

The background is a watercolor painting. It features large, organic, and somewhat abstract shapes in various shades of green, ranging from light mint to deep forest green. There are also patches of light blue and a small, bright orange shape near the top center. The overall effect is soft and artistic, with visible brushstrokes and color blending.

Seasons of Change

A practice journal to
awaken your creativity and
your consciousness

Anand Kirtan &
Anna Michalska



Seasons of Change

A practical and spiritual journal to awaken creativity.

The emphasis of the world we live in, is that we need to focus more on our inner space. From the outer world we need shelter, food, contact, love, friendship, productivity, but this is no good without the evolution of an inner environment.

A nudge to ask the question, who am I and what am I doing here?

Somewhere to confront our longing to belong and to give space to our creative expression.

There is a poet inside of us all and poetry is the language of the heart. This practice journal, based on the seasons and cycles of nature, gives you suggestion, exercises and reminders to access your inner creativity and to listen deeply to the Truth. It has been created for you to dip in and out, write on the pages, listen to the music connected to it via a QR code and to connect directly to your inner self using these prompts. There are also YouTube guides to mantra pronunciation and use via a QR code. This booklet is funded by the UK Arts Council as part of Rewilding Voices, a project from Leicestershire based Musician and Yogi, Anand Kirtan.

With love

WINTER

Go quiet and within.

Stay cosy and warm, slow down. Create an altar or sacred space in your home. Rest more, protect the kidneys. Talk less, take conscious breaths.

Feelings about Winter

This image shows a full page of white paper with horizontal blue ruling lines. The lines are evenly spaced and run across the width of the page, leaving small margins at the top and bottom. There are no vertical margin lines or other markings on the paper.

Voice

Put your left hand on your heart.

Breath in deeply through the nose.

Breath out on any note making an 'ahhhhh' sound with the voice.

You can try this with other vowel sounds too. Do at least 10 repetitions with your eyes closed.

How does it feel?



Music

Listen to this heart opening music and record your reflection overleaf. Scan the QR code to listen

Better Days – Anand Kirtan

*Better Days Are coming
I can feel it in my bones.
The daylight hours are closing in
And its time to be at home.
Close your eyes and think about
Somewhere that's safe and warm
Don't you know the sun comes out,
After the rain and the storm.
Better days are on their way
The old ways are burning down
Strong clean winds of change, of change
Are blowing through this old town.
Better days are on their way
Time for a new start
Close your eyes and feel your way
With your hands, your wisdom and with your heart.*



Reflection

Which seeds will you plant this winter?

What's burning down in your life and what would you like to do differently?

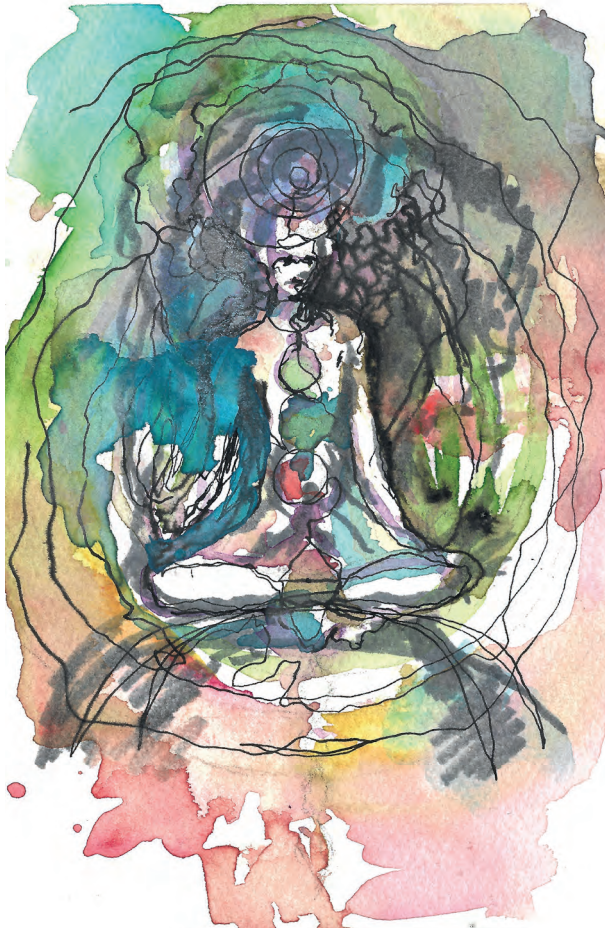
Write 5 changes you wish to make as winter turns to Spring



Somatic

Sit quietly and close your eyes.

Mentally scan down your body, bringing awareness to the different parts. Release tension, breath into your body parts, don't rush. Spend a good 10 minutes scanning your body and feeling your way up or down. Send particular love to parts you might not love, or that you feel uncomfortable with.



Art

Connecting to winter essence. Find 10 minutes to yourself (find some paper, a soft pencil and a rubber).

Shade the whole paper with your pencil work as light or heavy as you like.

Close your eyes, breathe and imagine winter sensations.

How does it feel to you? Is it crisp and quiet? Soft and heavy?

Use your rubber to sketch visible breath. Let the lines expand and swirl as whispers of the icy wind.

Pause for thought

Consider and write down here, all the ways in which you are resilient.

Meditate

Light a candle.

Place your left hand on your heart. Your left hand is for you and your right hand is for the world.

Ask permission of your heart to ask a question.
Ask it out loud.

Listen deeply to see what answers come. Remember that the Mind is fast and can get in the way. Keep practicing this art of deep listening and you will start to distinguish the voice of the heart from the chatter of the mind.



Mantra

Chant the word Waheguru (for pronunciation or guidance, scan the QR code).

Chanting is an act of faith and gives melody to the soul.

Wah – he – guru

(wow, the ecstasy of this journey, from the dark to the light)

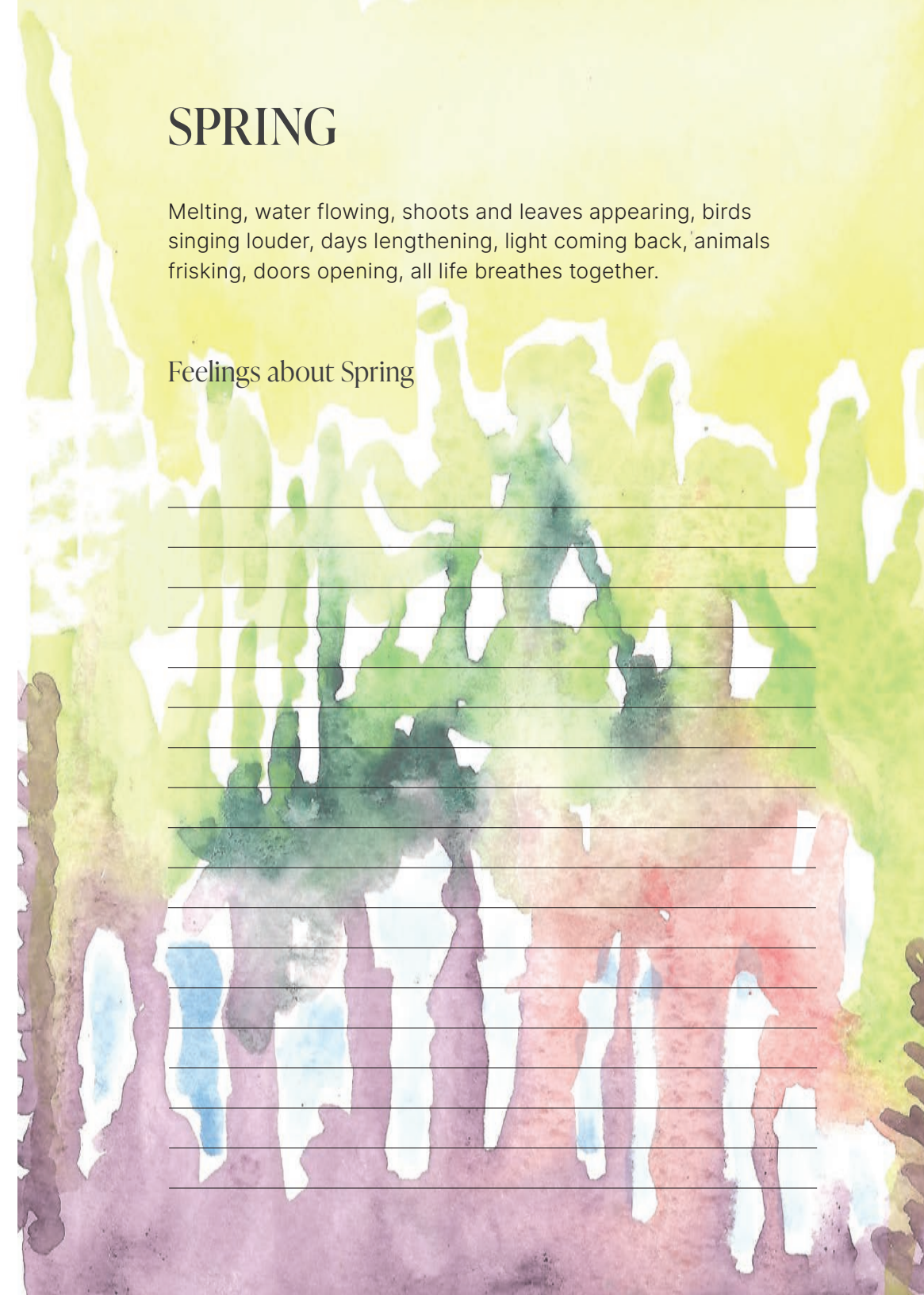
As you chant the 'Wah' feel awe and wonder at the inspiration of being a human being on this journey to recognise spirit, community, connection to everything.



SPRING

Melting, water flowing, shoots and leaves appearing, birds singing louder, days lengthening, light coming back, animals frisking, doors opening, all life breathes together.

Feelings about Spring



A series of horizontal lines for writing, overlaid on a watercolor background. The background features soft washes of yellow, green, and purple, with some darker, more saturated areas. The lines are evenly spaced and extend across the width of the page.

Voice

Turn your face towards a window or step outside. Using vowel sounds, and consonants if you wish to, sing a made-up song, no choreography, no thinking. Sing to the birds, or the trees, or the opening flowers in your garden. Transmit your feelings as you look at nature and sing to it. Let go of sounding a certain way and feel a freedom about exploring your voice.

Write how you felt



Music

Scan QR code to listen.

Travel Light – Anand Kirtan

*Tread lightly on this earth, my love.
For we are living on borrowed time
When the hour comes to go
Rest your head on your pillow and sing
Waheguru Waheguru
Travel light
Live light
Spread the light, be the light, be the light.*



Reflection

How are you using your daily energy?

How accountable are you for your time?

How present are you in any given day?

How many of your breaths are conscious?

This image shows a single sheet of white paper with horizontal blue or grey ruling lines, typical of notebook paper. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

Somatic

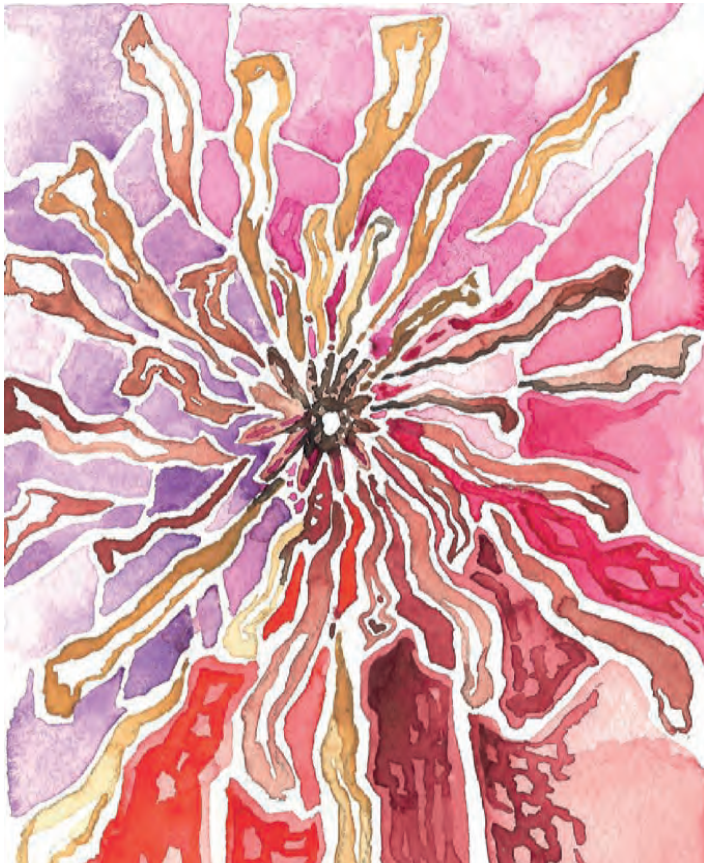
Put on some music with a strong rhythmic beat.

Shake all of your body to it, close your eyes and shake, every part of you.

Shake out your stress, fear, anxiety, disappointment, guilt and shame. Reset your nervous system.

For at least 2-3 minutes. Stand still. Breathe.

Drink some water.



Art

Connecting to Spring essence. Find 10 minutes to yourself (find some paper and some pastel colours or chalks).

Close your eyes breathe and imagine a beautiful blossom tree as if you were lying underneath it.

Using colours let your fingers create abstract bursts of gentle cherry blossom blooms falling on the wind. Add soft greens or yellow accents for fresh growth.



Pause for thought

Check in with your boundaries and journal here

Meditate

Tune in to the Moon and her cycles.

Map out in your diary when the new and full moons are.

Consider some rituals which can be done at new and full moon like gratitude lists and gathering in community, dancing and sowing new seeds (new moon).

Imagine the cycles in your own life. Tune in to your menstrual cycle if you have one. If not, check in with your emotions. Watch them come and go, like the weather. Know that everything changes, ends and begins again.



Mantra

Ong Sohung – I am that.

(scan QR code to hear this being practiced)

Long Ongggg and feel it in the nasal passage when you chant.

This is a connecting mantra. I long so I belong. It is useful to centre you when you feel unsettled, wrongfooted or sad.



SUMMER

Warmth blooms, early mornings, sunrise and sunset, golden hour. Increasing sociability. Outside time in nature. Long walks. Joyfulness. Celebratory, communities gathering. Rainbows of fruit and vegetables. Eating outside.

Feelings about summer

Voice

Creature Language

Talk to yourself, the mirror or a partner using a made-up language, like animals or creatures talking to each other. Use vowel sounds and consonants. Give your conversations perspective, as in, you can imagine what you're saying and use inflections in your voice to suggest your emotional or questioning state whilst speaking this nonsense language. You might sound like you're in the 'bar scene' in Star Wars! Notice if you're self-conscious.

How does it feel to have your mouth shaping all these new sounds and words. Can you expand your conversation using unfamiliar sounds, mouth clicks, gasps, breaths, or other guttural sounds?



Music

Scan QR code to listen.

Irish Blessing – Anand Kirtan

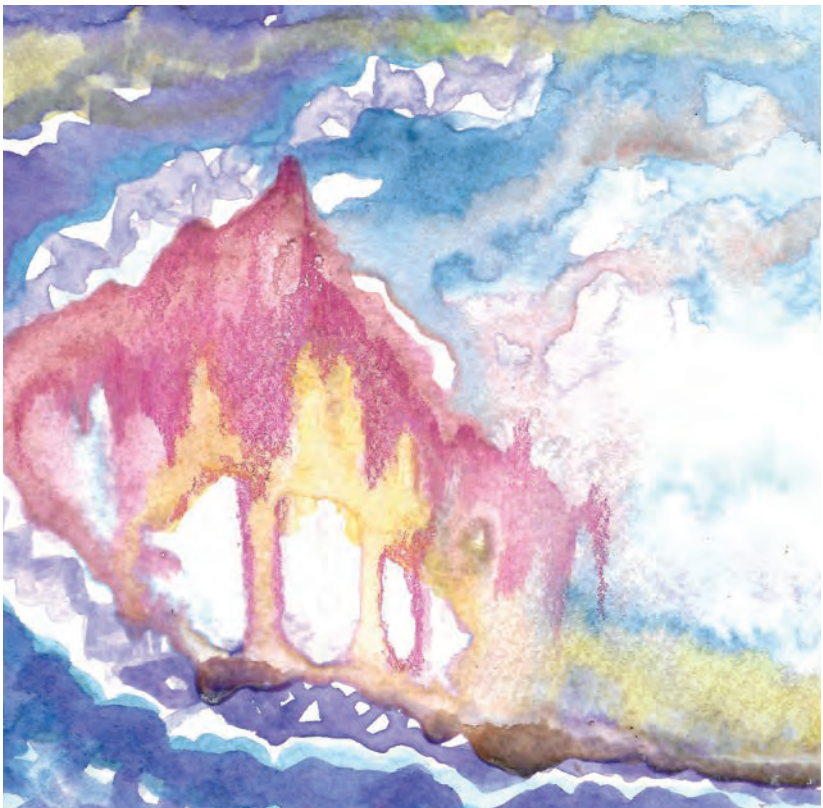
*May the sun shine warm on your face
And the Moon, light up your way, at night, at night
May the trees shake their blossom at your feet
And the rain, wash away the tears and pain
And when we meet again
Our hearts will be old friends*



Reflection

Can you look at your partner (or child, or parent)
As if the Sun shines out of their face.
That they are golden and God/ess like
That their flaws are irrelevant.
That they are perfect (perfectly imperfect) just as they are.
As if they are a sovereign being.

What is the difference between conditional and unconditional
love and looking at your relationships, what is the quality of the
love in them?



Somatic

Art

Connecting to Summer essence. Find 10 minutes to yourself (find some paper and some paint colours - any type of paint will do).

Zoom in on a summer texture. Think of a butterfly's wing, a close up of tree bark or the veins of a leaf.

Paint it in a semi abstract way, playing with surface, rhythm and repetition.



Pause for thought

How much of your life is dictated and directed by how well others receive you. Explore this in writing.

Meditate

Cool down for summer or when you feel agitated and angry. Purse your lips and drink in air through your mouth, like you're using a straw. Out through the nose.

Find a quiet place to sit and focus on this breath.



Mantra

Har – Infinity

Stimulates the solar plexus and the laughing centres at the navel point.

Har represents the creative aspect of Infinity. When you chant it, bringing the tongue to the roof of the mouth for the R of the Har - make sure that your navel point, 2cm below your belly button is engaged and pulled in on the chant.

This can connect you to your inner strength and make you feel dynamic and empowered.



AUTUMN

Letting go, subsiding, changing colours, stiff winds, grief, lungs, truthfulness, stripping back, laying bare, authentic. Cosy. Eat orange foods.

Feelings about autumn

Voice

Find a part of your body in grief or pain. Put your left hand on it with love and sing to it. Pour out all of your feeling. Sing the song of your pain or your grief. Loud or quiet. Staccato or flowing, consonants or vowels, singing or humming.



Music

Scan QR code to listen.

Running Wild – Anand Kirtan

*This kingdom is yours my dear
The sea and skies and shores my dear
I offer it to you
Do what you have to do
And I really hope you know
The love we shared will never go
So claim eternal wonder as your birthright
And your eyes
As innocent as a child
In your heart a thousand saints and warriors
Are running wild.*



Reflection

Somatic

Put on gentle and graceful music. Try Anand Kirtan Amazing Grace song available on Spotify. Scan QR code to find this on Spotify.

Find your body to be like seaweed on an ocean floor. Sway with the music without choreography, moving the body and arms up and down and all around.

Breathe in your own beauty and grace as you dance.



Art

Connecting to Autumn essence.

Find 10 minutes to yourself. Create an organic collage.

Take yourself out into nature and forage on ground level for natural materials like leaves, twig, stones and berries.

Arrange them to create a natural mandala collage. Think of working your yellow leaves into the orange leaves into the reds and browns. Make as many displays as you wish and photograph them if you like.

Pause for thought

When do you feel most free?



Meditate

When you meditate on death, you love and cherish life more. We can learn many lessons from imagining and anticipating losing the people we love. So long as it leads us to live more presently and gratefully in the moment of Now.

Picture someone you love, who has died, being present to you in the wind, the raindrops and clouds and the birds singing. Feel their presence and have a conversation with them – ideally in nature to connect you more.



Mantra

Sat naam

(Truth is my name)

Breathe in Sat and breathe out Naam. And know yourself as truth.

Chant Sa Ta Na Ma (infinite, life, death, rebirth)

Whisper it and sing it.

Sa (air and breath)

Ta (fire of life)

Na (water)

Ma (earth)

HARVEST

This is the season that runs invisibly through all the others.
It is the fruit and the abundance of everything that you've grown
throughout the other seasons.

Gratitude, nourishment, transformation, the bridge, blossoming,
communication, throat chakra, being ready.

Feelings about Harvest



Voice

Sit opposite or online via zoom or facetime with a partner.

Take 7-10 minutes each to sing a 'witnessed solo' made up of any sounds, tunes, singing with or without words, you can dance and move through it if you want. The other person will watch in silence. After 10 timed minutes you swap. You might wish to share something of the experience together in between each go. 10 minutes feels like a really long time when you're singing in an improvised way, and you might feel shy or self conscious. It's OK to make any sounds and to cut the witnessed solo short after 7 minutes if you feel like you're done. But in my experience, cutting it off too short means that you don't get through the initial defences of embarrassment or deflected humour, of irritation or even boredom. Or the feeling that you're taking up too much space or time. You are not being judged but witnessed. This is not a performance, it's an expression of where you are. If you want to sing with words, you can, but they must come from a non-choreographed place. This works perfectly online too, so you can do it with people in different locations. I have found this to be very cathartic in removing stuck emotions from the body.

Witnessed solos as an artform was developed by
Emma Coleman & Teresa Verney

Music

Scan QR code to listen.

Underneath Life's low hum – Anand Kirtan

*Underneath Life's low hum
And the beat of the drum
Is the sweetness of love
And the pain of love gone
Deeper still, I touch peace, calm and silence
And then
I find it
To lose it
Then I find it again.*



Reflection

If you can't handle the conflict
Then you can't tolerate the peace
Look inside you to see where your conflict is located and on
what themes.

Write here about it



Somatic

Go and spend time in nature, it could be a garden, a park, a wood, by the ocean or anywhere where your predominant view is of nature and not of buildings and people.

Use all of your senses.

Feel around you, smell it, taste and breathe in the season. And listen. See the beauty around you. Be in silence and walk in silence.

Be present in the moment and alert. Natural order will be restored and your energy levels will reset.



Art

Connecting to Harvest essence of gratitude & appreciation.

Find 10 minutes to yourself. Using pencils, paper and any coloured materials you like.

Close your eyes, breathe and imagine the glow of the harvest moon. What is her message and what wisdom does she bring you.

Harvest moon glow. Use a circle to draw around like a plate or a cup and place it in the centre. Create an inky sky with a glowing yellow and orange moon. In any way you like. You may like to write words of wisdom into the face of your moon.

Pause for thought

You might be wondering what to choose. Should I stay in my job or leave? Should I stay in my relationship / home / friendship or move on?

Actually, there's only 1 thing to choose.

I choose me.

I choose myself.

And I choose faith in myself.

To make the right choice at the right time.

What do you choose for you?



Meditate

I have already been given everything!

Hold your hands out in front of you at heart centre level, cupped as if holding water. Close your eyes. Imagine exactly what you need right now, falling into your hands. Picture it visually and feel the emotion it brings.

Mantra

Scan QR code for pronunciation.

Vibrate the cosmos and the cosmos clears the path.

This is a powerful mantra to chant for protection and balancing the Universal energy field.

Aad Guray Nameh (I bow to the primal wisdom)

Jugaad Guray Nameh (I bow to wisdom through the ages)

Sat Guray Nameh (I bow to the true wisdom)

Siri Guru Devay Nameh (I bow to the great unseen wisdom)

Chant this every time you feel worry, fear, panic, or to keep you and your family safe from harm and accident.



Falling Back Within

A poem about the seasons and cycles of life.

By Shiv Charan Singh

*In the summer of our life there is a lot of foliage
Giving the impression that our personal domain is vast
It is a time when we show the world all that we have
A fanfare of expression
The foliage of fame.*

*Our achievements and acquisitions
Filling out a space we claim personal credit for
When the most glorious display of all
Comes with its colours of red, orange and yellow.
Such fascinating beauty
Yet it is a sign of the inner vitality drying up
A sign of the approaching reduction and withdrawal*

*In the season of the Fall
When the decorations of our life fall away
When all we have accomplished
Is being surpassed by the new generation
Our record breaking has been broken
Our knowing has been appropriated
Our technologies are outdated
Our story is not the new story
And it seldom gets written into History.*

*All that we have accomplished
All that we have possessed
All that we have given our name to
And all that we assumed gave us value
Shall be revealed in its emptiness.
What really remains of you now?
What became of the inner essence of self
The ultimate true treasure
Forgotten in the wild frenzy
Of trying to be someone in the World.*

*We came in search for our unknown
Saw the World and presented back a costume
The hidden realm within
Put aside for cheap applause.*

*Till comes the season of the Fall.
What was a strong vibrant green
Burst into a bright array of flame colours
Now withers, dry, crisp and fragile.*

*A light breeze is enough to strip off the mask
Though a storm is yet to come
And test the inner being*

*The stamina of your spirit
Must cross the falling season
May you accumulate peace
Now, while you can.*

Journal

Journal

Journal

Afterword

I am not a victim of my childhood. Nor am I a victim of these challenging times. I am a survivor, and I will thrive.

With Nature as my support and companion.

Creativity of voice, art and movement as expression.

Mantra as a higher reference

Community for connection

Meditation as a tool for peace.

Music as an inspiration

And with love, compassion and forgiveness as my guiding principles.

Sat naam

Anand Kirtan

With thanks to Arts Council England for funding this Rewilding Voices project, which is here to bring singing, wellbeing and consciousness together in communities.

Thanks to Anna Michalska for her artistic vision.

And to Shiv Charan Singh for wisdom and leadership.

Bios & Contact Details

Anand Kirtan is a yogi, teacher, musician, voice healer and community worker who brings people together for healing and connection. She sings mantras and kirtan music all over the world. She loves music in all its forms and welcomes all voices as sacred. You can work with her locally in the East Midlands, come to a workshop, 1-2-1 voice therapy or join her online kundalini yoga classes.

You can find Anand here: www.rewildingvoices.com

Or here: www.anandkirtanmusic.com

Message her at: info@anandkirtanmusic.com



Anna Michalska is a Leicestershire based artist.

Her art work explores colours and movement, creating deeply expressive pieces of artwork that connect spirit, colour, emotion and energy. She believes in the transformative & healing power of creativity and is passionate about teaching this gift in her community. She runs children's art workshops, adult courses, and art wellbeing sessions to help individuals explore their full creative potential. She also organizes retreats both in the UK and abroad and workshops for healing and connection.

You can find Anna here: www.michalska.co.uk

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**PLAY
CREATE
MOVE
VOICE
BREATHE
DRAW
INSPIRE
DANCE
SING
JOURNAL
SHARE
SELF-CARE
CONNECT
HEAL
LOVE**



LOTTERY FUNDED

Supported using public funding by

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