



„And into the forest I go,
to loose my mind
and find my soul.“
- John Muir -

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Journaling ideas:

Garden of Reflection: Sketch or paint a mushroom garden in your journal. Each mushroom represents a different aspect of your personal growth journey. Describe each mushroom's qualities and lessons.

Growth Amidst Adversity: Describe a time when you faced adversity or challenges. Reflect on how this experience catalyzed your personal growth and strengthened your resilience.

Magical Manifestations: Envision a magical mushroom that grants wishes related to personal growth. Write about the wish you would make and how you would use the wisdom gained.

Draw or paint mushrooms intertwined with celestial objects. As you create, contemplate the message this artwork holds for your personal journey.

