

## Imbolc Journal Page

*For renewal, preparation, and tending the returning light*

**Date:** \_\_\_\_\_

**Time / Moment:** \_\_\_\_\_

*I settle into a quiet moment. I allow my attention to soften.*

### **Intention**

What seeds are asking to be planted for the coming months?

These need not be fully formed goals. Hints, longings, and quiet wishes are enough.

*I begin with a single sentence to orient this seasonal reflection.*

***My Imbolc Intention:***

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### **Reflections**

*What habits, patterns, or ways of being from the past season feel ready to be released?*

*I write without judgement. I notice what wants to loosen its hold.*

- What habits or patterns from the past season am I ready to release?
- What seeds do I wish to plant for the coming months?
- How can I invite more light, warmth, and creativity into my daily life?

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### **Invitation**

*How might I welcome more light, warmth, or creative energy into my daily life?*

*I consider small, tangible gestures as well as inner shifts.*

*I let the page hold both thought and feeling. Writing here is not about resolution, but about tending what is beginning to stir.*

## Elements in Focus

▽ Earth (grounding, reflection): \_\_\_\_\_

△ Air (insight, imagination): \_\_\_\_\_

△ Fire (energy, transformation): \_\_\_\_\_

▽ Water (emotion, intuition): \_\_\_\_\_

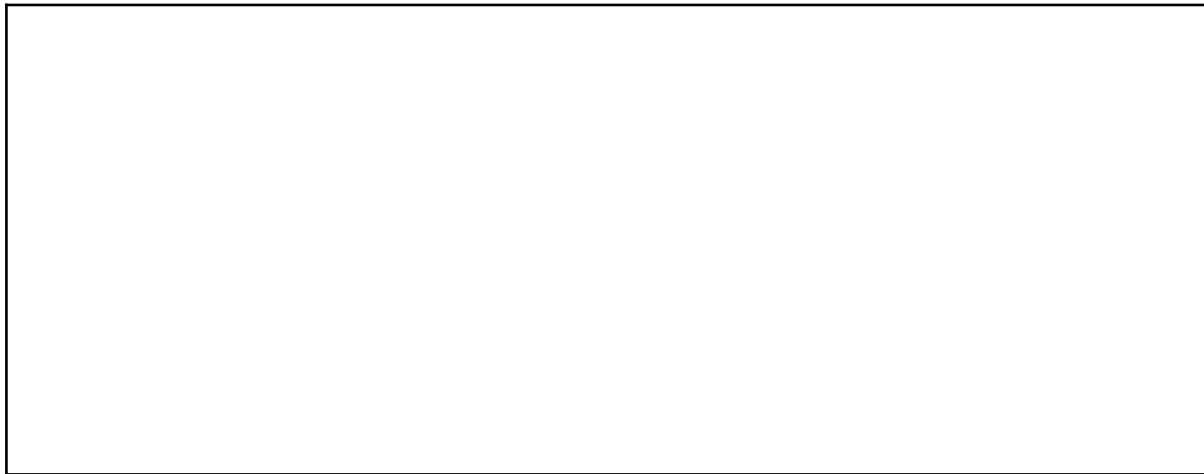
⊕ Spirit / Aether (integration, awareness): \_\_\_\_\_

## Symbols and Images

*Imbolc speaks quietly. I allow symbols to arise without urgency.*

- Seeds, light, milk, flame, thresholds
- Colours, textures, or seasonal impressions
- Marks, spirals, or gentle sketches

*Space for symbols:*



## Closing and Sealing the Session

*A closing line to honour this moment of preparation.*

*Example:*

*"May what has begun here be tended with care."*

**My Closing Line:**

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*"Sweep away the residue of the past. Light a candle for what you wish to nurture."*