



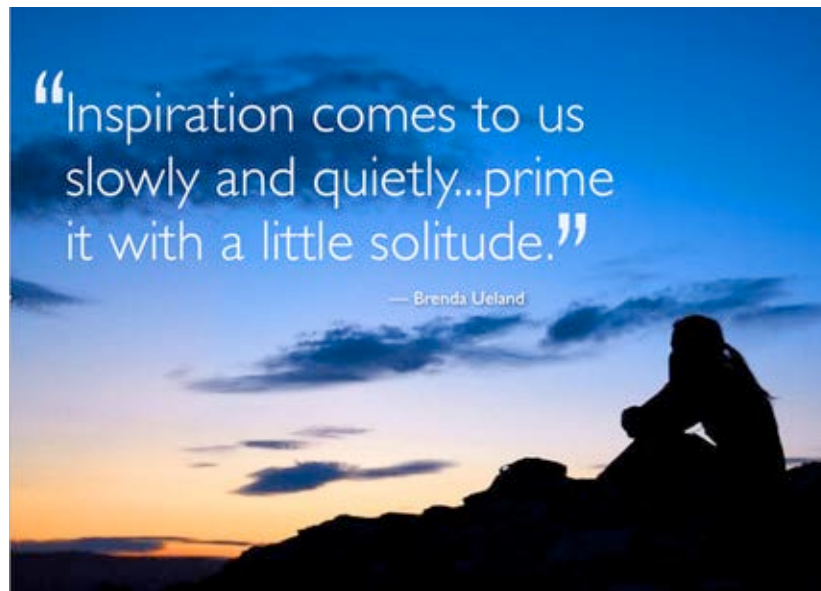
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How to Keep a Spiritual Journal

So That You Can Access the Wisdom
You Were Born to Share

A Writing Course created by Nancy Swisher, MA, MFA

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Welcome to Your Spiritual Journal Experience

Keeping a spiritual journal is a spiritual practice. A spiritual practice is absolutely necessary for your conscious evolution. What is conscious evolution? It is becoming aware of why your life is unfolding as it is; it is making the unconscious conscious; it is shifting from identifying with assumptions you still carry from the past to Being aligned with your Essence/Spirit and *living from* that alignment.

This may seem like a big task for the spiritual journal to accomplish. For decades I have kept a spiritual journal. It is like an umbilical cord to your Soul when you know how to do it. That is why I want to share what I have learned from my own practice.

Your Spiritual Journal is a place to call forth what wants to be birthed from within. Your whole being begins to wake up as you recognize your inner knowing in words.

Table of Contents:

- * 16 Values of a Spiritual Journal P. 5
(Includes 12 writing exercises!)
- * 17 Components of a Spiritual Journal P. 30
- * Writing Prompts P. 40
- * Examples of Spiritual Journal writings P. 43
- * A personal note from me P. 48.
- * Further resources P. 49



Let's get started!

- Listen to the audio teaching as an adjunct tool for learning about a spiritual journal.
- Print out this eBook on 3 ring paper and put it in a binder so you have it in hard copy.
- Get an 8 1/2 X 11 spiral sketchbook for your journal. You will want to begin writing as soon as you start to listen to the audio and read this e-book.
- Buy a set of colored markers to date each entry!

16 Values of the Spiritual Journal:

1. Words + spirit = vibration + light + healing

Your words guide you to your own soul-alignment. Your soul guides you to your own inner wisdom. This is the potential dynamic between language and your soul. It is up to you to activate this innate potential within.

When you are consistent with your daily Spiritual Journal Practice, you will begin to feel the natural resonance of your own Soul-Words. Your inner wisdom will land on the page.

WRITING EXERCISE: Write down one word that keeps following you around. A word that matters to you and that you love. A word like ‘love’, or ‘soul’ or ‘creativity’.

Write down this one word first. Then take a few minutes and close your eyes. Become still. Breathe. Meditate on

the word but let your mind relax and ask your Soul to speak to you about this word. When you feel ready, open your eyes and write. Allow the writing to flow from within you. Keep your mind out of it!

You will become your own guide.



2. Seek conscious awareness of why your life is playing out the way it is.

The key words here are **‘conscious awareness’**.

To be consciously aware is to explore your beliefs, your thoughts, your self-concept and how these aspects of your consciousness manifest in your life.

To be consciously aware is to look at how you react to your life and what the ‘story’ is that you add to what happens.

A spiritual journal is not for complaining, gossiping, or being a victim.

It is a place to write about your life from the perspective of a ‘spiritual seeker’, always looking at not only ‘why’ your life is unfolding as it is, but ‘what’ will you then do about that? How will you take responsibility for that unfoldment?

Remember: At any time as you read through these Values, if you are inspired to write an idea that comes to mind, open your journal and do so!

WRITING EXERCISE: Write about your intention for your day today. **Who do you want to be?** What kind of energy do you want to bring to your world today? Is there a part of you who feels resistant right now as you write? Make space for her or him by asking them what that feeling is about? In other words, open up a dialogue right now! This leads us to the next value.

3. You can retrieve the words from your childhood that you censored, the words of your Essence.

This value requires further specific guidance if you are not already familiar with your **younger self or inner child** and how to dialogue with her or him. (I teach this in my private

practice). I recommend learned how to do this because it's the most important tool there is for integrating your younger self into the wholeness of your life.

Book recommendation: *Recovery of Your Inner Child* by Lucia Cappachione, PhD. This is a great book for learning how to meet your younger self.

4. What gifts lie within you that you promised yourself you'd share that have not been dusted off in a while? You are here to give to the world. The journal offers the space to brainstorm with your Spirit!

Obviously, your gifts include many things. But use your journal to explore this topic. What purpose do you feel that you are here to manifest?

WRITING EXERCISE: Write about a memory from childhood when you had a dream and no one listened to it. Is there such a memory? Did you ever say something that was really important to you but no one heard you? Did you ever see fairies when you played in the woods or beside a brook? Did you talk to birds? How did you connect to Spirit or Nature as a child? Many times your purpose and dreams are within these ordinary but extraordinary experiences from childhood. Not always, but many time.

The creative adult is the
child who has survived." -
Ursula Le Guin

5. We are here on planet Earth to evolve. We are here to become whole, to heal our wounds and to allow our Spirit to manifest in form in such a way that we add to the Light of the world, serve others, and grow in our capacity to love. The Spiritual Journal tracks your own evolution. Going back and rereading your journal is a way for you to acknowledge your own spiritual wisdom.

WRITING EXERCISE: Write about your day-to-day experience of being alive. How on this particular day you realize that you are not the same person you were yesterday!

- ✓ **Write about** how you long to experience more of who you really are.

- ✓ **Write about** how you long to experience deep love with more people.
- ✓ **Write about** how you long to just BE.
- ✓ **Write** the voice of that longing.



6. When you don't have a felt sense of your own language, of how **your words feel when they are aligned with your body, mind, and spirit, then it is easy for you to say 'yes' when you mean 'no', to take someone else's ideas as your own, when deep down it doesn't feel authentic for you. So your Spiritual Journal is a tool for **personal empowerment** of the highest form. It is within your spiritual journal that the sacred contract between you and your soul-words is created.**

Before he died Rabbi Zusya said: "In the world to come they will not ask me, 'Why were you not Moses?' They will ask me, 'Why were you not Zusya?'"

WRITING EXERCISE: I'd like you to write about the last time you were reading a book or watching a You Tube or reading a Facebook post when you had the thought----
“They are so amazing!” You know what I'm talking about? Now, I'm certainly not denying that there are amazing teachers out there---and artists and writers---but your Spiritual Journal is all about finding YOUR voice, YOUR language. The way to make use of those other writers and teachers that you watch and read for you to ask yourself: How does her message relate to my message? Is what they said what I really feel is also true? How is my truth different?



7. Keeping a spiritual journal is a sacred path. It is where you hear your soul. It is where you weep as you write, where you feel joy and allow your joy to be expressed, where you receive guidance and speak directly to God, where God speaks back to you. (Please use whatever word you prefer for God, Spirit, All That

Is, Mother-Father God, Goddess, The Universe, Divine Matrix...)

The definition of God I relate to is this:

"God is a circle whose center is everywhere and whose circumference is nowhere." St. Augustine

And another: God is

Mind filling all space.

Spirit filling all space..

Substance filling all space.

Truth filling all space.

I AM filling all space.

Energy filling all space.

Light filling all space.

Life filling all space.

Love filling all space.

Intelligence filling all space.

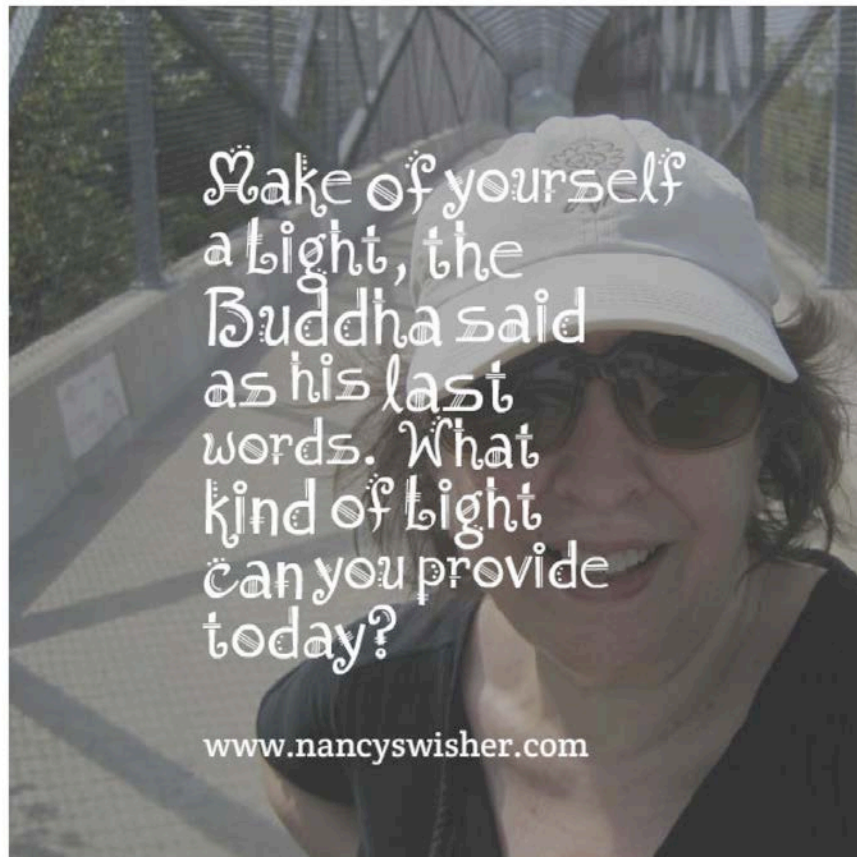
Wisdom filling all space.

(From "Nothing Is Too Good To Be True" by John Randolph Price.)

WRITING EXERCISE: Write about your relationship to the spiritual dimension of life. Write about the last time you felt your own Spirit fully alive within you, animating your Being, and filling you with Love. Write about your relationship to the Greater Spirit, the God I spoke of above. Remember: writing in your spiritual journal is for you and you alone. It is a place of inquiry. Allow your words to flow from a place of uncertainty. Allow your words to flow from a place of longing to experience Divine Love.

Don't surrender your loneliness so quickly.
Let it cut more deep
Let it ferment and season you
as few human or even divine ingredients can.
Something missing in my heart tonight
has made my eyes so soft
my voice so tender.
My need of God
absolutely clear.
-Hafiz

8. Your journal and the words within it carry the resonance of your deepest Being. They not only ‘carry’ it, they create it. The journal helps you to become more you, to bring your spirit into form.



WRITING EXERCISE: Write about the happiest moment of your life. I know! There isn't just one! But for the sake of this exercise, I want you to pick just one. Remember. What memory pops into your mind when you ask about what that happiest moment was? Write about that moment. What made it the happiest? Could it be that as you write about it you are experiencing it again?

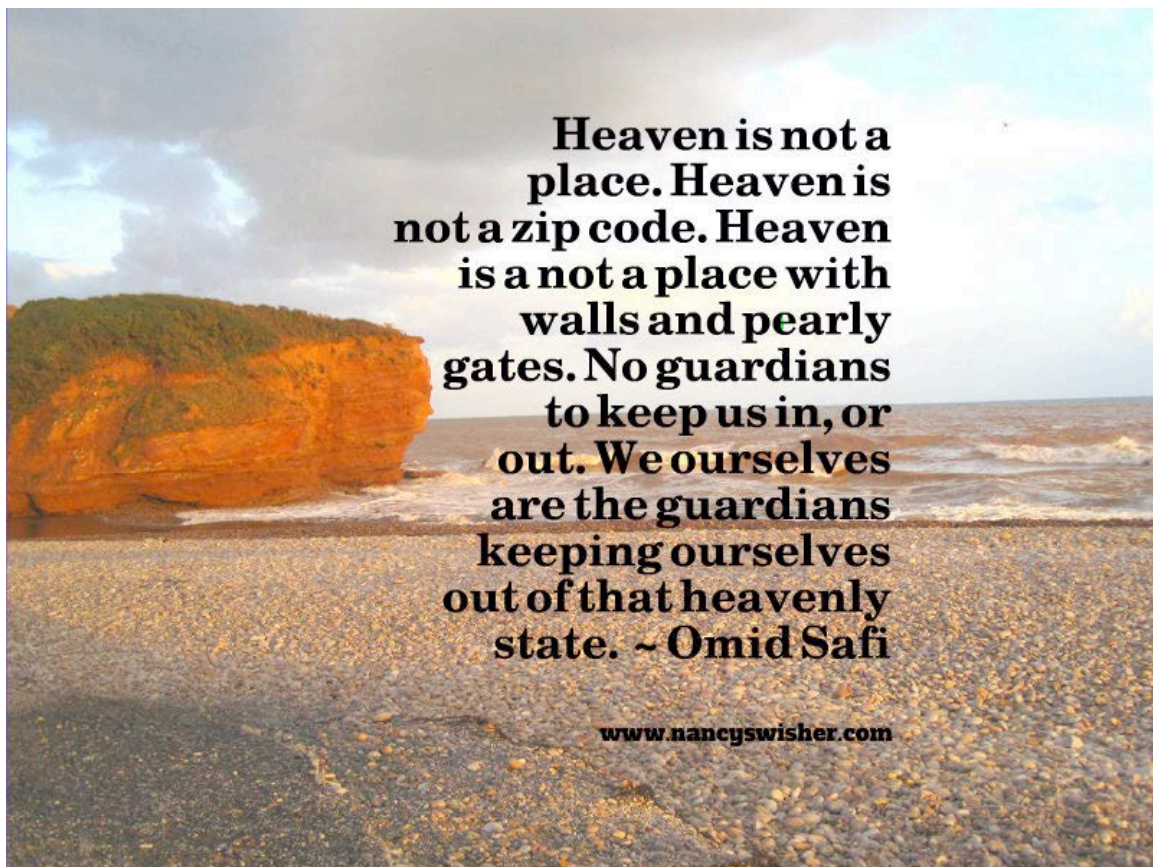
9. Your spiritual journal is like an umbilical cord to your deep self, to your Essence. You speak it, feel it, allow God to speak to you and guide you. You must track your journey in this way in order to honor your life at the deepest level, where you acknowledge you are part of the divine plan here on earth.

WRITING EXERCISE: Open your journal now and read your own writing. Read it aloud. Feel your voice and your words resonate. Listen to your own wisdom. Be receptive to your own voice. Honor your Self.

Everything changes when you start to emit your own frequency rather than absorbing the frequencies around you, when you start imprinting your intent on the universe rather than receiving an imprint from existence. ~ Barbara Marciniak

10. Your words resonate. As you write them, and read them aloud, look back over a month or a week, by doing this you honor yourself but you also honor the divine from where you came. Read the above quote by Marciniak and then look through your journal to find a particular passage that really emits YOUR frequency.

Use them to stimulate new ideas, projects, paths not taken, new desires that your Essence wants to embark upon.



11. All spiritual quests are about finding the Universal thing which you are. The mystery of life is the

dimension of the universe not available to the senses.

Your Spiritual Journal guides you to the mystery. It is a place to share the privacy of your own awareness, your own truth. Heaven is within you. Use your journal to tune in to that deep place of peace, love, and joy.

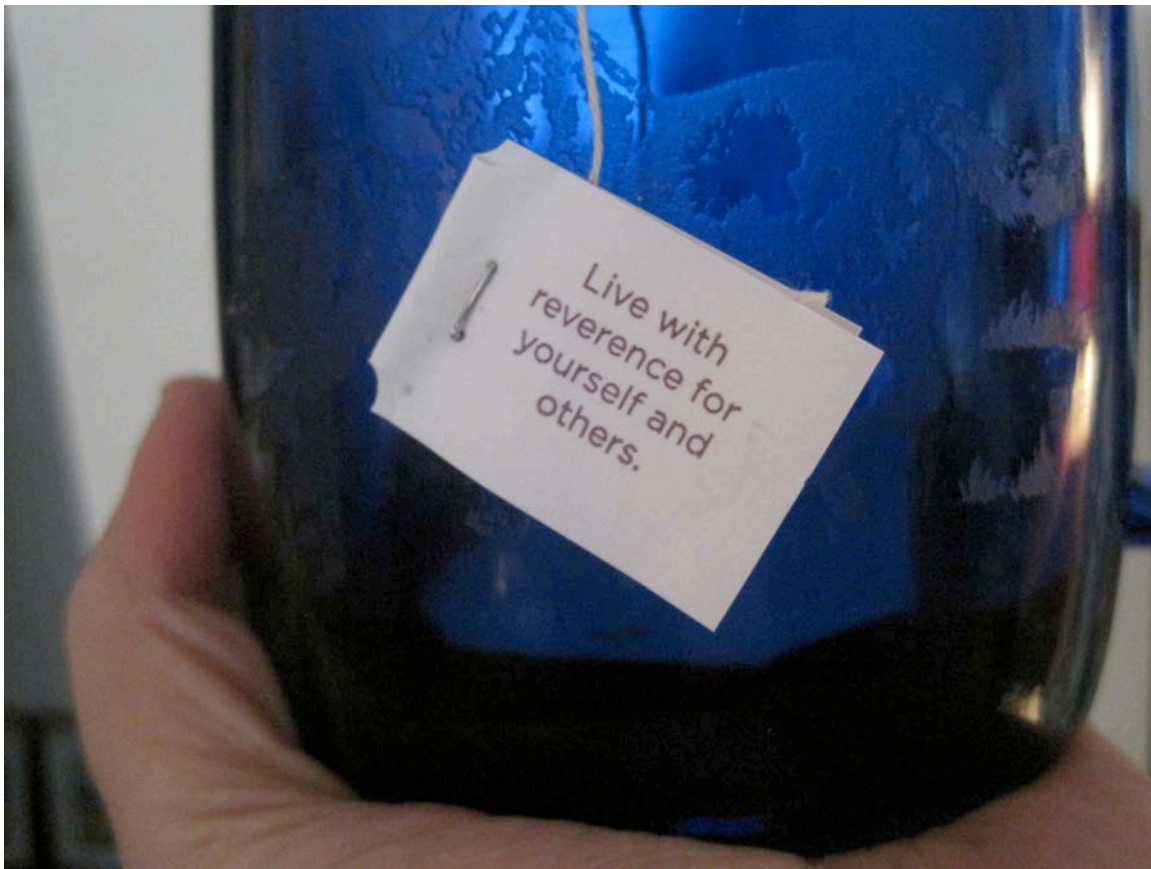
WRITING EXERCISE: Write first thing in the morning.

Quiet your mind. Sit. Light a candle. Today I _____
_____.

Use words to literally create your day. Set your intention.

Feel the power of your focus as you write. **Know that this very moment is your place of power. Not yesterday and not tomorrow.**

12. The journal helps to align the physical and the nonphysical parts of you.



13. You must be in the proximity of Spirit (vibrationally) in order to hear it! In other words, if you are stressed, too busy, toxic from too much food or drink, hearing within is much more difficult. Maybe not even possible. As you practice keeping your

Spiritual Journal, you train yourself to be consistently in a higher vibration. You begin to value the power of your own words and let them be your guide rather than someone or something else in the external world.

Emotional/Vibrational Guidance Scale

1. Joy, Love, Appreciation
2. Passion
3. Enthusiasm/Eagerness/Happiness
4. Positive Expectation/Belief
5. Optimism
6. Hopefulness
7. Contentment
8. Boredom
9. Pessimism
10. Frustration/Irritation/Impatience
11. “Overwhelment”
12. Disappointment

13. Doubt
14. Worry
15. Blame
16. Discouragement
17. Anger
18. Revenge
19. Hatred/Rage
20. Jealousy
21. Insecurity/Guilt/Unworthiness
22. Fear/Grief/Depression/Despair/Powerlessness

(From the book “Ask and It is Given” by Jerry and Esther Hicks)

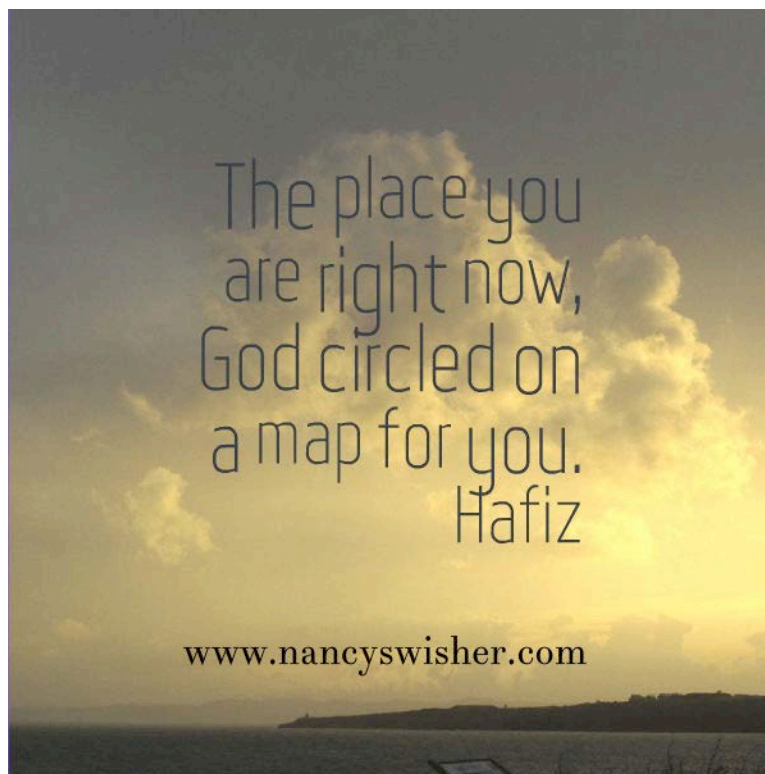
Think about it. When you are feeling happy, your entire Being is in a higher frequency, yes? And when you feel stress, it’s lower. In the lower frequencies, we experience more tension, fear, and lose touch with the reality of our ever-present Spiritual Power.

14. Words help to anchor your frequency.

WRITING EXERCISE: Write about the frequency you are feeling and experiencing right now in this present moment.

What is your frequency? Use the list above to determine your emotional frequency. Write about what it feels like and what thoughts you are thinking that create the feeling.

Connect the dots!



15. Understand when your words resonate with your spirit and when they don't. We have been programmed by other people's words. When we are not able to feel our own spiritual language, then we are susceptible to other's beliefs. Your spiritual wisdom is unique. It is yours and no one else's. Your journal allows your spiritual wisdom to land on the page.

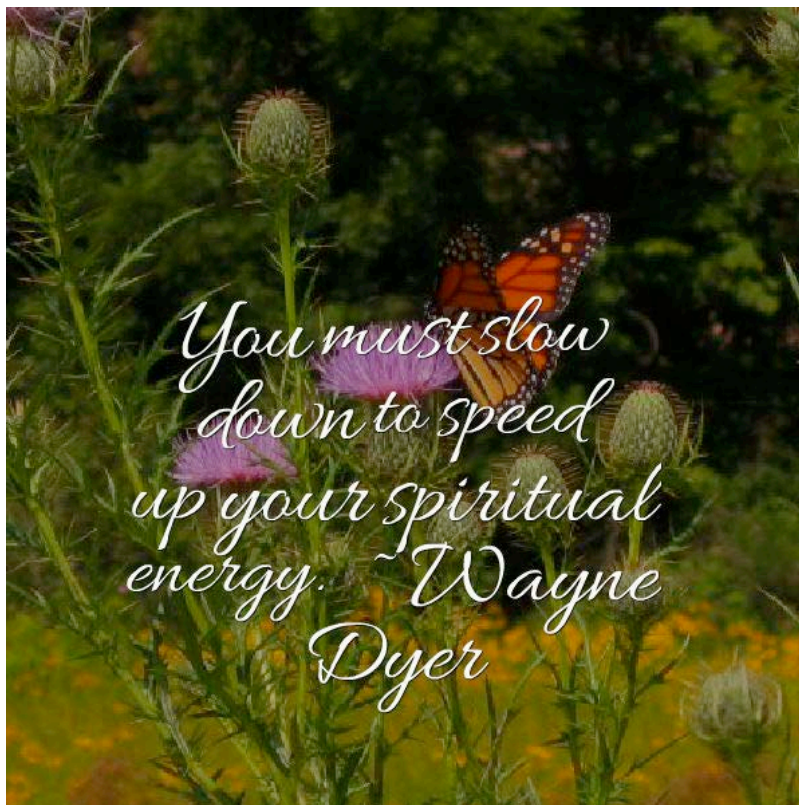
WRITING EXERCISE: Write about someone else's words that you used to believe but that you no longer believe.

This could be from childhood. Did you have a teacher or a parent tell you something as if it were true----you believed it to be true for a few decades---but now you don't believe it anymore. Write about this. What part of you transformed? When did you realize that those words were not your truth?

16. When we recite words, such as affirmations, they don't work when there is no emotion fueling them. In other words, if you say or write "My business is successful" yet you feel afraid that you won't be successful, the affirmation is like putting a smiley face over your fear. The feeling you feel along with the thought you think = what you really BELIEVE.

WRITING EXERCISE: You can use your spiritual journal to practice writing affirmations that you want to expand into. So if you want to affirm, "My business is successful" then write this down repeatedly in your journal. BUT as you write, you must focus intently on each word, letting the words itself create the belief within you that it is true "My business is successful."

Affirmations work when the words are spoken or written with belief, with faith, with the end (the thing being affirmed) already present within your knowing. This can happen only if you understand the power of language and spirit combined. Your Spiritual Journal gives you this power.



17 Components of a Spiritual Journal:

The components of your journal are both practical and spiritual. I list some fun ideas for your journal but remember that it is yours to create! Make it fun, playful, beautiful, meaningful, and a place you want to go to. Here are some of my suggestions:

1. Use of color—

You can use color for writing the day/date/weather and also to highlight words or draw fun images. Allow your Inner Being to select the colors you are attracted to on that day.

This in and of itself elicits a sense of play and inner connection to spirit. Also, the vibration of each color actually does impact your own vibration as you look at it and write with it. You can use the colors simply to write

the date and day or you can also allow yourself to draw rainbows (which are actually healing to do!) or make hearts or whatever you feel like doing that day.

2. Tune in to heart before writing.

This is done by closing your eyes and taking 3 long deep breaths. Take as long as you need to be quiet and breathe into your heart before you start to write.

3. Acknowledge the weather in your title of the day.

Example: December 13, 2010, Monday---Cold & sunny

This actually connects you to the natural world. Have fun with this step. You can draw hearts, birds, or whatever symbol or image creates a sense of fun and play for you.

4. Inspirational reading.

You want to find a book of inspirational writing that helps you to open your own heart on those days you find it difficult to write. I recommend the poetry of Rumi—in particular, *A Year with Rumi* by Coleman Barks. Try not to go online for this because it's too easy to get distracted there. Have a book or two in your journal area.

Here's a list of other book that are inspirational for support with going within:

[The Power of Awareness by Neville Goddard](#)

[Living Originally by Robert Brumet](#)

[The Awakened Heart by Gerald May](#)

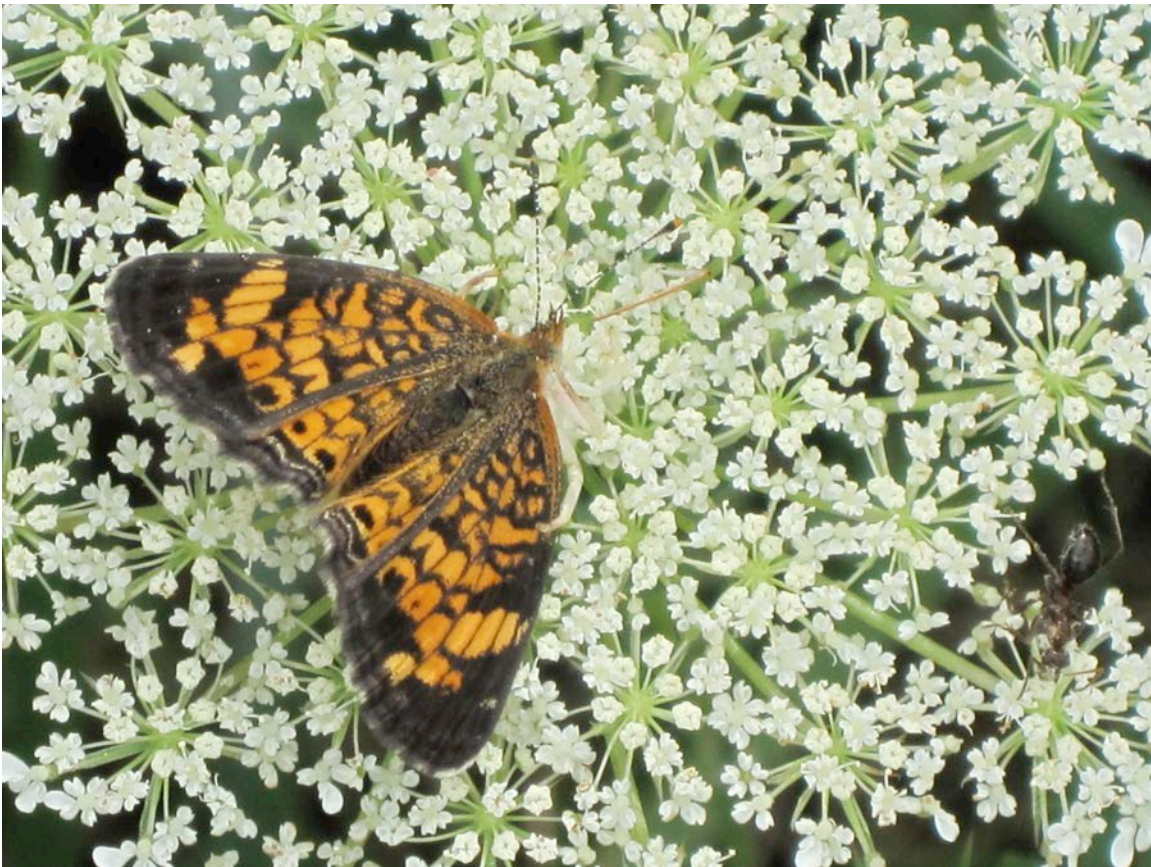
[The Creative Life by Eric Butterworth](#)

[Dance of the Dissident Daughter by Sue Monk Kidd](#)

5. Create your intention.

The basis or foundation of the spiritual journal is transformation. Think of the caterpillar and the chrysalis.

When the caterpillar is ready to transform into the butterfly, it creates a chrysalis and goes in there. Think of your journal as part of your chrysalis. You are inside a transformational space. You are examining your beliefs, your life, your love, and your connection to All That Is. You let go of the old you and allow the more powerful and more beautiful you to emerge.



By opening up to an actual dialogue with God/Spirit/the Universe you open yourself to being transformed by the Divine. Words allow this to happen when you realize the possibility of this. And you realize it by doing it, by writing, by consistently using your spiritual journal as a place to evolve.

6. Writing about triggers, processes, and emotions.

Although you may write about your fears, anxieties and ‘problems’, you do so not from a place of complaint, but from a place of KNOWING that you seek guidance, clarity and take full responsibility for a greater awareness to come to you. Use these moments of fear to open to your

Guidance. Sit still as long as you need to. Listen as deeply as you can. Stillness allows your vibration to go higher.

Trust in this.

7. Notes from study/books DVD, CD.

Use your Spiritual journal to make notes about what has inspired you! Perhaps you have read a book or part of a book, watched an inspiring movie, had an enlightening conversation with a friend, or observed something in the world that inspired you. Write about these things here.

8. I AM statements.

When we make “I AM” statements, we are actually creating who we are. Many of these statements we say in an unconscious way, such as “I am so slow” or “I am so screwed up.” Use this journal as a place to consciously create the I AM statements of who you want to become,

which is who you are in your Essence. Here's a great example: *"I am an amazing, beautiful, gifted, talented, powerful, abundant, prosperous, sexy, bold, gentle, grounded, soaring, brilliant, all around fantastic man/woman!"* Practice feeling these statements in your heart. You must feel it.

9. Write about clarity and spiritual guidance

10. Practice writing about gratitude and appreciation for all aspects of your life.

11. Write about your successes, big and small.

12. Tell God what you intend "to do" on this day.

13. Write about the wonderful connections you have with people. Friends, lovers, children, and even strangers in the grocery.

14. Consistency: You must be consistent. You must train yourself to write in your Spiritual Journal as a practice. This sends you subconscious mind the message that you are open to God, to transformation, to evolution, to being the highest and best version of you on the planet. Write daily!

15. Create a Sacred Space for your Spiritual Journal:

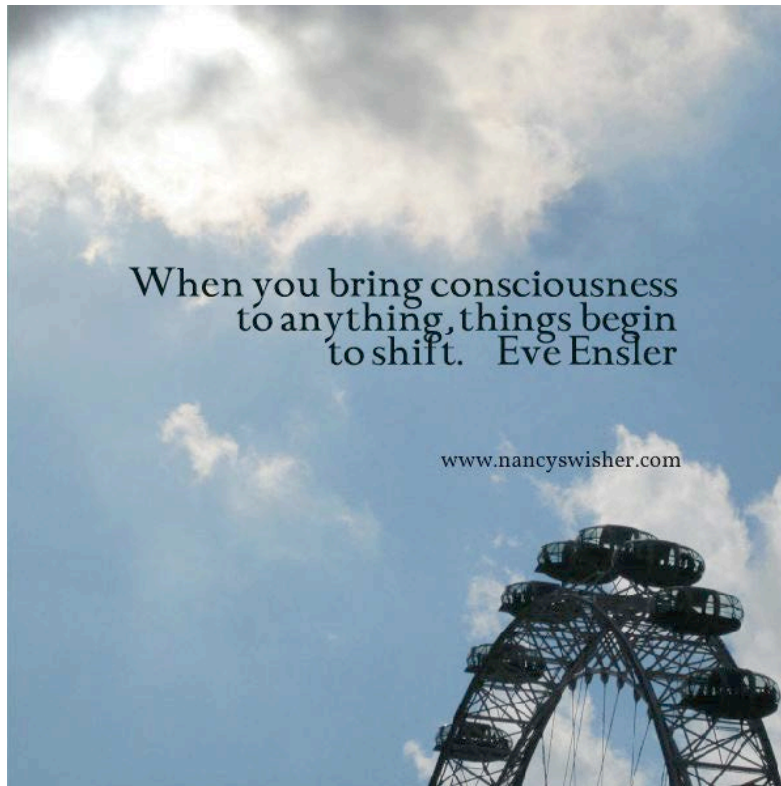
A corner of your room, a special chair, a candle, incense, or beside your altar.



Statue of Shiva

16. Recommended type of journal: unlined spiral notebook/sketchbook 8 1/2 X 11 or 9 X 12. Unlined! This creates more space for spontaneous creativity.

17. Read your words aloud! I can't emphasize this enough. You must honor the resonance of your words, how they feel in your body as you read them. Also, read God's words aloud. Feel the resonance of the truth. Eventually, your words and God's words become One.



Bring consciousness to your life by writing in your
Spiritual Journal.

Writing Prompts for your Spiritual Journal:

1. *Dear God (Spirit, Universe, St. Francis, angels, quantum field), today I awakened a little afraid because*

2. *Dear God, All I want to do is love.*

3. *Dear God, Thank you for*

4. *Dear God, Part of me wants to separate from my sister (brother, spouse, friend) and I know it is me and not them. Can you guide me to clarity about this?*

5. *Dear God, my body feels*

6. *Dear God, I ask for your guidance with this:*

7. *Dear God, I didn't sleep much because I felt afraid to trust you, to trust my life.*

After you write to Spirit, you must then allow Spirit to write back to you. You must quiet your mind, focus on your breath, and listen. For some of you this will be easy. For others, it can be challenging. You are connecting to your Higher Self and to the Universe.

You will know what that voice begins to flow into your words on the page. Your body can feel the resonance of the truth that is coming forth.

Obviously, keeping your mind and body clear through good diet and exercise will support this process.

Quote from Caroline Myss “Entering the Castle”

Words such as miracle, grace, and prayer are part of a sacred, potent, alchemical language that awakens the soul. Words are power. They are the conduits of consciousness and the building blocks of reality. The ancient mystics knew the power that the words in each prayer contained to open their souls to divine consciousness. To understand the language of the soul and to know how to use that vocabulary in prayer, in healing, and in channeling grace is to truly unlock the power of your soul. For example, the prayer of surrender, “Thy Will Be Done” can be translated to mean, “I ask for the courage to step out of my own way, to not interfere with Your plans so that Your grace and love can pour through my actions, words, and deeds this day. Let me see each person as a vital and blessed part of my life. Let every action and thought I have today serve all.”

Contemplate this quote and write about it in your journal.

Examples of a Spiritual Journal Dialogue:

Example Spiritual Journal: (donated from a client's journal writing about her business)

Example #1:

Person: Help me feel my own certainty about who I am and what I do?

Spirit: As you smile at the very asking of this question~ your smile knows how silly it is! The You that smiles is the Real You! The bigger you! What you 'do' here on earth is simply a reflection of your soul and a way for you to experience your spirit, your true self. So any thing you 'do' is part of that reflection. When you speak with friends and connect and share, you are experiencing your Self—your certainty—when you teach, when you write. All of it.

Person: But my question is~ Why am I so often 'unable' to focus or to produce products, business, and the flow of money? I feel that my ego gets in my way too often! I should be much freer than I am?

Spirit: Even writing this and your awareness of it is a gift. There is no time-line on your life. Each moment is important—to feel the Joy that you are ~ and you are so Joyful!

Person: I want that! I want to allow that. I get scared too much~ I don't want to be afraid. I want to feel empowered and strong and creative!

Spirit: And you do feel that way! Most of the time! You are the one who creates your feelings. The fear and others you also create—you know that. Trust your direction! You are so close to seeing the manifestation of your efforts. Your efforts are so powerful. Your wisdom is so great. Don't doubt yourself. Be vigilant about your vibration. You know how to do that. Select your thoughts and stories—you literally are remaking/creating You in each moment. Your history is your history—it is not you.

Person: But why do I love it so much? Why do I think of T __, or of _____, or all the wonderful experiences of the past so much? Is that wrong?

Spirit: No! Of course not! But when you replace your present moment with memory, it's as if you lessen the power of your creative genius in that moment. Right now in this very moment is your power. If you are looking backward in memory (whether conscious or unconscious) it's like putting a dam on a river—the flow stops.

Person: But the lake is created and is it not beautiful?

Spirit: You have a point there~ but your lake is not alive—it's not a real lake but an artificial one—a dam. What do I have to teach about this? Is the writing of my business book going to be beautiful?

Spirit: Of course! You can't write anything that is not beautiful. I'm frightened! (Smile)

Spirit: Only because for a split-second you had a frightening story! Focus! It is there and you focused on it! Your life is a splendid life! Your inner life is so rich~ so very rich and your quest has been and is always to make that external. To bring it outward to the world. And you are, little by little.

Person: Why do I feel the need for help? Do I need to feel helpless in order to get support?

Spirit: Absolutely not!

Person: What is my essence? What's the essence of my business?

Spirit: You teach people how to love their inner life. How to navigate it.

Example #2:

Dear God,

I am so happy now and I feel more than ever that I am allowing the you that is me to be expressed~ yesterday, I began to judge myself for not 'being in action' on my biz or

my book. And I was able to lie down and honor my need to just BE` to remember that I am more like a flower than a human and yet I am human too. I was able to be kind towards myself, to see the judgment and ‘let go’ as I searched for and found my spirit, my love, the You that is me. And from this experience as I begin a new day, feeling energized motivated and enthusiastic about all of my creations (your creations as me) I realize that what I call ‘just Being’ and honoring that need, is essential to my work, to my sense of authenticity and my commitment to bring forth only creations filled with Beingness. So I’m happy about this and feel a new sense of ownership about my own process and needs. I’m a Frequency Holder!

As you explore your own relationship to words and Spirit, honor what comes forth. Do not judge. Feel the words in your body. Read them aloud. You are also a frequency holder: you hold the unique frequency of your own Soul.

Learning the language of your Soul is the greatest gift you can give yourself.

Blessings,
Nancy xx

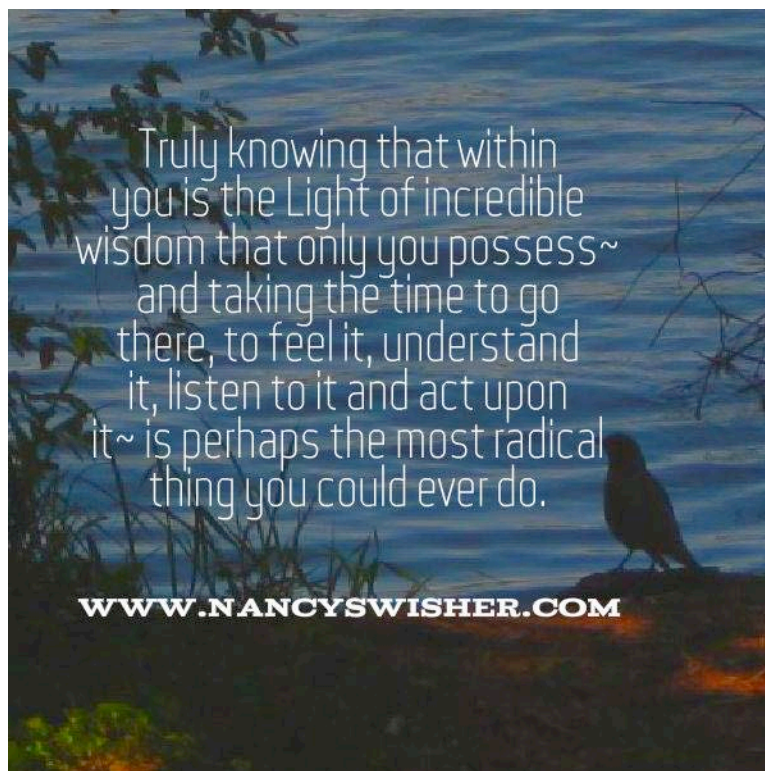


One of the places I write in my spiritual journal.

A Personal Note from me:

Language has been a lifeline for me in my life. If you work with me one 2 one, you have experiences the freedom with which I speak from my own Soul. I am in my 6th decade now! (Unbelievable!) One thing I know for sure is that finding your own voice and standing behind it is the mark of liberation from the conditioned mind and programming that we are all born into.

It takes time to do this. When you devote yourself to your spiritual journal you will find your voice. Your own truth and wisdom will begin to call forth a deep recognition from within you. You will feel in your body a new sense of power and empowerment. You will feel your spiritual consciousness taking shape.



Further resources:

If you want to go deeper into the arena of Finding Your Voice and Standing Behind It, let's talk! I love to hear your goals and dreams about this and then I can create a one 2 one program specifically to support you.

Here the link to sign up to speak with me.

<https://nancyswisher.youcanbook.me>

My book: Available in September 2016!

