

Magical Mothering Method

Planting a Spiritual Garden

January Group Healing Session

Copyright 2020

Written and Created by Stephanie Mathews

www.magicalmothering.com

Planting a Spiritual Garden

As we see our spiritual gardens in our third eye, we can take an inventory of what is growing right now. Some of us will have trees, these are children, partners, long time friends as well as any long term goals we have been tending.

I want you to see if there are any of these that need to be trimmed back or uprooted.

Are there people, trees, that are no longer serving your journey that need to be removed from your garden?

Do you have any long term projects or goals that you have been doing that are no longer serving you?

Now I want to look at the soil of your garden:

What are some of the rocks (these are the things that are constantly stopping you in your tracks, drama, things that are keeping you from growing deeper)?

What areas of your life are the sandy pits (these are the areas of your life that drain your energy, where nothing is growing, and you feel like you are just pouring energy with no return)?

Now it is time to look at the compost of your life. These are areas of your life that you have learned the lessons. Healed the land, so to say. You have taken the time, energy and invested in these areas of your life to see that you have beautiful soil to plant in and it will thrive!

What do you want your garden to look like? Do you want an organized garden? A wild garden? A zen garden? A beautiful geometric look to your garden?

What feels like it would keep you inspired and lit up?

Now I want you to list the seeds (goals, ideas, plans, experiences) you plant to plant this year. These can include new trees (goals that will take 5-10 years to bring fruit) and things that can give you fruit this year!

Make a list and then next to it decide when or what time of the year you want to work on those or put those seeds into the soil. There is no right or wrong to how your spiritual garden is going to look.

I would love to see your outline or design for your spiritual garden in the Magical Mothering Method Facebook group!!

Please take the time to join in and share :)

This spiritual garden is a process that we will be incorporating into our monthly healing sessions for the next year to help tend, nurture and allow for them to grow in our lives.