

Illuminations

A journal of guided reflections
for meaning-seekers in dark seasons



A short journal by CARRIE KLASSEN

IT'S A TIME FOR LIGHTING CANDLES.

Sometimes the most (and only) intentionally sacred thing I do in a day is light a candle. It usually takes me a few attempts at the match-striking, which requires me to be present and conscious.

Then comes the flame. You cannot not notice a flame. There's something biological, primal within ourselves it attunes us to.

The candle I have burning now is a blend of jasmine and rose, pink pepper and clove, vanilla and amber. It's earthy and floral and I enjoy those first breaths when the wax begins melting, the captured scents, released.

So, yes, I'm meaning it's a time for lighting actual candles. But I'm also meaning the metaphorical kind. Even just a small light is a place-finder and way-shower. Even just a small light is a beacon.

The loss of life and suffering of these past seasons are tragic, catastrophic, devastating. For many of us, this is a grieving time.

We grieve because we love. We despair because we are connected to the pain of the world. These are things that make us human. And alive.



THE DARK IS BEAUTIFUL, TOO.

Even in the dark of space, Jupiter and Saturn will find each other. When we gaze into the dark, she still gives us Polaris, Dhruva, Stella Maris, Al-Judeyy, Niqirtsuituq ... We're never alone with the dark is what I'm saying. It only sometimes feels that way at first.

I've written these reflections to give us space to experience what beauty there is in our own dark, to light candles for what we've lost and want to remember, to see what there is for us in the illumination, and how we can find our ways back to ourselves and each other.

Carrie



GUIDED SELF-REFLECTION

May these questions illuminate what's true
for you right now.

If any of your losses are permanent, what are some ways you could acknowledge or memorialize them?



**How could you experience more of that
feeling, more often?**



What would you like to release? Write it out, cut into strips of paper, and safely burn the pieces.

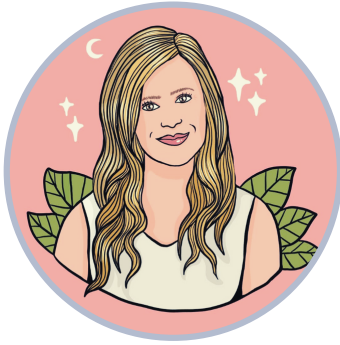


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What intentions would you like to set for the next four seasons?

If you could choose one word or phrase as a touchstone for how you'd like to be and feel, what might it be?

THANK YOU FOR REFLECTING ON THIS TIME WITH ME.



This guided self-reflection journal was written by me, Carrie Klassen.

I've been a professional writer, ghostwriter, and communicator for two decades. I'm also a city girl who grows beets, harvests purslane, and feels most understood by the wild phlox that sprang up in our backyard one summer.

I help people take care in finding the words for hard, beautiful, and important things. And I help people use intentional language to deepen relationships with nature, ourselves, and each other. If you'd like to connect with more of my work, please sign up at carrieklassen.com, and consider [joining me on Instagram](#).

Also available:

WORK AS A PEACE PRACTICE

Work as a Peace Practice is a short self-reflective guide to help each of us find the work that can be our calming (and brief as necessary) personal practice right now.

Like this journal, it's a gift. I hope you find it helpful.

Available for instant download

at www.carrieklassen.com/work-as-a-peace-practice.

