

The Eucalyptus Door Journal

A Companion Reflection for The Eucalyptus Door

By Davilyn Atwood



How to Use This Journal

The eucalyptus grove in *The Eucalyptus Door* is a place of quiet listening, healing, and return. These pages are designed to help you create your own grove, wherever you are.

You can:

- Print these pages
- Use them in a notebook
- Reflect slowly over time
- Return to them as the seasons change

There is no right way.

Only the quiet invitation to listen.

Walking Into the Grove

Imagine yourself stepping into the eucalyptus grove. The air is cool. The leaves whisper overhead. The ground feels steady beneath your feet.

Reflection

What does your own grove feel like?

What do you notice first?

What does the grove offer you right now?

What I Am Returning To

Isla returns to something she once left behind. Sometimes we are called back to parts of ourselves we thought we had lost.

What are you returning to in your life?

Is there something you once loved that is calling you again?

What would it feel like to step gently toward it?

What Has Burned Away

Fire is part of the story in *The Eucalyptus Door*. But fire is also part of life. Sometimes things must burn away to make room for new growth.

What has burned away in your life recently?

What did that loss teach you?

What new growth might be quietly beginning?

What I Am Learning to Protect

The grove becomes something worth protecting. Sometimes we discover that what matters most needs our care.

What in your life feels worth protecting?

Is there something fragile that needs your attention?

What would caring for it look like?

The Quiet Work

Much of the healing in *The Eucalyptus Door* happens quietly, tending, listening, building slowly.

What quiet work are you doing right now?

What small step could you take this week?

What does slow growth look like for you?

Listening to the Land

The land in *The Eucalyptus Door* speaks in subtle ways.

What places make you feel calm?

Where do you feel most grounded?

What does nature teach you when you listen?

The Door

The eucalyptus grove becomes a doorway, not just to a place, but to a new beginning.

What door is opening in your life?

What feels uncertain but hopeful?

What would happen if you stepped through gently?

Final Reflection

Sitting in the Grove

Close your eyes for a moment.

Imagine the eucalyptus leaves overhead.

The quiet breeze.

The steady ground beneath you.

You are here.

You are listening.

You are beginning again.

Write one sentence to carry forward:

From The Eucalyptus Grove

Sometimes healing does not arrive all at once.

Sometimes it grows quietly, like silver leaves in morning light.

And sometimes, all we need to do...

is step through the door.