

# Journaling from the Heart

## 7-Day Spiritual Journaling

### Spiritual Toolkit:

- Purchase a Sacred Journal used only for this purpose, make it special!
- Purchase a variety of writing tools such as colored pencils & pens, crayons, stickers, et cetera.
- Create a special place on your altar to keep your journal with your special crystal.
- Make a commitment and set the Intention that you value this time with Spirit. Dedicate the same time every day and at least 10 minutes.
- As you write down the journal prompts, draw, doodle, create!



### Things to Keep in Mind:

- It is so important to be as present and in the moment as possible!
- This is a solo journey, do not share this journey, it is yours alone
- Be inspired, bring forth your creative side, there is no wrong way, and let Spirit be your guide.
- Follow Spirit Academy's Spiritual Tenets that assist with your connection to Spirit - so you can Fast Forward Your Spiritual Growth!
- Set your Intention for where you want to go, narrow it down to 1 specific sentence.

## Write Your Intention Here



"Setting an "Intention" is drawing a roadmap to where you want to go." ~ Rainey Wisdom

# Day 1 - Go Deep Inner Work

## Day One - Journaling Prompts:

- How are you connecting with your Inner Voice today?
- Reflect on how you are feeling, in this moment!
- What Spiritual quality do you need in your life, just for today?
- Are you able to receive it into your entire being? If not, why?
- How will you start your day? How will you end your day?
- What was it like and how did you feel?
- What changes would you like to make?
- Draw this Reiki symbol in your journal and on a piece of paper that you will decorate every day and lay it in front of you as you journal.

Cho Ku Rei



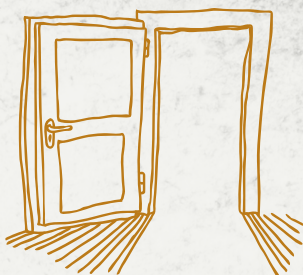
**Exercise:** The Cho Ku Rei is a symbol of power and can be used like a light switch and assists in hyper focus! Use this symbol daily over your Solar Plexus.

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# Day 2 - Sacred Inspired Action

## Day Two - Journaling Prompts:

- Clean and rearrange your sacred space to accommodate a new writing area where your Journal is front and center.
- What does "Sacred" mean to you?
- Create your own personal ritual whereby you open your Heart Space in your Sacred Space that you can do daily.
- Reflect back on yesterday and find an 'action' where you were open and receptive.
- How did that make you feel?
- Was there a time that you allowed yourself to fall into the energy of negativity? If so, what was it?
- What was that experience like for you?
- How can you replace that experience with a positive energetic action?



**Exercise:** Create a gratitude ritual that you can use every morning before you get out of bed to raise your vibration. For example: Every time you step out of the threshold of your front door to where you live, count your blessings, breathe that energy into your Heart Space, as you breathe out, expand the energy of gratitude beyond your physical form and set the intention that it will last all day.

# Day 3 - Experience Sacredness

## Day Three - Journaling Prompts:

- How does it make you feel when you sit in the presence of Spirit in your Sacred Space?
- How can you create this feeling throughout your normal day?
- What is Sacred to you? How can you deepen that feeling?
- Did you make any Sacred connections today?
- What does your Heart Space feel like when you 'open' up to the Sacred in your life?



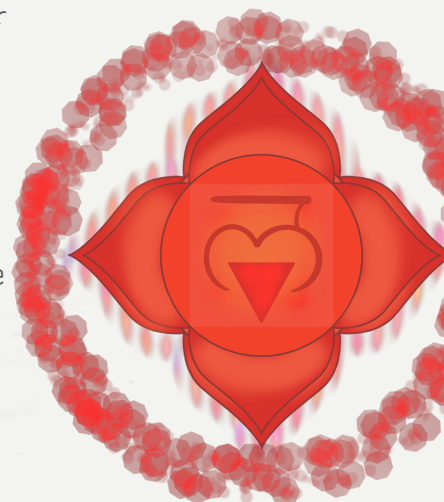
**Exercise:** Write down in your Journal the ways that you are inviting the energy of "Sacred" into your life. Draw, cut out pictures, put stickers or any other kind of expression of things that make you feel Sacred: just like a vision board.

# Day 4 - Connecting with Nature

## Day Four - Journaling Prompts:

- Take a walk out in nature and find something that you can bring back and add to your Sacred Space.
- As you are walking, take moments to feel the sun on your physical form. Stop and smell the air, breathe it in and visualize the life-force energy running throughout your body. Touch the dirt and connect with Mother Earth through your Hand Chakras. Now listen to the sounds, what do you hear? Use all of your senses to connect.
- What do you experience when you connect with Nature? Fill up the page!
- When you are back in your Sacred Space, close your eyes and go to a place in nature that feels just as Sacred; why do you think it feels that way?
- Write in your Journal how where you felt resistance from the exercise below.

**Exercise:** Tap into your hand chakras, located in the palms of your hands. Go out to your Sacred Space in Nature, sit comfortably on the ground facing East, bring your travel Sacred Space Toolkit with you. Clear the space and follow along with Spirit Academy's 10 Tenets as you perform this Sacred Ritual. When you are ready, place both palms on the ground. Take a few gentle deep breaths in and as you breathe out, let go of what you can that is no longer serving you. Bring your awareness to your Root Chakra and channel the energy from Mother Earth, up through your Root and at the same time, visualize Earth's energy coming up into your Hand Chakras. Channel that energy into your Heart Space, filling it up with HEALING energy. Note if you feel any resistance. If you do, ask the Mother to help restore that area to its fullest vibrational frequency.



# Day 5 - Experience Self-Love

## Day Five - Journaling Prompts:

- After you perform this exercise, journal the following thoughts and draw hearts all over this part of your Journal.
- In what ways will you open your Sacred Being up to more "Self-Love"?
- Pay attention during your day and see if you have thoughts that are not aligned with the Energy of Love, write that down?
- How can you integrate more Love into your life?
- In times of sadness, what can I do to instill more Love in all that I do?

## Exercise:

1. On Day Four, grab yourself a bar of soap. I love Old English Lavender from the Dollar Store!
2. Where you get ready every day, stand in front of that mirror and draw a big heart on the mirror. Keep going over it until you can really see the heart!
3. On Day Five, stand in front of the mirror and look at yourself in the heart. Focus your attention on your own Heart and fill this space up with thoughts of those that you love, places you love, things that you love, and send the energy of Love into your Heart Space.
4. Now look at yourself as a whole person in the mirror. Find 1 thing you LOVE about yourself, truly dig deep and as you think this loving thought, feel it in your Heart Space.
5. Leave the Heart on the mirror and do this exercise every day for the next 11 days as 11 is a Master Manifestor Number!



• SELF •  
• LOVE •  
is your  
SUPER  
power.

## 11-Day Self-Love Challenge

1) Using a bar of Soap, draw a heart on the mirror.

2) Find one thing you're Grateful for.

3) Find one thing you Love about yourself everyday.

[www.RaineyDay.com](http://www.RaineyDay.com)

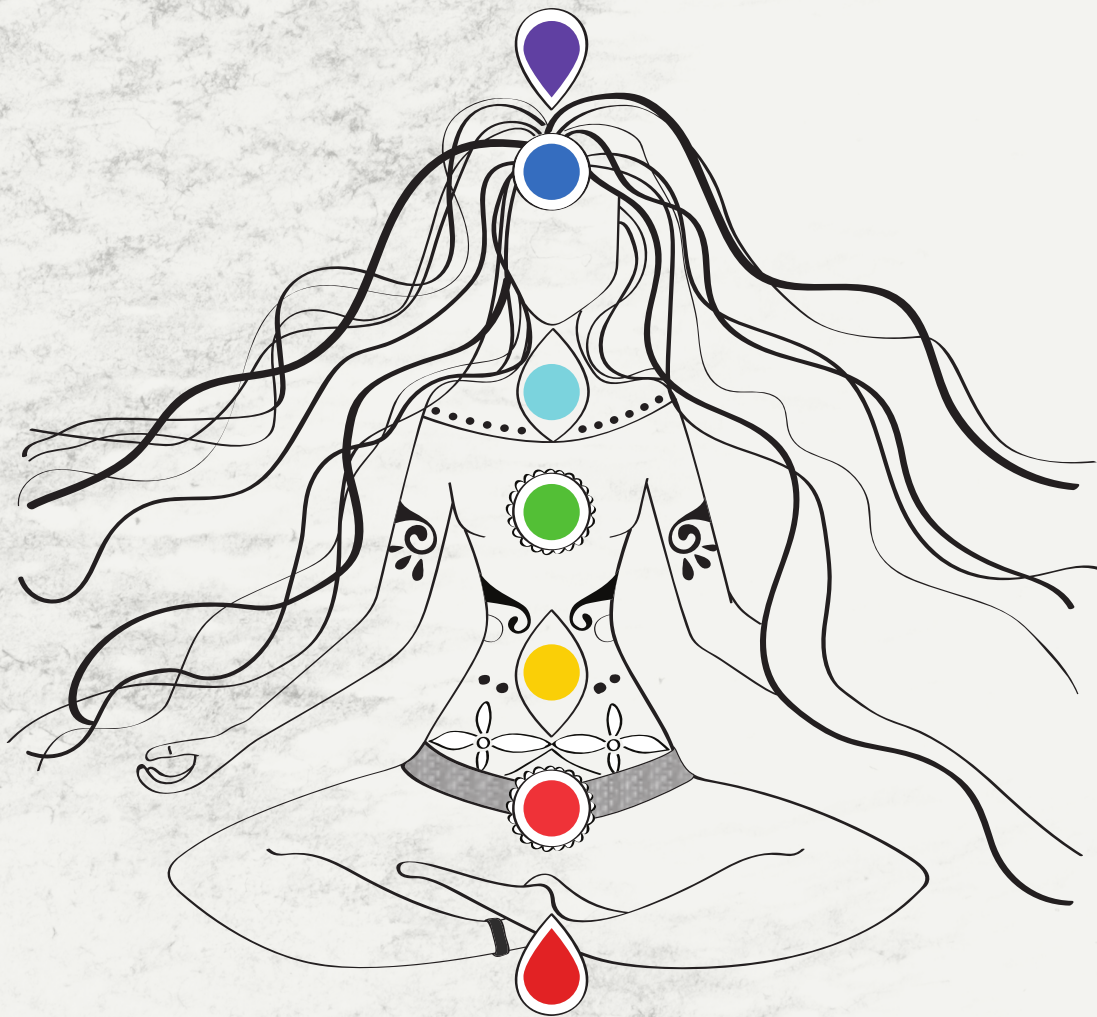


# Day 6 - Sacred Pause

## Day Six - Journaling Prompts:

- Take time out today to just stop, pause, halt, rest, and take NO action for at least 1 hour! You can do it! I know, but you have to make choice to just rest, for this is where the magic happens.
- After your meditation, reflect on the following Journal prompts.
- In what ways can you integrate time in your day to just stop and sit with Spirit?
- As you rest in this Sacred Space, focus on every chakra and journal what you are feeling. Make sure you spend the time on each Chakra and get to know each Chakra's unique energy.

**Exercise:** Follow your Sacred Space Rituals, so that you can prepare and open your Sacred Space. Allow yourself to sit in meditation during this entire hour and sink deep within your Heart Space. do not have any music, just be in this Sacred energy! Write down what it feels like to have to make time for 1 hour to sit with your Sacred Self? What is Spirit conveying to you? Write or draw everything you are experiencing, sensing, seeing, hearing. Over a short period of time, Spirit will unveil a story, so that you can understand how they are communicating with you. In this state, they provide you guidance and direction.



# Day 7 – Spiritual Ascension

## Day Seven – Journaling Prompts:

- Taking time to perform Spiritual Rituals deepens your connection with Spirit, Universal Intelligence, Spiritual Guides, and the Divine Creator.
- Spiritual Ascension denotes the merging of cosmic energies with physical existence into a higher consciousness. Journaling is a great method to Fast Forward Your Spiritual Growth! Journaling is a great practice as it helps you write your negative self-talk on paper and release all the negative energy.
- Did you find yourself being more present in the moment, if not, why? How can I be more present and truly experience moments?
- Ask yourself as you reflect back over the last 7 days and ask yourself what did you learn about your relationship with Spirit?
- What was brought into your awareness?
- Did you notice a shift in your energy?
- What more can you integrate into your Spiritual practices that will deepen your connection with self and Spirit?
- What allows you to embrace more Sacred time with Spirit and what pulls you away?

**Exercise:** Declutter your space, clear out what no longer serves you! As you go through the next 11 days, be conscious of thoughts and how to change that energy. Be more present. Go to bed earlier. Make time once a week to connect with Mother Earth and Nature. Set time aside every week for self-care. Know your own Energy, keep it near your physical form, and keep it clear of any debris. Take deep breaths and on the out breath, let go of what you can at the time that isn't serving your highest and greatest good. Make sure you follow and make them your own Spirit Academy's 10 Spiritual Tenets and use them every time you connect with Spirit. Create daily Rituals to deepen your connection with the magical world of Spirit.

