

A misty forest scene with tall, thin trees and sunlight filtering through the canopy. The text is overlaid on the upper portion of the image.

**METAPHORESTRY
OUTING
JOURNAL**

BECOME A METAPHORESTER...

If you're practicing metaphorestry you're regularly inviting meaningful natural metaphors into your life.

Metaphorestry (n.) – A deep connection with the natural world through metaphor.

Nature nurtures. So can metaphor. Natural metaphors provide surprising insights into the outdoors and our own inner natures.

Keeping a journal is one of many ways to practice metaphorestry

Journals are useful tools for the aspiring metaphorester. You can use yours as a place to invent, collect, sketch, research, reflect and expand on metaphor inspired by your connection with the natural world.

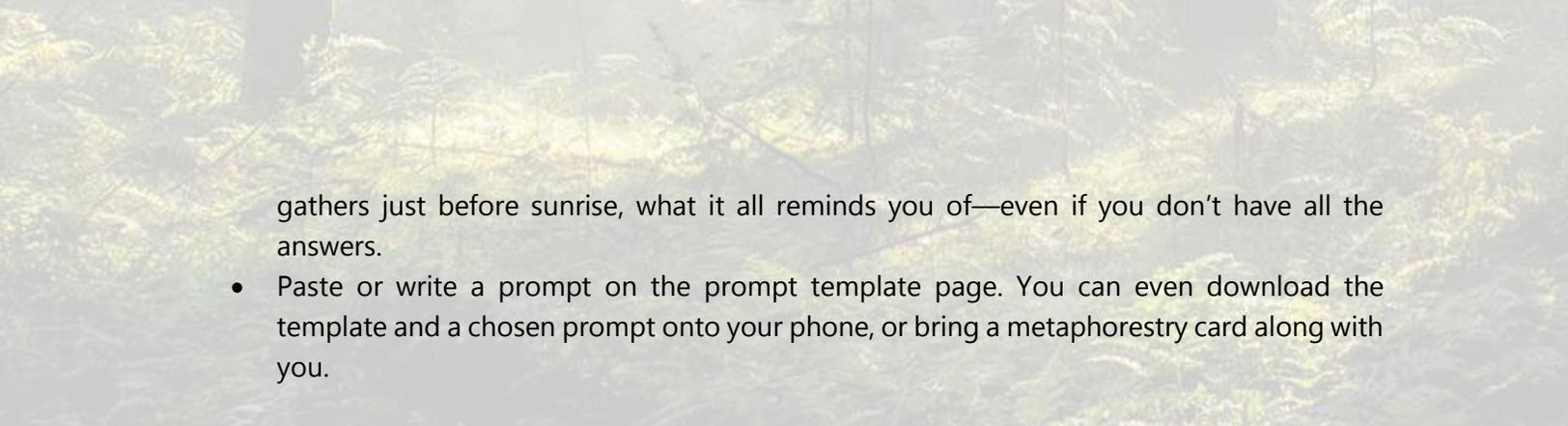
Watch a leaf fall from a tree in your backyard or on your block, press it, tape it into your journal, sketch its trajectory as you reflect on the loss of a loved one. Touch a tree's rough bark, get out your journal, ponder its thickness and your desire to thicken your own skin. Later, as you prepare for a difficult confrontation, research the properties of bark and carry your insights forward.

How to use your Metaphorestry Outing Journal

Go outdoors, reflect on a metaphor you find there, and explore connections between yourself and the natural world.

This Metaphorestry Outing Journal prompts active engagement with the outdoors and your inner nature, guided by metaphor:

- Go outdoors, whether hiking a trail, wandering your backyard, strolling down the sidewalk, skiing through woods, swimming in the ocean, etc.. You're staying open to metaphor experienced in nature wherever it manifests—a flower in a sidewalk crack, the shadow of a Douglas fir in the forest, the warmth of sun, a bird's disappearing shadow as it lands on open water, even the pungent scent of rain when you get out of your car or open your front door.
- Bring a prompt from the journal pages to periodically ponder while you're outside. Or you can go prompt-less and stay open to any natural metaphor that spontaneously draws you.
- Use your journal for collecting, sketching, or writing about the metaphor while you're out and/or when you return.
- Ponder potential connections between yourself, what you find outside, the meanings behind what you discover, and beyond. Consider how the metaphor settles with you. Why it drew you and/or what you think it may mean—both literally and metaphorically. Wonder about the purpose of a squirrel's chittering, how rock layers form, why mist



gathers just before sunrise, what it all reminds you of—even if you don't have all the answers.

- Paste or write a prompt on the prompt template page. You can even download the template and a chosen prompt onto your phone, or bring a metaphorestry card along with you.

Other metaphorestry practices include (links provided when available):

- Conversational metaphorestry
- Metaphorestry rituals
- Metaphorestry meditation
- Creative metaphorestry

Some examples of natural metaphor (in development for the final product)

What matters in metaphorestry is breaking into metaphorical thinking—seeing one thing in terms of another. In particular, understanding something in the natural world in terms of something in you.

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METAPHORESTRY ENTRY

DATE/TIME

PLACE

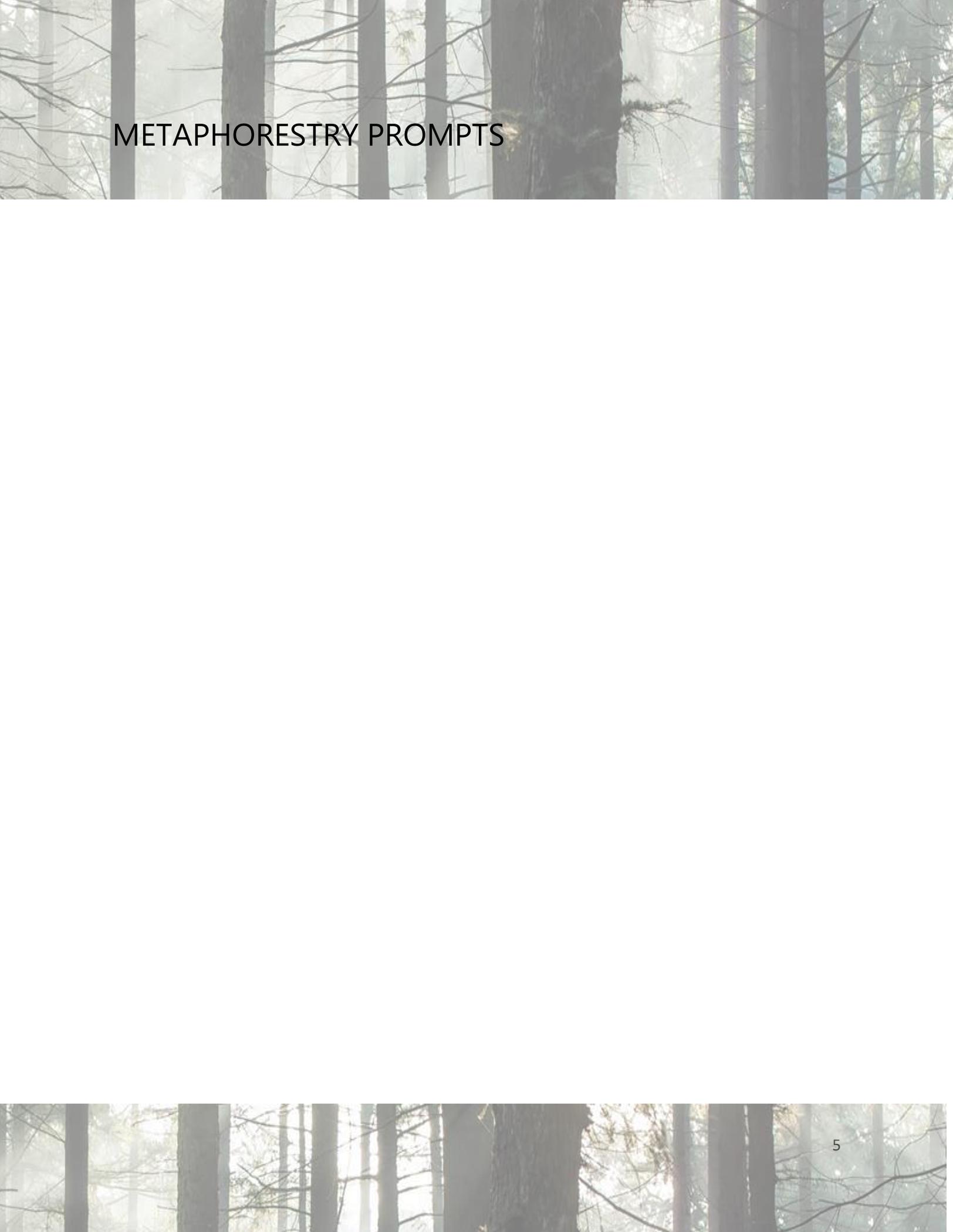
WEATHER

CHOOSE ONE METAPHORESTRY PROMPT

See pages__ for tips on filling in each blank above and below.

Spontaneous metaphor(s). Without a prompt, simply stay open to one or more metaphors while you're outdoors. Choose one to journal about here.

Prompted metaphor(s). Carry a metaphor with you from the prompts on the pages that follow.



METAPHORESTRY PROMPTS



TIPS FOR FILLING IN THE BLANKS ON YOUR
METAPHORESTRY ENTRY PAGE