

# THE BRIDGE | SOL | PAUSE WEEKS

## CONTEMPLATION PROMPTS

While you are integrating our work together and enjoying the magic of Egypt and the cruise, you may want to keep the process gently active and expansive through contemplative journal writing.

### THE PRACTICE

#### Contemplative Journal Writing

This style of writing is best done as free flow, stream-of-consciousness dumping. It's not for presentation or review. It's a way to let your inner knowing move from inside to outside. Just write anything that comes up. Don't judge it. You don't even need to read it.

#### Mine for Gold Later

When you feel ready, you can return to your notebook and highlight or circle anything that stands out as relevant, or feels like a golden nugget of insight.

#### Allow for Anything

Move through the series of questions as many times as you wish. Ideally daily, but without pressure. Aim to put something down for each question, even if it's one word — or even "I have nothing today" if that's how it feels. The practice is in the showing up and the listening.

## PROMPTS

1- What kind of support do I quietly wish I had, but don't allow myself to ask for, and what would true support feel like if it didn't require justification?

2- Do I associate receiving help with weakness, guilt, or loss of control?  
If yes, Why?

3- What is my deeper vision for the farm, beyond responsibility or duty?

4- What part of stewardship of this land actually brings me joy?

5- If the HVS has a gift for me, what would it be?

6- What would it look like to create more space for my body's needs, without effort, force or stress?

These are not questions to solve! Think of them as portals to open, like archaeological sites for you to gently excavate over time.

xo