



# WHISPERS FOR THE SOUL

JOURNALING AND REFLECTION CARDS FOR TENDING THE WILD WITHIN

## The Garden Within



Some parts of us bloom easily, others hide beneath the soil. What parts of you are ready for some sunlight today?



## The River of Emotion



Emotions move like water, sometimes calm, sometimes rushing. What is asking to be noticed?



## The Inner Shelter



Imagine a safe space within you. Which parts seek comfort or protection there?



## The Wild Heart



Your vitality, creativity, and courage live here. What helps this core part of you feel free to move and play?





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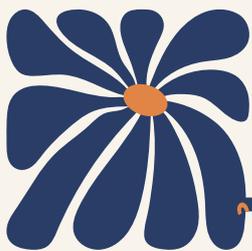
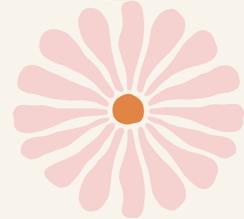
## The Watchful Protector

Some parts work hard to keep you safe. What might they need to rest, even for a moment?



## The Softening Ground

When you pause, your system settles. What helps you feel your feet on the earth again?



## The Weather Within

Moods shift like clouds and storms. What inner weather are you noticing today? Can you greet it with curiosity?



## The Seed of Change

Growth begins quietly. What small truth or longing is sprouting inside you now?





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## The Gentle Witness

There is a calm awareness beneath all parts. Can you sense the steady presence that notices everything with compassion?



## The Old Tree

Some parts hold memories and stories from long ago. Which ones are ready to be seen with kindness today?



## The Field of Belonging

Every part has a place in your inner landscape. What part of you longs to feel more welcome?



## The Returning Home

When all parts are seen and accepted, a soft peace arrives. What does "home" feel like within you right now?

