

INSPIRATION FROM NATURE

A resource for writing
vows for your handfasting
or nature inspired ceremony

River Jones & Désiree Overeem

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Welcome to our online programme
INSPIRATION FROM NATURE



Let the magic of nature delight you!

Love River & Désiree

An English and Dutch collaboration

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Earth, the quarters and the elements

This e-book is designed to support and inspire you...

Do you feel a deep connection with nature and are you looking for inspiration to help you write your own unique vows?

Are you wondering how to find the right words?

This beautiful outdoor process will help you open up to love, connection & creativity...

Let nature amaze you and bring out the words that come straight from your heart, truly expressing your deepest feelings...

Although this exercise can be done alone, we recommend doing it together with your partner...

Into nature...

Choose a moment when you can really take your time with this exercise, and go outside to a beautiful place in nature – somewhere special to you like a beach, a meadow, a woodland, or your own garden... perhaps wherever your ceremony will take place...

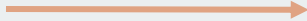
Sit back and relax, with the intent of connecting with all the life around you...

TIP! bring a blanket, pen and paper and a compass if you need one...



Trust in your intentions, and know that there is no right or wrong way to write your vows!

During the exercise, take your time to reflect on the questions and note the words that come to mind...

You can use your pen and paper or the spaces on the right for this... 

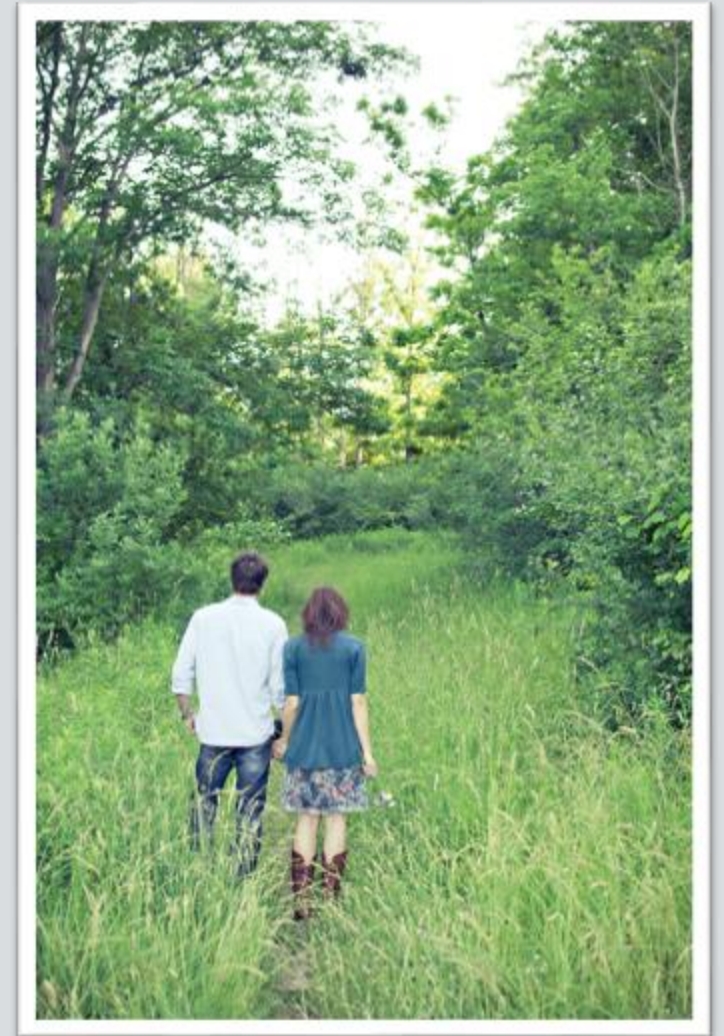
Now you are ready to start!

Notes:

- Take a moment of silence and gently allow your breath to deepen...
Feel the earth beneath you and your connection to the Earth...
Feel the sky above you and your connection to the Universe...
- Greet the Place and the Moment in any way that feels comfortable and right for you...
- Express your gratitude for your life and your blessings...



- Affirm your intention to write your vows for one another...
- Open yourself up to all inspiration, guidance and blessings that you may receive...
- If it feels right, you can meditate for a while...
- Trust the inspiration of the moment, and the words that may come...



Let your love for one another flow through you!



EAST
*
AIR

- Turn to the East...
- Notice your breathing and be aware of how it connects you to all life...
- Feel the movement of the wind, the fresh air touching your face...
- Hear and see of the wind moving through the trees, the birds in the sky, the sounds of nature around you...
- This is the direction of sunrise, of spring... of new beginnings, refreshment... of communication... of vision and inspiration...

- What qualities of the East and Air do you connect with?
- Speak in your mind or out loud every word that comes to mind...
- Then take your pen and write "I promise..." and write down any words that come to mind...
- Offer your thanks to the East...

Notes:



SOUTH

*

FIRE

- Turn to the South...
- Make the connection from your heart to the sun by placing your hand on your heart...
- Think of the warmth and light the sun gives you, the warmth of fire and your own body warmth...
- This is the direction of the sun travelling across the Northern Hemisphere sky... of noon, of summer... of spontaneity and growth... of courage and passion... of creativity and play...

- What qualities of the South and Fire do you connect with?
- Speak in your mind or out loud every word that comes to mind...
- Then take your pen and write "I promise..." and write down any words that come to mind...
- Offer your thanks to the South...

Notes:



WEST
*
WATER

- Turn to the West...
- Reflect on how much of your body is made up of water, your life that started in the waters of the womb...
- Think of water in all its forms... clouds, rain, waterfalls, rivers, lakes, the sea, water deep beneath the ground... blood, sweat, tears...
- This is the direction of the sunset... of the autumn... of emotions and the moon... of compassion and receptivity... of imagination and dreams...

- What qualities of the **West** and **Water** do you connect with?
- Speak in your mind or out loud every word that comes to mind...
- Then take your pen and write "I promise..." and write down any words that come to mind...
- Offer your thanks to the West...

Notes:



NORTH
*
EARTH

- Turn to the North...
- Notice how you are standing or sitting on the ground...
- Feel the weight of your body, the firmness of the earth, the gravity that keeps you on the ground...
- Be aware of the trees sending their roots deep into the earth, the fungal networks underground, the root systems supporting every growing plant around you...
- This is the direction of deep night, winter, the North Star... of stability and security... of every day practicalities... of down-to-earth support... of maturity and wisdom...

- What qualities of the North and Earth do you connect with?
- Speak in your mind or out loud every word that comes to mind...
- Then take your pen and write "I promise..." and write down any words that come to mind...
- Offer your thanks to the North...

Notes:



CENTRE

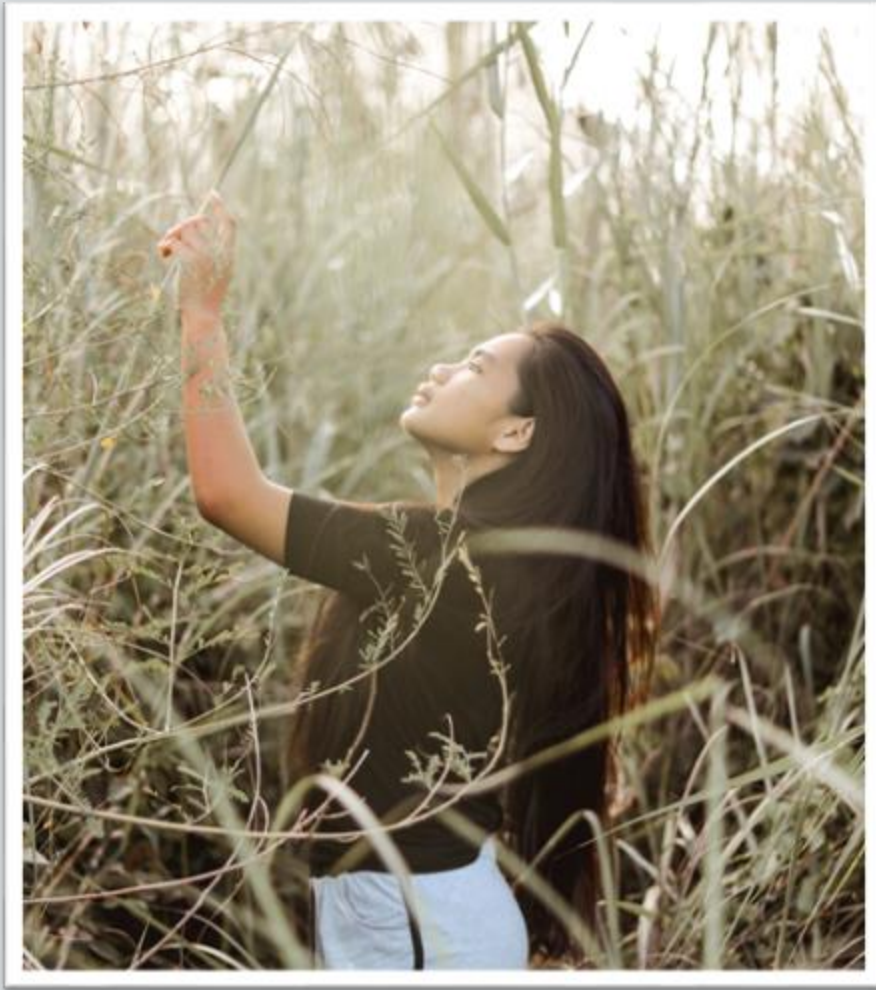
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SPIRIT

- Turn your attention to the centre, the centre of your circle, the centre of you...
- Place your hand on your stomach and take a few deep breaths...
- Be aware of the air above you, the earth beneath you, the waters flowing through and surrounding the lands...
- Breathe from your heart, sensing your connection to Spirit, Goddess, God or the Universe... or whatever the centre means to you... take a moment to sense this...
- This is the place of the source... of the rainbow... of universal and unconditional love... of omnipresence, unity and connection...

- What does the Centre and Spirit mean to you?
- Speak in your mind or out loud every word that comes to mind...
- Then take your pen and write "I promise..." and write down any words that come to mind...
- Offer your thanks to the Centre...

Notes:



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- In whatever ways feel right for you, offer your thanks to the Earth, the Time and the Place for all the inspiration, guidance and blessings they have given you...
- If you've done this exercise with your partner, you can decide whether to share your words with one another now, or keep them as a surprise for your ceremony...
- The promises you have written may feel right just as they are, or you may like to edit and shape into a final version of your vows...
- Take your time, and see what further inspiration comes to you in the coming days - the depth of your experience may continue to resonate for a while...

Would you like more support with writing and shaping your vows, and the rest of your ceremony?

At celebrantforyourceremony.com (English) and desireeovereem.nl (Dutch) you can find out more about us and what we can offer you...

Have fun, good luck with writing your vows, and we wish you a wonderful ceremony!

Love River & Désiree

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Notes: