



Write from the Heart

By Colette Lafia | www.colettelafia.com

Write from the Heart: A 7-day Spiritual Journal

Welcome, and thank you! The practice of keeping a spiritual journal is a great way to cultivate sacred awareness. It can reveal the many ways you experience the sacred in and around you every day.

As you receive and work through these seven days of guided journaling prompts, allow your journal to become a companion, helping you to become more attentive and present to your daily life as a sacred experience. Keeping a journal can help you notice what feels truly important and meaningful in your days.

What you will need:

1. **Select a journal format that you like.** The size, shape, paper, and binding are all personal choices. Find something that feels inviting and comfortable.
2. **Select a variety of drawing and writing tools.** Include different color pens, pencils, markers, oil pastels, or even a pack of crayons. I like to take them out of their boxes and keep them loose on a tray.
3. **Find a place to keep your journal.** Integrate your journal into your daily life. Leave it where it's easy to access—on a table, bookshelf, or desk.
4. **Make a commitment.** The most important thing is to value your desire to keep a journal and make time for it—even ten minutes a day. It helps to make the writing a ritual (I like doing it first thing in the morning, with my cup of tea). Remember, it's not only what you put in your sacred journal, but the ritual and frequency that contribute to the experience.
5. **Now, for one week, follow the prompts I've provided.** I recommend that you draw as well as write. It can bring more awareness and it's fun. What I mean by drawing is simply making marks on the page—whatever lines, shapes, and colors have meaning for you, or an image that is symbolic for you.
6. **Begin each journaling session by tuning into yourself,** and creating a ritual for yourself. You might do this by lighting a candle, making a cup of tea, saying a prayer or connecting with your breath in a few minutes of silence. Use the *Daily Process* included with each day's sacred awareness journaling prompts.

The Daily Process:

1. Be fully present in the moment with your journal. Have your writing and drawing tools available. Remember that you're journaling as a spiritual expression, as a meditation and a prayer.
2. Take three relaxing breaths—inhale and exhale—letting yourself feel each one as a way to settle into yourself.
3. You can write any time of day that works best for you. If you're writing in the morning, then you can reflect on and write about the previous day.
4. Let inspiration be your guide, and always respond to the prompt, or prompts, that speak to you in the moment. I encourage you to both Draw and Write.
5. Look over your day or experiences in a soft, loving way.

*“I begin these pages for myself, in order to think out my own particular pattern of living, my individual balance of life, work, and human relationships,”
wrote author Anne Morrow Lindberg.*

*Fill the paper with the breathings of your heart...
William Wordsworth.*



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Day 1: Connecting to Yourself

The more you connect to yourself, the more you will connect to the sacred. During this journal writing time, reflect upon the ways you're nurturing a relationship with yourself. By learning to pay attention to yourself, you're developing the capacity to listen to yourself and the presence of the sacred in a deeper way.

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Journaling Prompts:

- *Describe or draw the ways you felt connected to yourself, today. Reflect on what you were doing and feeling. You might also like to write about the ways you felt disconnected from yourself, today.*
- *What spiritual quality did you need today (i.e. patience, gentleness, perseverance, faith), and how were you able to give and receive it?*
- *How did you begin your day, and what was that like for you? How did you end your day, and what was that like for you? Does this reflection give you any insights about changes you'd like to make?*

End with a few minutes of silence and gratitude for taking the time to be with yourself and listening from the heart. Reflect upon any insights you received through this journal writing.

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Day 2: Sacredness in Action

Noticing and appreciating the sacred in your life simply takes attention. It's like putting on a new pair of glasses and seeing everything with a fresh focus. I often compare it to looking up at the stars in the clear night sky. The more you look, the more you see. During this journal writing time, explore how you've experienced or sensed the sacred in the activities of your day.

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Journaling Prompts:

- *Describe the most sacred activity of your day, and how you felt while engaging in it. (Remember you're discovering what sacred means to you. There are no formulas. What does your response tell you about yourself and your experience of the sacred right now in your life?)*
- *When did you find yourself staying open and receptive today, and what was that experience like for you? When did you find yourself closing down, and what was that experience like for you?*
- *In what ways did you experience beauty, joy, or sorrow, today? (Perhaps when you were making lunch for your family, and realized how much joy there is in caring for others as a daily sacred ritual.)*

End with a few minutes of silence and gratitude. Reflect upon any insights you received through this journal writing.

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Day 3: Finding the Sacred in Relationships

The sacred is alive in your relationships, and keeping a journal strengthens that awareness in you. Sacredness is something you experience in your daily life. It's not something you impose on your life, but rather something you become receptive to. It already is; you just have to become attuned to it. The term *relationship* is very broad, here, and includes people, places, spirit, and work. During this journal writing time, reflect upon the sacredness within all your relationships.

The Daily Process:

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Journaling Prompts:

- *Describe a relationship you experienced today—at home, or work, or in a friendship—that felt sacred to you. (Again, remember that you're discovering what's sacred for you.) What do you believe allowed you to experience the sacredness of the connection?*
- *How did you experience a sense of generosity with others or with yourself, today, and how did that make you feel?*
- *In what ways, today, did you experience a particular place (such as your home, garden, kitchen, or neighborhood) as sacred? Draw yourself in that sacred space.*
- *Draw your heart opening up to the sacred in your life?*

End with a few minutes of silence and gratitude for taking the time to be with yourself and honoring the ways you're finding the sacred in your relationships. Reflect upon any insights you received through this journal writing.

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Day 4: Connecting to the Sacred Through Nature

You can experience the sacred, every day, through the gifts of nature—as you breathe in the fresh air, see the light of the sun, or wash your face in warm water. It seems so simple, yet with awareness, you can see creation as the sacred context of your daily life.

During this journal writing time, reflect on sensing the sacred through creation—through the smell of the spring rain, the touch of the wind on your cheeks, or the sweet taste of a crisp apple. Sacredness is not something you have to find or something you have to do. You're already living in it! You just need to notice and appreciate it.

The Daily Process:

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Journaling Prompts:

- *Describe the ways you experienced nature in the details of your day. Use your senses as a guide. What did you hear, see, touch, taste? Encourage yourself to write or draw as many things as you can remember experiencing and noticing. Fill up the page with words and drawings!*
- *Recall a sacred place in nature and describe what makes it feel that way for you?*
- *Out of the four elements—Earth, Water, Air, Fire—which one are you most drawn to at this time, and why?*

Reflect upon any insights you received through this journal writing.

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Day 5: See Yourself as Sacred

You are sacred. As you look in the mirror, you are looking at the sacred. With love, acceptance, and gratitude for your own unique sacred self, you can deepen your awareness that you are a part of the sacredness of life. During this journal writing time, reflect upon yourself as a dwelling place of the sacred.

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Journaling Prompts:

- *In what ways were you open and willing to see yourself as sacred, today, and what made this possible for you—gratitude, self-acceptance, joy, or something else?*
- *In what moments of your day did you not see yourself as sacred and what were the reasons—were you too busy, rushing around, or unable to shake off a negative frame of mind?*
- *In what ways are you a temple of sacredness? You might draw what this feels like or means to you.*
- *How can you make more room for the sacred to flourish in you?*

End with a few minutes of silence and gratitude for taking the time to be with yourself and getting to know the sacred being that you are. Reflect upon any insights you received through this journal writing.

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Day 6: Sacredness in Rest

During this journal writing time, reflect upon how you can find sacredness in rest, in pausing, slowing down, and relaxing. Allow yourself to sink deeper into the open space of the heart. It's in the spaciousness, in the rest, that you discover how to sense the sacred.

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Journaling Prompts:

- *In what ways did you stop today, allowing yourself to relax and not keep grinding away in the moment? Describe what prompted you to stop.*
- *Draw what rest feels like in your body (feeling at ease, not pushing yourself, floating on water).*
- *If you could give rest a voice, what would it be saying to you? How is a desire for rest calling for attention in your life (rest from worrying, rest in your body, rest from trying too hard to get everything done)?*
- *Describe the rhythm of activity and rest in your life.*

End with a few minutes of silence and gratitude for taking the time to notice how sacred the rhythm of action and rest are in your life. Reflect upon any insights you received through this journal writing.

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Day 7: Integration and Continuing

Taking time to reflect on what you've written in your journal, deepens your intentions and integrates your experiences. During today's journal writing time, reflect upon what the experience of keeping a spiritual journal has been like for you.

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Journaling Prompts:

- *What did you learn about yourself and your relationship to sacredness this week?*
- *What insights did you have?*
- *How did being more aware of life's sacred nature, for a week, change the way you were present in your daily life?*
- *What allows you to embrace the sacred more often in your life, and what pulls you away from it?*

End with a few minutes of silence and gratitude for taking the time to notice the gifts you received through keeping a spiritual journal. Reflect upon any insights you received through this journal writing.

As you complete this week, remember that being more present to the sacred on a daily basis is an orientation you can take towards your life. It means staying open by reminding yourself that you are sacred, and that life is sacred. It simply calls for attention and intention as you move through your day. Keeping a spiritual journal allows you to cultivate more sacred awareness, and nurture it in your life. Enjoy!

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