

FALLING LEAVES

(A RITUAL FOR FREEING UP MENTAL SPACE TO DREAM)

After close to 30 years of journaling there's one thing I've learned: the surest way to stuck-ness is by trying to write within mentally imposed barriers. As soon as I try to direct where that writing is going, it all comes to a grinding halt.

Same goes for dreaming. If I'm not free and open about it, if I let myself be limited by perceived realities and constraints, then the bigger dreams don't get dreamed. The real desire doesn't get revealed.

So, when everything I think up goes crashing into a mental brick wall with the words YEAH, BUT written on it, it's time to fix it!

I need to get those pesky "realities" out of the way.

I have to name them.

I have to put them down in writing.

I have to put them away from me so that they can't influence this early dreaming and planning phase.

My word for the year is "root & branches" and trees have figured heavily into the way I look at life so I'm borrowing on that imagery for this ritual. I want these things to drift away like so many colored leaves off of trees in autumn. I can collect those realities later (rake them up and bag them) or I can leave them as fodder as I choose. So long as they're contained for the time being.

WHAT YOU'LL NEED:

- Your candle
- A pen
- The leaves from below, printed and cut out

WHAT YOU'LL DO:

Light your candle.

Focus for a moment on the way these constraints are holding you back and think about the freedom you'll have once they're out of the way.

One by one, write one constraint, lack or limitation on each leaf. Make a pile as you work. Once you've gotten them all out of your head, look at your pile. What do you want to do with your leaves?

Crumple them?

Bag them?

Burn them, like my grandpa used to do?

Put them in a basket to deal with later?

The choice is yours. What feels right? These constraints, now in a manifest form, are yours to decide what to do with. (Hint: they always were but putting them into a physical form makes it easier to realize that and decide what to do with them.)

Decide how you want to deal with them and do it, trusting that they are contained. If a thought crops up, just remind it that it's in the bag or basket, or ashes already and go on with the dreaming and planning!

When you're done, extinguish your candle.

