



Legacy Tips & Tools for Winter 2006-2007

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Celebrating The Seasons of Our Lives: A Winter Reflection

Legacy activities address our needs to belong, to be known, to be remembered, to have our lives make a difference, and to know we're blessed and to bless others. What better time than winter to work on your legacy document?

The holidays are past – we face a long stretch ahead presaging spring. We can take a lesson from the wisdom of the trees and the bears: hibernating, gestating, readying to wake to the new birth of spring. Cozy under quilts, wrapped in an afghan in your favorite chair, or at your writing desk with a cup of tea, a mug of coffee --winter can be a season of reflection.

Before we can leave legacies for future generations, we need to know who we are and what we value, understand what has been most meaningful and significant in our lives. Winter is an opportunity for such an exploration.

The Seasons of Our Lives is designed to stimulate your reflections and light your legacy path. May you be of courage in your investigation to authenticate and articulate your identity as a preparation to bless those you love with your wisdom and your self-understanding.

A List: Fold a piece of paper in half, and then in half again. In each quarter of the page, write a season, beginning with spring and summer across the top, autumn and winter in the lower half. We simultaneously live in all the seasons. Spend a few minutes listing aspects of your life that are in each season: for example, my new relationship in Spring; my present career in Summer, my body in Autumn (a kinder name here than "Fall"), and my being a daughter in Winter.

Reflection Possibilities: Filling in the Seasons page described above may be enough to stimulate your writing about any one aspect of your life in a season or the season in more detail. Spend only 15 minutes each time you write. Return as often as you choose to explore, expand, and experience who and where you are in relation to the seasons of your life. Or use one or more of the prompts below to deepen your exploration.

* Reflect from the perspective of earth and agricultural: What aspect of you is a newly planted seed, a growing plant-spreading leaves-bearing fruit, a harvest (and what to do with the harvest? consume it, preserve it, invest it?), and finally what aspect of you is an annual that has lived its cycle and has perished?

* Reflect from the perspective of the life cycle: What aspects of my life are just now being born, are in youth or adolescence, maturity, in my "third age," aging, or dying? Which aspects of your life are concluded/unfinished?

* Reflect from the perspective of time: the end/beginning of a new century, linear time (the cycles of the week/the year/the decade of your life), eternity, historic time, mythic time, space-time, mortality/immortality.

* How do you acknowledge and celebrate transitions: times in your life when some aspect is moving from one season to another, ending or beginning?

[I'm available to be your virtual legacy circle if you want or need a reader to honor your reflections.

Please email me attaching your reflections as a Word document]

Visit www.womenslegacies.com

To register for a legacy writing retreat in 2007 late spring or fall email us at: info@WomensLegacies.com

There are no more spaces available for the February 07 retreat.

