

Finally, Spring!



TIME TO SOW
THE SEEDS OF

Your Dreams

JOURNALING WITH

Dr. A.



For women in the midst of perimenopause, midlife, and menopause, Nature's progression of the seasons can be a powerful model of harvest, rest, creativity, rebirth, and growth. With the coming of the equinox, finally, the long dark of winter is past. Hail and well-met Spring! Finally, we are emerging from the underworld and the dream-time of winter.

It's time to sow the seeds of your dreams.

Over the past year, many things have changed. Being forced home for months on end gave us time to reflect on our lives. Many women asked themselves, "*What is really important to me in my life?*" our priorities have changed, and so have our dreams. Because we have given up so much and our former expectations may have dissolved, the idea of casting new dreams out into to universe can produce anxiety and uncertainty. It can feel futile in the face of the unknown still before us.

Yet, even in the best of times, life is not certain; it never has been. Every year flora and fauna follow the guide of Nature, accomplishing all things in their time. Seeds scattered by the winds, rains, or other creatures fall where they will. Those that land on fertile soil in the right time and season sprout and begin life's journey. The dreams you incubated in the long cold of winter are ready to be planted. Now's the time to plant these seeds of your renewal. We can use the joy and optimism of Spring to carry us forward into a season of personal rebirth and growth.

The following journal prompts are designed to help you decide which dreams are ready to be planted. I hope what you discover will lead you toward becoming your most authentic, fulfilled self.

Dr. A.

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IT'S TIME TO LEAVE THE

Underworld

This has been a hard winter for so many. So much has changed in our lives. It's important to honor what we have lost, dreams we have to let go of, and plans that we had to leave behind. Memory has the power to delight and uplift us or drag us back to our knees.

In ancient Greece, the goddess of memory was Mnemosyne. A powerful goddess, she was the keeper of memories. She treasured and protected both the good and the difficult ones. She reminds us that memory is a way to tap into our history and our treasure of life experiences. Mnemosyne was also the mother of the nine muses. They represent the inner power of our creativity, imagination, and inspiration. We can call on our inner Mnemosyne to protect and treasure our memories and inspire us to create something new in our lives. You may want to consider lighting a candle as you write in this journal to honor your memories, creativity, and the power that dwells within them.

Take one last look; it's time to emerge from the underworld. Write three memories you want to be protected by Mnemosyne. Now think about the fallow time of the dark, frozen winter that has passed. Choose and write about three worries, fears, or anxieties that you would like to leave behind for good.



WHAT HAVE YOU BEEN *Dreaming?*

Dreaming and imagining during the winter's fallow months follow the innate patterns of nature. Now, finally, it's Spring! Do you feel the pull toward expansion and new growth? In times like these we can dream dreams of personal fulfillment, dreams for those we love, for our communities, and the world.

What dream seeds have you been preparing to plant in your life? Which ones may be launched and accomplished in the short term and which ones are long term dreams?

Make a list of the dreams you have been dreaming.

For Me:

SHORT TERM

LONG TERM

For Others:

SHORT TERM

LONG TERM

For the Community or World:

SHORT TERM

LONG TERM

Working Together



For millennia women have worked together and supported each other in their daily lives. Like bees, we accomplish so much more when we work together. The work of renewal and personal growth benefits from friends, companions, and allies. In the ancient Greek myth of Demeter and Persephone, they were powerful goddesses, and they still needed the help of allies and companions to accomplish their goals!

They asked for and accepted assistance from Helios the sun, whose perspective offered a different view and much-needed information; Hecate, the goddess of the earth, sea, and sky who could travel freely and guide Persephone between the underworld and the upper world; Baubo, who was able to shift Demeter's depression with humor and laughter, inspiring her to take action toward her goals; and Hermes, who facilitated communication between all the parties. The myth includes interaction with other gods and humans, all playing their vital roles in accomplishing Demeter and Persephone's dream of being reunited.

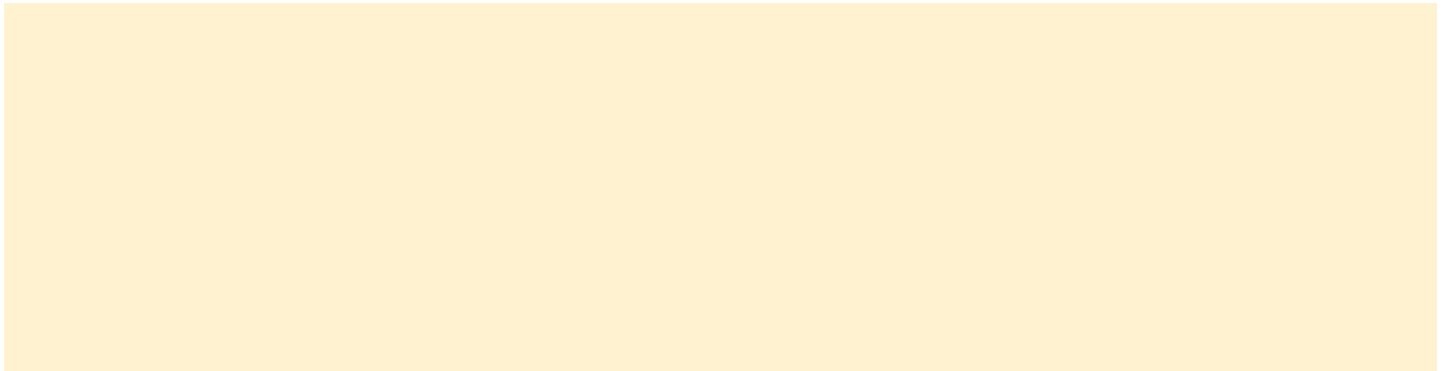
Who are the friends, loved ones, or colleagues that you can count on to support you and help you move forward toward accomplishing your new goals and dreams?

Who is your confidant? Who you can tell anything to, and they will still be supportive?

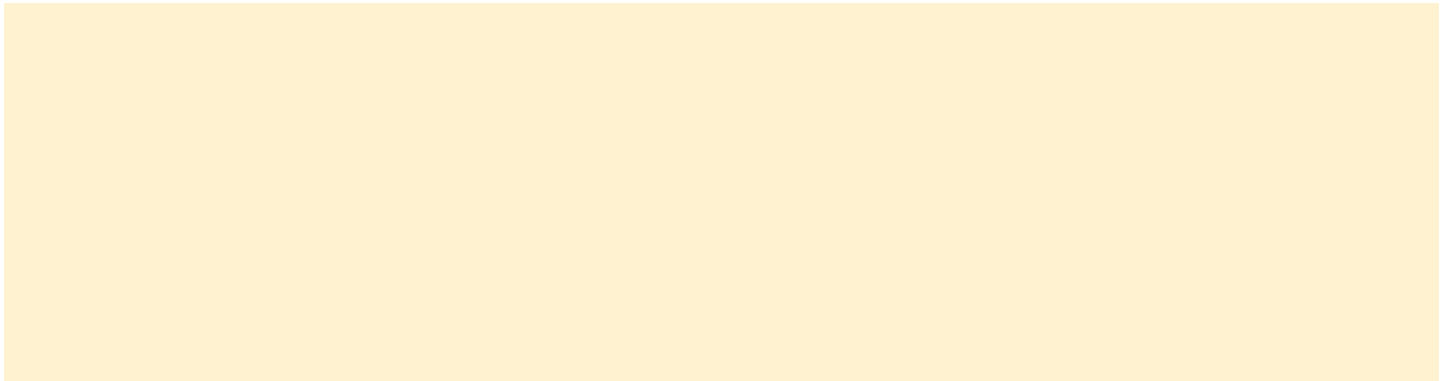
Who do you know that can offer you a new perspective on your dream?



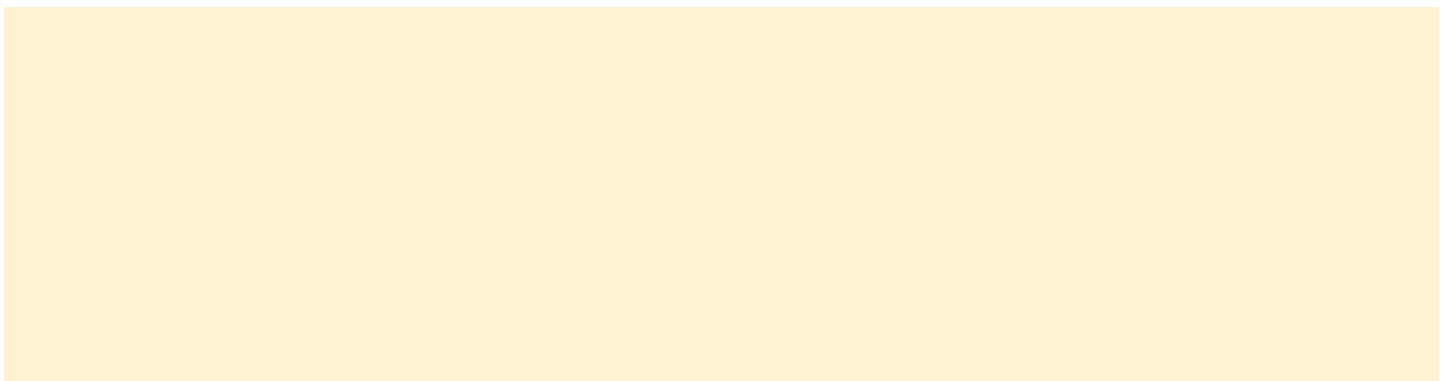
Who do you know that can act as your guide along the way?



Who do you know that can help to keep your spirits up?



Who do you know that can help you with communication and making a realistic plan to move forward with your dream?





What's Next?

What are the first steps you need to take to plant the seeds of your dream? They will depend on which seeds you are going to plant first, the ones for you, for others, or for the community/world.

Make a list of the steps you need to take to give these seeds the best chance to thrive.

A large, empty rectangular area with a light green background, intended for writing a list of steps to give seeds the best chance to thrive.



YOUR FIELD OF

Dreams

Now that you've chosen a dream or two to work on, considered your allies and first steps, let's think about the outcome. Write a few specific sentences to answer each of these questions. Use your imagination and creativity to imagine and visualize the outcome you desire!

Why is this dream so important to you?

Blank pink rectangular area for writing the answer to the first question.

How will your life change when your dream sprouts, grows and is ready for harvest?

Blank pink rectangular area for writing the answer to the second question.

How will you feel when it's accomplished?

Blank pink rectangular area for writing the answer to the third question.

How will this dream help you to live an authentic and fulfilled life?

Blank pink rectangular area for writing the answer to the fourth question.

BRING THE METAPHOR
TO

Life!



A MINI RITUAL TO SUPPORT THE BIRTH OF YOUR DREAM!

Supplies:

- Small clay pots, empty egg cartons, or containers, whatever you have
- Potting soil or dirt from your yard or wild place that you won't damage
Enough to fill your containers, but keep the soil separate from the containers for now
- Three small strips of paper the size of fortune cookie fortunes
- Flower Seeds

You can make one dream pot or three for the three dreams you wrote down at the start of the journal prompts.

Cut three small strips of paper, like fortunes from a fortune cookie.

Write your dream on the little strip of paper, or draw a symbol or image representing the dream.

- Put soil in the container to fill it 1/3 of the way.
- Take the dream strip and roll it up, make a wish over it, say a prayer, or offer a good thought.
- Place it in the container.
- Fill the container to the top with soil.
- Follow the seed packet direction to plant the seeds.
- Water the seeds and place the containers in a window.

In the weeks to come, you can watch your dreams nurture the seeds of new growth! Transplant them outside or to a bigger container when necessary.

Our generation has been given a gift.

In the history of humanity, there has been no other time when an entire generation of women has lived through menopause together! This has created a new 20-30-year life span, called Regency. By 2030 there will be over 87 million US women over 45.

Each of us has the potential to change our own lives.

Together we can change the world.

I encourage you to gather your dreams and imaginings from winter to see which ones have weathered the cold and are ready to sprout. Not every dream will be ready but Spring is here and there are always opportunities for creativity and growth.

During midlife and menopause, our truths change. Our psyches turn to thoughts of tilling our own soil after tending many other gardens for so long. Hold on to the inner prophecies of your future.

It's possible to write a new life chapter. Don't let anyone tell you, "You can't, it's too late," or to "Stop dreaming."

Get ready to plant your seeds of transformation.

Dr. A.

Regency

A NEW MYTHOLOGY FOR WOMEN'S MIDLIFE

TO FIND OUT MORE ABOUT DR. A. & REGENCY
CLICK HERE

Private coaching is available.
TO BOOK YOUR 30-MINUTE FREE CONSULT
CLICK HERE

Questions or feedback? I'd love to hear from you!
info@drandreaslominski.com

Coming Soon:

Activating Ancient Wisdom to Reclaim your Mojo at Midlife 4-Week Class starting Saturday, April 10th, 2021 10-11:30 am PDT

In this workshop, I'll introduce you to methods, practices, and perspectives you can use to tap into ancient wisdom, which can help you cross these midlife territories. I'll share with you how to use ancient myths, tales, and stories to kickstart your imagination, creativity, and dreams.

We'll discover that there are intuitive maps, mile markers, symbols, and signs that can help you on your way to creating your next chapters. Using ancient wisdom to unlock our stories connects us to our roots and our ancient mothers while opening up new possibilities for the future.

This workshop will help you to create a new perspective that acknowledges there are losses in midlife, and ripe possibilities. There is a deep, rich, creative, and connected way to approach this time of change.

Our culture tells us that it's a failure to grow older. That couldn't be farther from the truth. You don't have to go through this alone. Let me help you discover the wisdom in your story, your myth, and help you unlock the power in your Regency years.

[More Info & Register Here](#)

Coming Soon:



Life Changes: The Seven Realms of Transformation & The Seven Goddesses Who Rule them.

7-Week MASTERCLASS

This class takes a deep dive into how we experience the changes in our lives during the transformation years. These years span from perimenopause to post-menopause, and this personal recreation can last as long as 25 years!

This class will reveal what's ahead, covering the changes in your Body, Feelings, Roles, Self-image, Needs, Priorities, and Goals. It will help you find clarity during a tumultuous time of life. We'll explore ancient myths and tales that offer wisdom for women who want to rediscover their True North and claim sovereignty over their lives. The 7 Goddesses from antiquity and their representations of women's lives will link us to the universal, archetypal, and collective experiences of being women. They can encourage us to reclaim and embody our vitality, intelligence, innate beauty, sexuality, knowledge, wisdom, and divinity.



The Heroine's Journey: Discovering Your Personal Myth, Recovering Your True North, and Recreating Your Life.

12-Week MASTERMIND Intensive

This mastermind intensive is for women who want to discover new meaning within their life story. We collaborate to activate those discoveries, utilizing them to create your next chapter. Regency, the life stage between 45-70, can be one of the most fulfilling, authentic, and empowered times of your life. This is an opportunity to recreate yourself, for yourself.

This 12-week exploration starts by first establishing where we are in our Heroine's Journey. Each week explores another part of our story from the path that led us to where we are today to the way forward into a new chapter. Using mythology, ancient tales, symbols, dreams, creativity, imagination, and principles from within Depth Psychology, we explore our inner mythic connections to find the wisdom that will guide us toward sovereignty and fulfillment.

Monthly Offerings

The Women's Wisdom Village

This year, we'll meet once a month. Each gathering will explore a different goddess from world mythology. Together we'll discover how these ancient mythologies offer new perspectives on issues that concern Regent women today. As Regent Women—aged 45-70— we're living in the most powerful stage of our lives. During these gatherings, we support each other in the company of women and offer insights into making the most of our Regent years.

What can we learn from this? Where is our power, and how should we wield it? Join me to explore the ancient hopeful truths that live within the mythologies of the universal experience of being a woman.

[More Info & Register Here](#)