

# SOUL ALIGNED HIGH VIBE LIVING

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# YOUR GUIDE



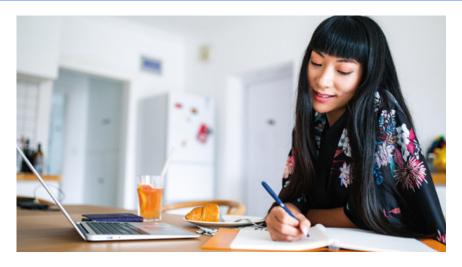
Georgette Star MA, D.Min

I can hardly believe it, but a journaling practice has been an essential part of my life for more than four decades!!!!! Early in life I realized making choices and taking action from SOUL LED intuitive inner guidance was the surest and most pleasurable route to everything I most deeply desired to experience, express, create or contribute. By the time I was twelve, I'd discovered I could have conversations with "Soul" through writing in my diary.

Eventually this inner communion writing practice became my go-to and most powerful, effective and enjoyable method for accessing inner guidance for navigating and creating my life. This simple practice has supported my experience of living in a flow state through most of my day-to-day activities even through challenging times. My journal is the place I go to process through anything that comes up to block that flow as well as to receive visions of future potential for on-going life creation.

If you truly desire to access support, inspiration, instruction, structure, and accountability from within, journaling can help you do exactly that. Your journal is a place to go where you can more consciously discover all that is within, set creative intentions in the direction of your highest good and choose what you want to create more of in your life. If you'd like to try, return to, or deepen a journaling practice, this journaling eBook has been created especially for you.

Ready to dive into your journaling your way to Soul Aligned High Vibe living? I use the term, SOUL, to represent the part of every human that is their inner source of intuitive wisdom, creative power and guidance beyond the everyday human thinking mind. Some people call it their True Nature, Higher Self, or the God Spark within etc. Please use whatever term resonates most for you!



I can't emphasize enough how LIFE TRANSFORMATIONAL it can be to give yourself time for this practice. What we focus on expands and increases and we become magnetic to receive it.

Ready to begin? If so, let's start by setting an intention to renew or add a journaling practice to your life.

For example: My Journaling to High Vibe Living practice is an easy and fulfilling self-care routine and one of the most important activities I can do to connect with Soul each day. Sitting down to write is an expression of self-love that leads to liberating insights, a flow state of being and beautiful life experiences!!!!

What is your intention? Write it down in your journal as a symbolic ritual for making a commitment to a practice of journaling your way to High Vibe Living!

Love Always,

Georgette Star,

Georgette Star MA. D.Min

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Let's Get Started!

# JOURNAL YOUR WAY TO SOUL ALIGNED HIGH VIBE LIVING IS AN ACT OF SELF EMPOWERMENT & LOVE

Rather than thinking of your journal practice as a chore, or something that you 'have' to do, think of it as an act of self-empowerment and love; an exciting journey to discover and experience the tremendous gifts that come with Soul communion.

Everyone's journaling experience is unique. The deeper you dive into and identify what you really think, feel, want and choose in life, the more exciting the act of journaling becomes. While some people prefer the simplicity of bullet point journaling, others find the freestyle form of journaling rewarding, just writing what's on their mind that day, using long hand and full sentences. Others enjoy writing on the computer.

There is no 'wrong' way to journal. You could use it to declutter your mind, plan and organize your day, get your creative juices flowing, set creative intentions, record and track your life experiences, maintain accountability with yourself, access Soul Guidance or absolutely anything else that has meaning to you.

I often include a simple ritual for my journaling practice. At the very least, I will prepare a beverage and if I'm at home, light a candle to symbolize calling in the Light before I begin. What would feel supportive and nurturing to your practice?



# JOURNAL YOUR WAY TO SOUL RITUAL CREATION TIPS

### Choose your time of day

- o When will you have few or zero interruptions?
- o When will your home/office/favorite journaling place be the most peaceful?

### Time yourself

- o Start slowly with 5-10-15 minute intervals.
- o Add small increments if you go over and/or as you add more details to your journal entries.
- o Set a timer: your phone, a kitchen timer, etc.

### Avoid electronic distractions while journaling

- o Resist the temptation to check your email or social media before journaling.
- o Turn off your phone alerts, put your phone in silent mode.
- o Journal away from your computer.
- o Place your phone across the room so you can focus on journaling.

### Stretch and/or do some deep breathing to clear your mind before journaling

o Focus on the thoughts that come to mind first.

### Set the mood

- o Scented candles, essential oils, white noise, nature sounds, or soft music.
- o A calm atmosphere allows you to focus better on your journaling.
- o Relax with your favorite beverage.
- o Include something you love in your journaling space, such as:
  - Flowers
  - Photographs
  - Artwork
  - Something with your favorite color
  - Oracle Cards

The more important an activity is to your Soul' evolution, the more resistance you may feel. - Stephen Pressfield

# INSPIRE YOUR WRITING FLOW WITH JOURNAL PROMPTS

Before you start writing, imagine connecting with Soul, the Wise Inner Guide, Inner Business Mentor, Inner Creative, Inner....etc. You might like to begin your entries with a salutation such as... Hello Soul (or whatever you call your inner wisdom source). My Mom, Grandmother Shirley, often began her journal entries with Holy Spirit, what say you? How might you begin your entries? What would feel fun and ignite your imagination?

Two of the more common ways to journal are free flow writing and starting off with the use of journal prompts.

Whenever you need a little nudge to start a free flow journal writing session just scan this list and intuitively select a prompt to jump start your writing flow. Many of these prompts can be rewritten for the specific situations, relationships, creative projects you desire to process and receive guidance about. Some of them will become your absolute favorite Go To's because you'll find yourself returning to them over and over again. And, of course, you can always make up your own prompts to get your creative energies flowing and to address very specific questions and needs for guidance.

# Let the words come to you and flow through you ...

- What do I need to know or do to be in my flow state (about a specific topic) today?
- I'm feeling stuck. What do I need to know or do to get back into flow and become one with the current of life right now?
- What would Soul have me do in this moment, even if means taking me away from whatever I thought I should be doing?
- Who or what can help make this easy?
- I'm triggered by \_\_\_\_\_. What story or meaning have I made about it? Is that true? What's a more accurate perception?
- What would open up if I absolutely knew that cultivating soul alignment would result in \_\_\_\_\_(what you want).
- How can I move into the busy work activity of my day and stay in flow simultaneously?

# l can shake off everything as l write, my sorrows disappear, my courage is reborn.

-- Anne Frank

- I give my life for what my life has been given to me. What does this statement mean to me or open up for me? What has my life been given to me for?
- What's the next most aligned healing that flows from this insight?
- What's the next most aligned freedom that flows from these insights?
- What is the next most aligned action that flows from these insights?
- What am I resisting or avoiding that I am ready to look at?
- What does this resistance need from me?
- What would self-compassion look like in this situation?
- I'm scared of about \_\_\_\_\_\_. What would courage do?
- What would trust look like in this \_\_\_\_\_\_(situation, relationship, etc) and what would I do if I could choose to trust myself?
- If it wasn't about what I could or should do, what would I ALLOW myself to do, be or have right now?
- If I knew I could easily magnetize what I want or feel called to create not 'make' them happen, what would change in my thoughts / beliefs / feelings / aligned actions?
- What does Soul know about this?
- What would following God look like right now? Soul?
- What if I just let go and let flow? What am I afraid would happen?
- What do I know is also possible?
- What would faith do vs what would fear do?
- What is my vision or intention here?
- What is this moment alive with?
- What practice(s) help me to drop into greater peace of mind, ease and flow?

# Big Magic: the divine relationship between a human being and the mysteries of inspiration.

# -- Elizabeth Gilbert

- What would I choose right now if I knew I could just CHOOSE something to drop in?
- What would I choose right now if I just had a personal policy about acting like I KNEW this was real, and 'how life works'?
- What is an area for me where I KNOW I need to let go, and surrender, and / or continue to PRACTICE surrender?
- What is an area where I have dropped back, let go, and (finally!) fully surrendered, and where I now enjoy more magic and flow?
- What will the future me see and know about this area which I am currently refusing to acknowledge gets to be worked through or cleared?
- How do I need to prepare myself for \_\_\_\_\_ to show up?
- How can I EXPAND myself into receiving fully?
- How can I give myself the energy of that "thing" I want right now?
- Is there a guidance for me in this area? What actions, if any are there for me to take?
- What is this moment right for?
- Under stressful circumstance (pandemic isolation for example) what's coming up now that's always been there but I've been able to ignore it?
- What's coming up that I thought I already healed or dealt with? And what is needed for resolution?
- Write a long list of I AM empowerment statements. Example: I am capable. I am connected etc.
- What would it look like to finally exhale and drop into full being-ness of full authenticity?
- What gets in the way of me fully backing myself? What would taking a stand for myself look like, feel like? What would change?
- What about this\_\_\_\_\_ is important and true for me to see, know, feel now?
- What do I need to know or do for grounding and stability today?
- How can I open my heart to joy and innate well-being more fully?



# My feelings point the way to a deeper and liberating truth.

- Georgette Star

- Where am I struggling the most and what is needed?
- Today I choose to feel\_\_\_\_\_
- List gratitude's and appreciations \_\_\_\_\_ and how to express them to myself and others.
- What is beyond my current awareness that wants to come through now, like from behind a curtain.
- I am one who\_\_\_\_\_.
- What am I choosing because I feel it inside, even though I don't know exactly what it means or how it will come to be.
- What makes my heart sing and how can I make myself available for more of that in my life?
- Where am I holding resentment or judgment towards someone and how would forgiveness bring me into greater alignment?
- What needs to be seen, felt, acknowledged for forgiveness to become possible?
- What am I grateful for and why?
- Imagine what it feels like physically and emotionally when I reach a goal and describe in detail.
- Create an affirmation about choosing that state of being now.
- When I reach my goal of \_\_\_\_\_, how will my life change?
- How can I be more like\_\_\_\_\_\_ (someone I consider successful and look up to) and reach that same success?
- How can I practice self-care today?
- What's the quickest and most effective way for me to flip the Soul Switch when my Inner Critic is triggered? What opens up when I do?
- How can I have more fun today?
- What expectations do I have for myself that are holding me back?
- What I focus on grows. What's worth focusing on today?

# Keep your hand moving....

## -- Natalie Goldberg

- What is the sacred mirror of life showing me right now?
- What's the fear underneath my procrastination about \_\_\_\_\_? How can I break free?
- What distractions do I allow to take my focus?
- What if I could just relax and trust what I know in my heart to be true for today? What would open up?
- What can I learn from this? What's the gift in this?
- Imagine being aware of your infinite and eternal true nature. How would the situation you are most troubled by now look to you? What would change?
- My ideal day includes...
- 10 things that make me smile are\_\_\_\_\_
- My biggest insecurity is \_\_\_\_\_\_.
  If I moved through it, my life would be \_\_\_\_\_\_.
- What's the action I can take to choose this now?
- What is something I want to express but have been holding back and why?
- What do I love most about life today?
- The kindest thing I can do for myself is \_\_\_\_\_\_.
- What am I truly grateful for and why?
- I am remembering what it feels like physically and emotionally when I reach a goal. Write down how it feels in detail.
- Who inspires me and why? How can I become more like them starting now?
- What are three activities I can do today to practice self-care?
- What does it mean to be grounded and what makes me feel grounded?
- How can I open my heart to the joy of pure being more consciously throughout this day or evening?

# You wander from room to room looking for the diamond necklace already around your neck.

-- Rumi

- What expectations do I have for myself that are holding me back?
- I know that what I focus on grows or expands. What's do I feel inspired to focus on today?
- What is Soul whispering into my mind as I relax into a deeper state of surrender?
- Have I stretched beyond my comfort zone in the last month? How did I feel on the way there and on the other side? What did I learn?
- What distractions take my focus away from my goals and intentions?
- My ideal day begins with \_\_\_\_\_.
- I feel most alive when \_\_\_\_\_\_.
- How can I serve my family/community/world with my unique talents? I can take aligned action today by \_\_\_\_\_.
- What would LOVE do in this situation?
- If I were truly choosing what I want/ what is already inside of me as potential, I would \_\_\_\_\_. Answer this question 20 times and keep going deeper.
- What if I stepped out of my old story and into a new one? This is my new story\_\_\_\_.
- How have I been training for this for lifetimes?
- What have my greatest sufferings taught me?
- What am I holding on to tightly and how can I relax my grip?
- Who has touched my heart the most profoundly and why?
- There is an angel calling my name and lifting me up. What does the angel want me to know, to feel, to realize?
- My emotional piano has all the keys of all the emotions, how can I become even more fluid in feeling, like a river?
- If I understood that love, money and power are all unique expressions of the same energy, what would open up for me?

Your Inner Light Is Calling You Home.

# FOCUS ON WHAT YOU WANT CREATIVE INTENTIONS & POWER STATEMENTS

When journaling your way to Soul Led High Vibe Living YOU GET TO CHOOSE your focus. What you focus on will increase, expand and grow within you and in your life experiences.

So, another aspect for your journal process I recommend is to transform and translate the realizations, goals and decisions that come through during a journaling session by re-writing them as Creative Intentions & Truth Statements. Be sure to write your statements in present tense, as if already DONE, HERE, HAPPENING, NOW.

### **Examples:**

I am	
I have	
I see	
I am already _	
We are	_•
Life is	_ •
Others are	

There's tremendous power in repatterining our limiting beliefs by intentionally choosing and stating the deeper truth about something as already true, over and over again! Repeat your most resonant Creative Intentions and Truth Statements until they become an embodied experience, for example: I am an instrument for Soul to shine through to heal and guide my human walk through life.

You are simply Divine! Your journal practice can help you to realize this by choosing it every time you sit down to write.

Wishing you the joy of Self Discovery, Self Realization, and all the blessings that come from a consistent Soul Led journaling practice.

