



## Journaling to the Heart 30-day Virtual Course

### Journaling to the Heart - Heart Journey

The Heart knows. The Heart responds. Your Heart connects you to what you truly need. What if you looked to your Heart (center of Love) to direct and guide you? How might your life goals, passions, inspirations, desires, and habits be supported if you listened to the guidance of your Heart? How can you trust this guidance? Learn to listen? Apply its directives.

- One journaling prompt sent to you via email each morning.
- One guided meditation sent to you each week.
- No in person classes, all virtual and self-paced
- No experience in writing or journaling necessary
- Radical self-care, and living into your Heart Space is what this course is all about

Spend at least 15 minutes writing from the prompt. Prepare your writing space so you will not be interrupted and are in a loving space. Some of your journaling prompts will include “to-do” items, or preparation.

All the prompts are designed to help you delve in, listen and come to know yourself better. They build upon each other, yet may be done out of order, unless specified.

The way to get the most out of this course is to write each day.



To prepare:

- Get yourself a Journal. This will be devoted to the next 30 days. Have fun finding something that you can open each day.
- Find some writing tools that feel comfortable. Explore which pens might be best. One color, many colors.
- Read the journaling guidelines.
- Open your mind and heart and let the adventure into your inner wisdom begin.
- Reach out with any questions.





Journaling to the Heart ~ Inspiring Guidelines for a positive journaling experience.

1. **A quiet place and fifteen minutes.** Before Journaling, find a comfortable place to sit and write. Fifteen minutes will be sufficient time. This time is yours and yours alone, so make them count. Light a candle, sit in a comfortable chair. You may set a timer if that helps. You may journal longer.
2. **Do not edit yourself while journaling.** Journaling is an art that is about honesty and discovering your true feelings. It is an art that everyone can master, and it is unique to every individual. There are no wrong or right ways. You are discovering your unique voice. When you write, spelling and grammar are not important. Do not cross off what you have written. If you do cross off, go back to that word or phrase and you might find valuable insight into what you are really feeling.
3. **Your journal is your trusted best friend.** Look at your journal as the best friend you ever had. Give yourself permission to share your truest thoughts, knowing that your journal is a space where you are loved and honored unconditionally. It is your space to be you.
4. **Respect your privacy.** Keep your journal in a safe space where others will not be tempted to read it. Hide it safely if you must. This will ensure that you are free to write your feelings.
5. **Date your writing and keep what you write.** You will be amazed and pleasantly surprised at how fast you open, change, grow. Dating and saving your writing will help you see the progress. Again, write every day and keep what you write. Later, you may decide to get rid of old journals. Now, you are creating a treasure.



6. **Always write with your hand, not on the computer.** Journaling is a powerful energetic connection of head, heart, and hand. As you write you are waking up your mind/heart/soul connection and by writing you are “making real” who you are. You do not have to carry your hopes, dreams, fears, desires within anymore, you get to release what you do not desire and make manifest what you do. Journaling is true freedom!
  
7. **How to work with the Journaling Prompts** – Journaling to the Heart is an intuitive experience. It requires you set aside your thinking, logical mind and open to your intuitive flowing mind. Read the prompt and start to write, letting your thoughts and feelings guide the words. What comes out may not make sense, or it may feel odd, or provoke uncomfortable feelings. Trust the process. You are excavating. Remain curious.
  
8. **How to get the most of the Journaling meditations.** Prepare so that you are in a quiet and uninterrupted space. These meditations are guided imagery. No experience is necessary. Guided imagery works to put you in an altered state where you can access the potent and healing force of your imagination. Imagination is where all reality comes from. Of course, not all that we imagine comes true. The guided imagery in Journaling to the Heart is filled with simple tools and techniques to help you relax, open, and respond to your inner knowing. Follow my voice and enjoy the experience.





## Writing Prompt #1

Preparation: Find a comfortable spot where you won't be disturbed for a full 30 minutes.

Listen to the meditation for today. Have your journal and pen ready to write after the meditation and while you are in the flow.

### Writing Prompts:

Choose one of these prompts or all three.

- My experience in the meditation was...
- My inner wise self-told me...
- Describe what your inner wise self looks like, sounds like, and feels like. Do they remind you of anyone? Do they remind you of yourself at a certain age? Do they feel familiar or unfamiliar.

Don't be surprised if emotions rise up, or feelings flow. You are inviting in the unconditionally loving part of you who knows exactly what you need t this time. Allow yourself your true experience. This means that if you don't see or feel anything in the meditation, write about that. Write whatever may be coming up for you.





Day 2 writing prompt

### Intention Setting

Intentions are focused reasons for doing something or wanting something. They are the power of your words, written with a connection to your desires. Intentions set for the highest good for self are met with universal support. Kind of like goals, but more heart inspired and healing in nature.

Preparation: Invite in the essence of your higher, wise self from Day 1 writing.

**Writing Prompt: Imagine looking through the layers into the deepest recesses of your heart and soul. What are you desiring to experience by taking this next 30-day journey of journaling?**

**Write freely for fifteen minutes.**

From your writing, choose 1-2 sentences, thoughts or ideas that are your intentions.

### Examples:

- *My intention for this course is to take more time for self-care.*
- *My intention is to uncover and learn about myself.*
- *My intention is to hone my intuition and listen to my inner voice.*
- *My intention is to spend quality time with myself without distractions and see what might come.*
- *My intention is to apply healing balm to my life through writing.*



You may wish to write out your intentions on a separate paper and place somewhere you can read them often. You may earmark this page in your journal OR you may wish to leave your intentions right where they are and not look at the words again for a while.

There is no right or wrong way to do this. Your Heart is guiding you.





### Journaling to the Heart Day 3 Journaling Prompt



What does your Heart Respond to?

The next few days of Journaling, we will be exploring what your heart responds well to. When referring to your heart in these experiential writing prompts, do your best to notice sensations in your body, in the center of your chest. Your heart space. It is a powerful energetic center.

The heart responds to play.

**Prompt: Write about a favorite childhood game. What was it? Do you have a fond memory of playing this game? Write about how you felt when playing a favorite game.**







Journaling to the Heart Day 4

The Heart responds to kindness.

**Prompts: Write about a spontaneous kindness you have received recently.**

**Write about a spontaneous kindness you have given recently.**





Journaling to the Heart Day 5

The Heart responds to Beauty.

**Writing Prompt:**

**Write about a particularly beautiful place in nature.**

**How does your heart feel after writing this?**

Extra Bonus:

Visit a beautiful place in nature and journal there.





## Journaling to the Heart Day 6

The Heart responds to compassion.

Definition of compassion-The meaning of compassion is to recognize the suffering of others and then take action to help. Compassion embodies a tangible expression of love for those who are suffering. Many times, it is easy to show this to others and not so easy to show to self. Compassion can be learned.

2 Writing Prompts today:

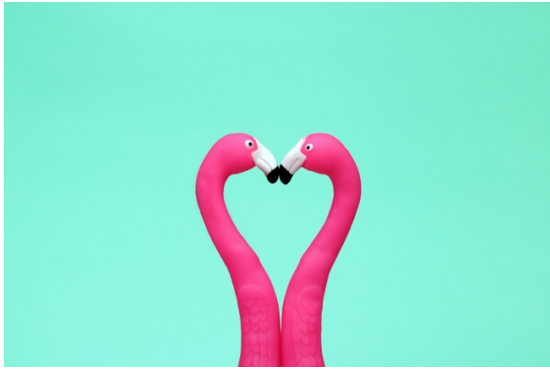
Write about a time you showed compassion to another.

Write about a time you showed compassion towards self.

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How might you practice self-compassion today?





### Journaling to the Heart Day 7

The Heart responds to friendship.

Today we will write about the love of friendship. Bring into your awareness a special friendship you have had or do have.

**Writing Prompt: Write a love letter to your friend, describing all the things you love about them.**

Dear \_\_\_\_\_,

**I love you so much, and here is why...**

Don't leave anything out. What do you love about your friend's personality, their energy, their face, their essence, their actions, etc.

**Extra writing: Write a love letter to yourself. You can pretend to be your very best friend or someone you know loves you a lot. Or you can be your own inner wise self?**





## Journaling to the Heart Day 8

Listen to the meditation for this week.

There are 4 different writing prompts for this day. You may do all of these prompts or whichever ones you'd like to explore. You may return to the meditation as often as you'd like. You may take extra time during this week to explore these prompts.

**1. My experience with the meditation is ...**

**I felt...**

**I thought...**

**I saw or experienced...**

**2. Did a word, thought or idea of what you might need come into your awareness?**

**If so**

**Writing Prompt:**

**The word, thought or idea that is now surrounded by the Light of Life Force is...**

**3. Nourished-**

**I feel nourished spiritually when...**

**I feel nourished emotionally when...**

**4. If you do not feel nourished right now, please write about that. How does it feel to not be nourished?**



## Journaling to the Heart Day 9



### Day 9

**Creating an Altar is adding an element of being cherished, or sacred and special to your day and life. It is a way to nourish yourself and make daily life meaningful to you.**

**Preparation:** Gather together four or five items that inspire you to remember that you are on a journey of radical self-care and healing love, or any other energies that have been present for you as of late. Examples are- rocks, stones, plants, flower, candles, jewelry, photos, trinkets, cards, artwork, your Intention for this course.

This is a special altar for this time. Creating an altar is an intentional act of self-care.

Arrange these items and place somewhere they won't be disturbed. You can put them in a basket or box or wrap them in a scarf, or bag, and take with you if you are traveling or want to journal in different places or if you want/need to move them around.

### Writing Prompts:

**My altar makes me feel...**

**The experience I had creating my altar was...**

**OR**

**Describe your altar.**





### Journaling to the Heart Day 10

Giving yourself permission to wish.

Wishing can be very nourishing to your mind, emotions, and everyday reality.

Writing Prompts:

Tell about a wish that came true.







### Journaling to the Heart Day 11

You can sometimes nourish your heart to the brim and overflowing, and still not feel quite right. Time for some clearing. The next two days of writing that will help move some stuck energy.

Writing as catharsis.

As you have probably learned from life experience, people don't always treat each other with love and respect. This writing is to give ourselves what we might be waiting to get from someone else.

1. Ask for your higher self to be present.
2. Connect with your altar.
3. Bring into your awareness a hurt, slight or pain that someone else, or something else has caused you and has never acknowledged. This could be from a person, or group of people or an event. Whatever first comes to your mind.

**Prompt: Write yourself an apology as if it is from this person, group, event.**

*Example:*

*Dear Mary,*

*I am so very sorry I hurt you when I...*

*I am so very sorry that this happened when I...*

*You are so brave! Courage is BIG HEART ENERGY*





Journaling to the Heart Day 12

***“She(He) burned the shame planted in her (him), the worry and the sadness, and planted a new crop: unapologetic joy.”***

Preparation: You will be using a technique in today’s writing that will help dislodge and release. It is called- Stream of consciousness writing. This writing is a continuous flow of whatever it is that is coming through your mind. You don’t stop to edit or censor or make sense of what you are writing. It is a self-healing technique.

Here are the guidelines-

1. Set your timer for 10 minutes.
2. Choose one-
  - **Worry feels like...**
  - **Sad feels like...**
  - **Shame feels like...**

write for 10 minutes without stopping.

If you get stuck, you take the last word of the last sentence and start the new sentence with that word.

*Example: I worry about, feel sad, feel shame when I am tired, or if I have had to go out and be in **crowds. Crowds** take a lot out of me, especially **now. Now** in these **days. Days** of high **intensity. Intensity** is a common feeling when sadness or worry start. Etc.*



## Journaling to the Heart Day 13



### Planting Unapologetic JOY

What brings you joy?

Writing in the same manner that you did yesterday- Stream of Consciousness, you will write about joy.

**Writing Prompt: What brings me joy is...**

**\*\*Remember that when you journal, the writing can go in a completely different direction than what you might want or think. Let it flow.**

Homework: Show yourself a bit of Joy today.





### Journaling to the Heart Day 14

Courage- the root history and etymology of the word Courage is Heart – from the Latin cor and French curage. All meaning Heart.

There are many ways to have courage. We will explore physical, emotional, spiritual, mental courage over the next few days. Be open in this writing to discover something new about yourself.

Journaling Prompt: The most courageous physical thing I ever did was...





*Day 15 Dancing with Courage.*

**Writing Prompts: Choose one or both for today's writing.**

**What has my own courage taught me?**

**What has another's courage taught me?**

Journaling gem reminder: Whatever thought, or idea comes into your mind first, trust it and write about that.





### **Journaling to the Heart Day 16**

#### **Seeking the wisdom of love.**

Preparation- Imagine that you are meeting with a trusted elder. This elder may be a grandparent, or a person you know. They may be a fictional character or a spirit helper.

Sitting with this Elder. You are going to ask them to tell you about love. No question about love is off limits.

Use your own imagination to help you hear what wisdom this elder is wishing to give you. You can write it as a conversation.

Example:

Me: Grandpa, tell me about love.

Grandpa: well, love is what life is all about. I know because...

Me: tell me about your first love.

Grandpa: The very first time I saw your grandma...

#### **Writing Prompt: Tell me about love...**





### **Journaling to the Heart Day 17**

Write a letter to your 21-year-old self, letting them know 3 key pieces of advice.

Writing Prompt:

Dear 21-year-old self,  
The three key pieces of advice I would like to share with you are...







Journaling to the Heart Day 18

Delving into Self-Love.

Writing Prompts: Choose one

What I love about myself is...

What I love about my life...

What I love about my body...

Extra Homework: Do something nice for your body today.





### Journaling to the Heart Day 19

Seeing ourselves through the eyes of love.

When you look at this photo, what do you see? What beauty and majesty naturally meets you? Would you consider critiquing a mountain, and its reflection? A body of water and its colors? A sunrise or sunset?

When you look in the mirror, or look at your life, do you focus on your natural beauty or your flaws? Being critical about ourselves is a “learned response”.

**Today we write to help us see ourselves through the eyes of Love. To accept our natural beauty.**

**Writing Prompt: Write about all the things about you that are naturally beautiful. Include physical, mental, emotional, spiritual...all of you.**

**\*\*Notice how you feel when you write. I encourage you to challenge yourself a bit if you become uneasy, and always remember to be kind and gentle as you explore this writing. Write about whatever feelings come up.**





## Journaling to the Heart Day 20

Color as a healing balm.

Did you have a favorite color as a child? Teen? Adult? Look around your space and see what colors catch your eye now. Do you have a favorite color now?

**Writing Prompt: Write about your favorite color(s). How has this color been a part of your life? How do you use color now? How does this color(s) make you feel?**





Journaling to the Heart Day 21

2/3 of the way complete with these 30 days of Journaling

Preparation: Go back to the writing of your Intentions for Journaling 30 Day Program.

Prompt: What has your experience been so far with Journaling?







## Journaling to the Heart Day 22

Preparation: Prepare to journal. Have journal and pen ready. Sit or lay comfortable. Listen to the Meditation #4 you will be prompted in the meditation to write.

Remember to allow the experience to unfold. This meditation is for beginners and seasoned journeyers and meditators alike. Some of you will be able to see clearly the images called forth, some may sense a feeling or knowing of the images. These images are archetypal and awaken in you a remembering of your inner wisdom.

I encourage you to trust and let yourself be guided by your innate self.

Writing Prompt: What was your experience? Write about your path and your Tree of Wisdom. What did your path look like? Your tree? How did it feel to be there? Where there any messages, insights, or wisdom?





### Journaling to the Heart Day 23

Read this poem.

Writing Prompts: What does this poem bring out for you? How are you different, don't fit it? Write about fitting in, or not fitting in.

Be so very  
careful  
When trying to fit  
in  
With everybody  
else  
-because accidentally  
someday  
-you just  
might-  
Stay fully wild,  
Star child  
Ride your watermelon  
bike  
Wear your purple polka dot  
pants  
Dream your dripping honeycomb  
dreams-  
Remain always untamed,  
Free spirit,  
Don't give up what makes you  
different  
Be the red  
umbrella



Be the horseshoe  
nebula  
Be the dancing  
fool  
Be the mismatched socks  
Be the walking pieces of rainbow shag  
carpet-  
Because  
You weren't plucked from  
nothingness  
To simply fit  
in  
You were created to make us  
gasp-  
Seduce us with your  
strangeness  
Wear your authenticity like  
lingerie  
Quit pretending to be so  
khaki  
While you are dripping in  
watercolors-  
Continue being weird my  
beautiful weirdo  
-and remember remember remember  
fitting in is for  
sardines  
--John Roedel







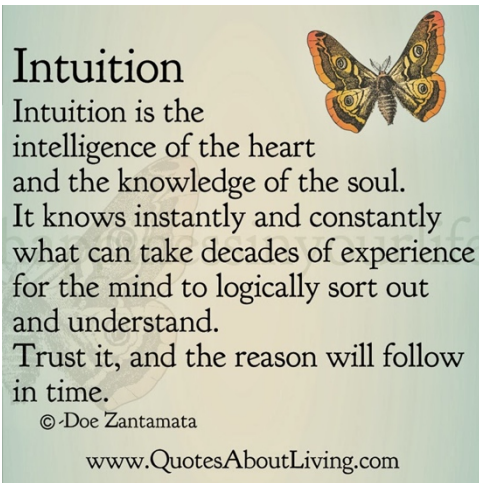
Journaling to the Heart Day 24

**Doors that open, doors that close. Doors that welcome. Doors that you best pass by. Doors of intrigue. Doors of delight. Behind this door. What is behind this door?**

Stream of consciousness writing. Let the words flow, if you get stuck, use the last word of the last sentence.

Writing Prompt:  
Behind this door is...





Journaling to the Heart Day 25

Journaling Prompt: Write about a time you followed your intuition.



*if you watch how nature deals with  
adversity, continually renewing itself,  
you can't help but learn.*

— Bernie Siegel MD



Journaling to the Heart Day 26

Writing Prompt: Tell about a time you healed.





## Journaling to the Heart Day 27

The element of Water.

Flow, power, strength in patience. Emotions. This element changes form depending on what it is in. Strongest element. Think of how it reacts with the other elements.

**Writing Prompt: Write about a time in your life when you learned to ride the waves. Metaphorically or physically.**







Journaling to the Heart Day 28  
The Element of Earth.

Grounding, solid, still, strength in building structures, slow, progressive, methodical movement. Mountains, farm, fertile, root, plant, dig, nourishing, body, physical, manifest, heavy, immovable, obstacle, climb, bury, heap, uproot, process, rock, steady, seed, grow.

These are all words associated with the element of Earth.

**Writing Prompt: Using as many words as you can from the descriptive words for earth above and write a story about your life.**

**My life is/has been/will be ...**

**Extra Bonus: Making Sacred Water.**

Do the writing for the Water Element if you have not yet done so.

Think about what you may be needing this sacred water for – Healing, Insight, Wisdom, Clearing, Blessing, Connection. You can write this down.

Find a container, preferably with a lid. Fill it with water. The water can be from a river, pond, stream, ocean, tap water. Gather some rocks, stones, pebbles, crystals, and any other materials like seeds, leaves, flowers, essential oils. Place these items into the water. Set the water on an altar or table. Use it if you'd like to bless yourself daily. Use it as a reminder of what you are affirming or intending. Use it as a remembrance of your sacred connection to Life.





Journaling to the Heart Day 29

The Element of Fire.

Heat, cook, burn, light, flame, transmute. Uncontrollable, uncontainable. Passion, desire, purpose. Direct. Consume, change. Intuit. Fire is heat, life force. Sun. Fire is combining elements to create something different. Transform. Burst. Combust. Spark.

Writing Prompt: Read the words for fire.

Write about something you have great passion for.





Journaling to the Heart Day 30.  
Element of Air

Expansive, movement, ideas, thought, mindful, scatter, clear, topple, shift, silent, stealth, whip, float, suspend. Air is movement, both subtle and intense. Air is breath. Invisible. Life giving. Air sweeps, germinates. Air clears. Air weaves in and through. Air carries thought, waves, particles, sound, spirit, across space and time. Air lifts.

Preparation: Sending thoughts, blessings, energies into the future.

Using the element of fire and air, light a candle. Think about one year from now – January 30, 2025. Send positive thoughts, blessings, and energy to your “future one year from now self.”

Writing Prompts – Choose one, or two-

- One year from now I will be...
- One year from now, I look forward to having...
- One year from now, I look forward to not having...

Enjoy this writing!

You have completed 30 days of Journaling to the Heart. Congratulations.





Thank you for joining in this course. Please use these writing prompts to further your inner exploration of self-discovery, self-love, self-appreciation, self-acceptance and radical self-care.

Love,  
Mary

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Heart of Gaia Creative Healing Arts

