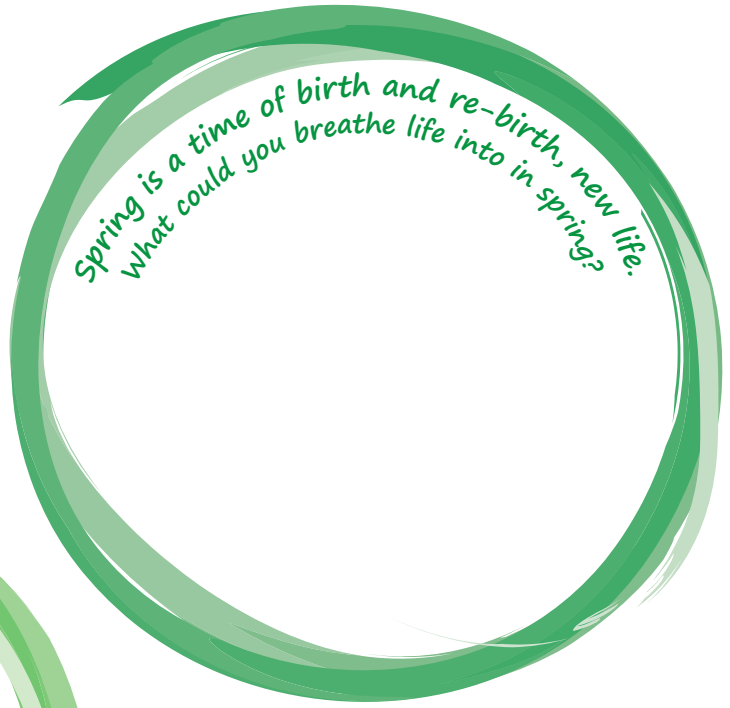
How are you recharging?

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Spring Rhythms

Spring is the beginning of Mother Earth's new growth cycle. She is letting the ice and snow of winter melt away and putting her energy into new life and new growth. The maple sap starts to run, seeds are planted and another year of blossoms and buds are emerging on established plants.



Summer Light

The energy of summer is playful and light. We can ask ourselves, are we carrying anything heavy that we can let go of, even for a season? Summer days are the longest. How can we mimic the sun's long days of shining its light on us, how can we extend our light? How can you use play to bring in lightness?

What are the markers of summer for you?

How does the rhythm of your life change in summer?

Where can you be carefree in your summer life?

The sun brings forth the light in each of us.
How do you spread light?

How can you embrace the rhythm of summer?

Date: