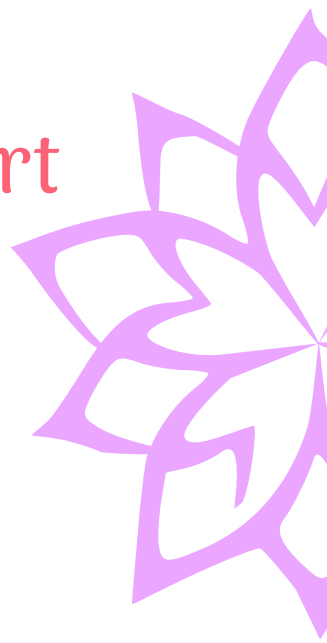


The background is a vibrant watercolor wash in shades of red, orange, and pink. Overlaid on this are several large, white, stylized floral or leaf-like cutouts. One large cutout is on the left side, and another is in the upper right corner. A purple rectangular box with a thin white border is centered in the lower half of the page, containing the title text.

Journaling With Your Heart Guidebook

by Josie Wood – Heartful Living

Journaling From Your Heart Guidebook



This guide book along with the resources in the collection will deepen and enrich your journaling experience through helping you communicate with the nurturing wisdom of your heart.

Josie Wood
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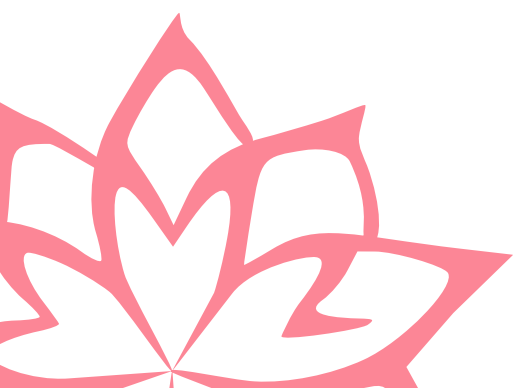
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One of the beautiful things about journaling with your heart is the more you do it the more you experience the power of your heart illuminating your life. And the more you experience that...the more your journaling practice glows with wisdom, awareness and the deep knowing that you are communicating with your soul.

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What Is Journaling?

Simply put it is a form of self care that is carried out with paper and a pen. It is very low cost and can be flexibly fitted into any lifestyle. You could pick up a pen right now and get started. But you might want to read on to gain more inspiration first...!

If we take it deeper than the simple description above we can also describe journaling as a deeply nourishing act of self love where we listen to ourselves through allowing our inner world to be expressed on paper*.

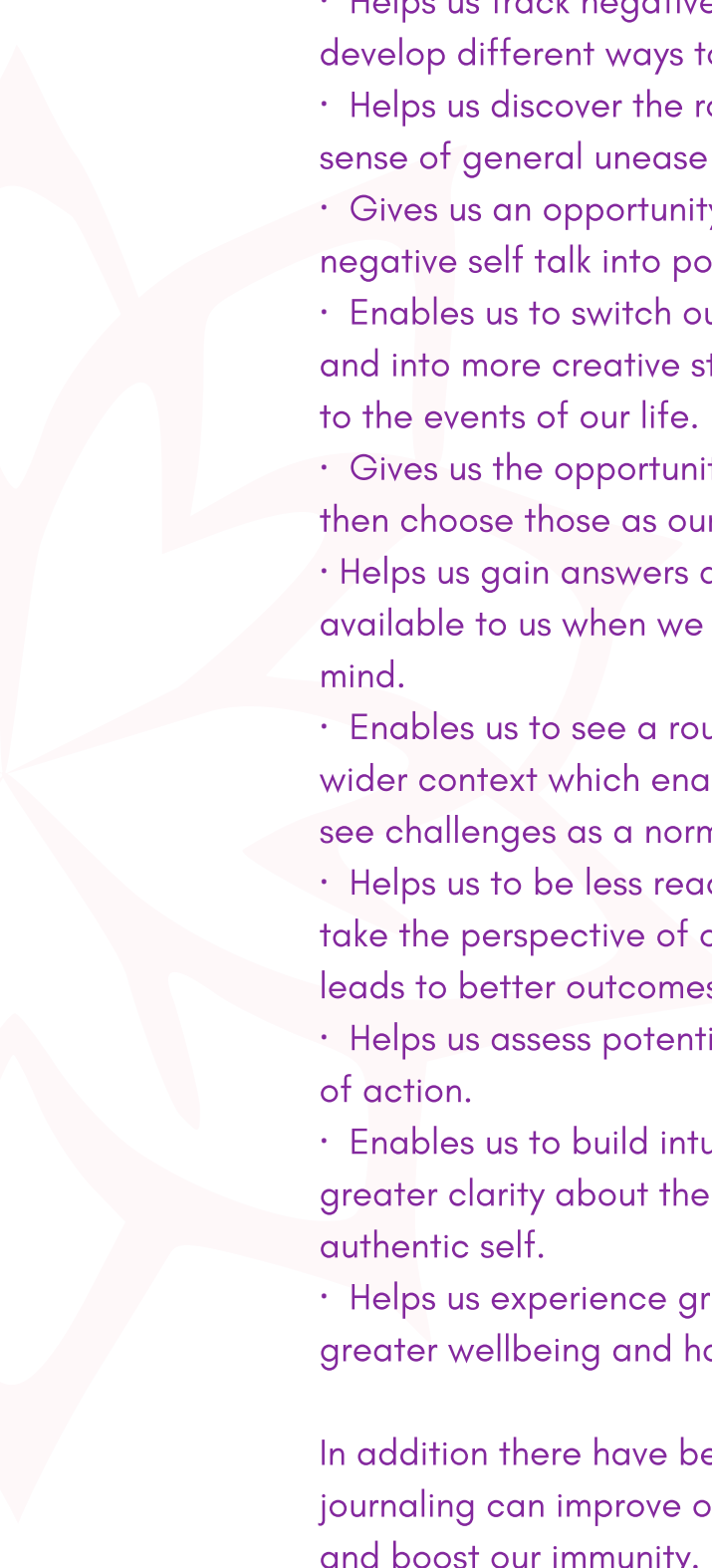
*I keep saying paper and pen. You can of course journal using any digital format too. However if you want added benefits from journaling, pen and paper are the way to go. This is because the act of writing with a pen in our hand... activates parts of the brain that take us into a more meditative state. We slow down. We settle into our bodies and breathe more deeply. We relax into a rhythm that is more about *being* and less about busy thinking and rushing through our day. This is a particular gift we can give ourselves - in addition to all the other benefits of journaling. I'll just add here that the printable sheets that are included in this collection are only available as a paper and pen experience at the moment.

How Can Journaling Help You?

Journaling is growing in popularity and as a result there have been several research studies about it. This is a brief overview of some of the benefits that have been reported.

Journaling...

- Helps us offload stressful thoughts, enabling us to lay them down so they don't spiral constantly.

- 
- Gives us the space to step back from thoughts, emotions and behaviour and assess them with a different perspective.
 - Helps us track negative triggers and patterns and develop different ways to manage those.
 - Helps us discover the root of an issue that is causing a sense of general unease or anxiety.
 - Gives us an opportunity to consciously turn around negative self talk into positive affirmative self talk.
 - Enables us to switch out of negative patterns and moods and into more creative states where we can be responsive to the events of our life.
 - Gives us the opportunity to reflect upon our values and then choose those as our motivation and inspiration.
 - Helps us gain answers and solutions to things that are less available to us when we are chewing them over in our mind.
 - Enables us to see a rounded picture of a situation with a wider context which enables us to adapt to change and see challenges as a normal part of life.
 - Helps us to be less reactive and judgmental and can take the perspective of others into consideration which leads to better outcomes.
 - Helps us assess potential options and decide on a course of action.
 - Enables us to build intuition and self-awareness with greater clarity about the needs and desires of our authentic self.
 - Helps us experience gratitude more fully which leads to greater wellbeing and happiness.

In addition there have been studies that have found that journaling can improve our memory, help us sleep better and boost our immunity.

The benefits of journaling touch every part of our lives – from being an effective remedy for reducing stress to boosting our happiness. From helping us see solutions to problems more clearly to taking appropriate action.

Even if you have been journaling for a long time you might be inspired by this reminder about all the wonderful things you are doing for yourself. And if you are new to it...are you excited to know what this simple practice can give you?

To give a balanced view here some of the research about journaling does report that there could be a downside to it. This is only if a person spends too much time writing about things that trigger negative self talk or self blame. Or if they spend so much time journaling that they are not really engaged in life.

There are also honest reports that journaling can sometimes be hard if we are writing how we truthfully feel about a difficult situation or emotion.

So this leads me smoothly into why journaling with your heart is different to other approaches. It will both prevent any of the hurdles of journaling that I've mentioned above and also hugely enhance your experience even if it's been positive so far.

So let's dive into that...!

What Makes Journaling With Your Heart Different?

One of the biggest challenges of journaling can be writing from the part of our mind that has us chewing over problems instead of accessing wise answers.

Journaling with the heart resolves that.

Our mind does its best to keep us safe. But it is hindered by the fact that it only lives in the past and the future. It looks at what happened in the past and examines that for problems, mistakes, challenges and previous hurts. Then it leaps over the present moment and scans the future in an attempt to avoid repeating those problems, mistakes and challenges. It wants to shield us from pain. But it does this in a way that often leads to more pain as it comes up with self-talk like...

'you make mistakes in relationships, you need to turn away from close relationships to protect yourself.'

Or...

'You're not going to get that job, so don't give yourself extra pressure by applying for it.'

Or...

'Look at the mess you made last time you did this. You mustn't do that again. Walk away, don't try, stay safe, it's easier that way.'

Or...

'Remember what your mother/father/teacher/boss said. They knew that you aren't good enough. They knew that you wouldn't succeed'.

And on and on...!

In producing this kind of commentary our mind accesses the limitless library of our unconscious that holds an imprint of everything that has ever happened to us. It works like an impartial computer that will supply the answer to the questions asked.

Our cautious mind asks questions like...

Why do I always get this wrong?
Why don't I ever succeed with this?
Why do I make so many mistakes in relationships?
Why do I never have enough money?
Why do people judge me?
Why don't I achieve what I want to?
Why don't I feel happy?
Why am I so stuck?
Why does it work for other people and not for me?
What is wrong with me?

Our subconscious mind will always supply an answer to the question exactly as it is asked. It will find something that is a match for the way the question is phrased.

If we are journaling from our mind which is geared to search out problems as it struggles to avoid them...then we are more likely to be asking this sort of question. We are more likely to find ourselves tangled up in thinking about the answers to these self-limiting questions and wrestling with a thought process that is based on fear, avoidance and doubt.

If you have had experience of journaling before you might recognise this kind of pattern and you are in the right place to change that. If you are new to journaling rest assured that what I'm going to share with you is an easy supportive, enriching way to do it differently. You start by connecting to your heart first.

With some approaches to journaling you might use prompts that trigger a more positive train of thought. Or you might start with a meditation to take you to a calm state where the fear based thoughts have less impact.

These are really useful and have a lot of value. But they still rely on the mind as the primary director of the the process. This means that the fear based thoughts can still slide back in. Or the safety seeking mechanism of our mind might take us out of the calm state and back into problem fixing.

The real benefits of journaling come when we can access the part of our consciousness that does not operate in the fear based, doubtful way. This has been called our higher self, our higher mind, our soul wisdom, our intuitive knowing and our higher awareness. You might recognise this by other names too.

When we are writing from this aspect of ourselves then truly uplifting, inspiring, healing and supportive words will flow out of our pen. And these words become magical seeds that burst open with life force and sustain us with joy, strength and guidance.

But it's a stretch for our everyday mind to connect us to this higher wiser aspect of ourselves in ways that we can rely on, every day, every time we want to journal.

Our heart is perfectly built for the role of connecting us with this higher wiser part. Because it loves us fully and completely. Because it sees us as we truly are not through the filter of judgements. Because it knows our bright potential and believes in that.

It does not ask questions that result in responses that drag us down. It knows answers that lift us up. It is devoted to us, cherishes us, champions us and holds our hand as we walk through challenges.

It is constant, strong, reliable and utterly, continuously loving.

It will always and only be loving towards us.

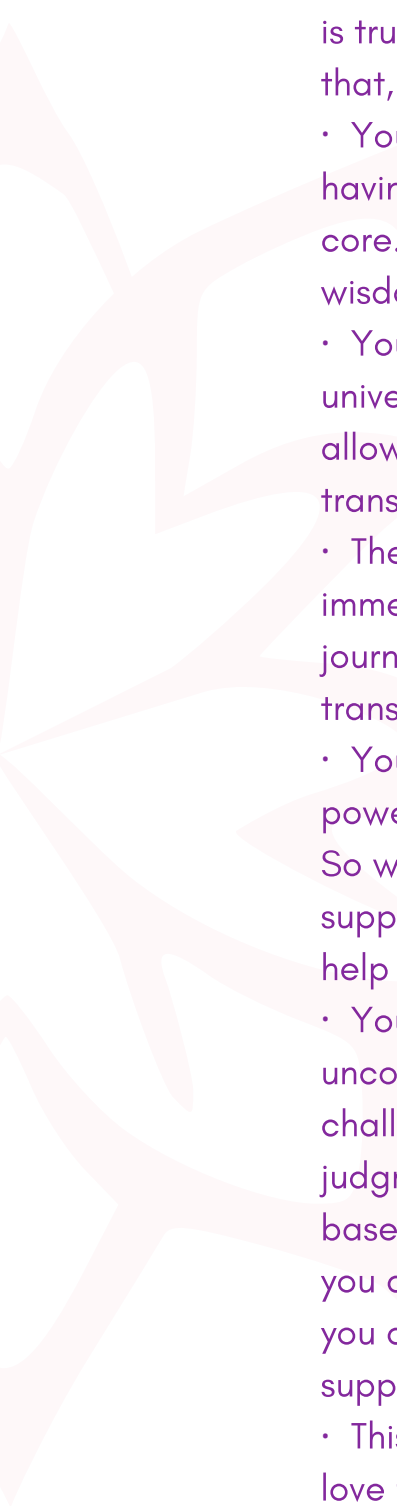
Love is its language.

When you journal with your heart this is the language that you speak.

So journaling with the heart is about having a conversation with the the part of you that loves you, now, just as you are.

From here let's look at even more reasons why your heart is your ideal journaling companion.

- Your heart lives in the present moment where all your genuine power to act with purpose and intention actually arises from.
- Your heart is a physical gateway to your soul. It is a portal to all the wisdom, insight and expanded knowing that your soul offers you. When you connect with your heart it makes it easy to open up to your soul's knowledge and wisdom in accessible ways that you can integrate with your everyday life.
- Your heart brings your whole being into a state of harmony, balance, equilibrium and ease. This includes your mind, so when you activate your heart power it switches on the higher reasoning part of your brain that helps you think with clarity and insight and takes you out of fear based reactive thinking.
- In this state of balance and harmony that your heart power generates your body becomes calm and relaxed, your immune system is boosted, your heart rhythms are balanced and stress is reduced. You enter a state of wellbeing and aliveness that means you can respond to life with confidence and certainty.

- 
- Your heart knows who you really are and what your life looks like when you are living your full potential. So whatever your life looks like now, whatever thoughts, fears, or doubts you have about yourself – your heart knows what is truly possible for you. It will show you that, guide you to that, carry you forward to that.
 - Your heart is a reliable inner guidance system. It is like having a perfectly aligned navigation compass at your core. You can trust it and rely on it as it harnesses the wisdom of your soul to show you your next steps.
 - Your heart is the place in you where all the love in the universe is available. When you open to this power and allow it to flow through you it has the potential to transform you, your life and the world around you.
 - The infinite love that flows through your heart has immense healing power. You can harness this in your journaling practice as a way of soothing, healing and transmuting emotional pain.
 - Your heart is the generator and reservoir of all the inner power and special qualities that you need to thrive. So whatever challenges you are facing your heart will supply you with what you need to face those in ways that help you flourish and grow.
 - Your heart knows everything about you and loves you unconditionally. It knows all your fears, doubts and challenges and loves every fibre of your being without judgment or resistance. It knows everything that your fear based mind might see as mistake or regret and cherishes you completely. When you are journaling with your heart you can relax into a completely non-judgmental, supportive, nourishing, encouraging space.
 - This totally unconditional, immense, healing, empowering love from your heart means that you can pour out all your worries, concerns, regrets and upsets as you journal while feeling securely held in a sanctuary of complete safety, peace and acceptance.

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You can open up,
let your truth be known,
felt and written about while you
experience yourself being supported
in the safe harbour of
your heart.

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One of the beautiful things about journaling with the heart is the more you do it the more you experience the power of your heart illuminating your life. And the more you experience that...the more your journaling practice glows with wisdom, awareness and the deep knowing that you are communicating with your soul.

So if any of what I have said here seems a bit unlikely... then doing the process of journaling with your heart will help you experience all this magic for yourself. Even though it is magical - it is also very real, practical, available and is waiting for you now. Inside you, now.

And if I have ignited a desire in you to experience this for yourself you might be asking - how do I do it? That is where we are going next.

How To Journal With Your Heart

I am going to take you through this in three parts...

1. An overview
2. Step by step process
3. A short meditation to take you into journaling from your heart. (You also get the bonus gift of the MP3 recording of a fuller version of this meditation to relax into and connect with you heart before journaling).

Overview

Your heart is a receiver of love, a generator of love and a channel of love. In journaling with your heart you consciously open up to this love and invite it to flow in you... to flow as you write. Filling your heart, expanding into your chest, illuminating your thoughts, flowing down your arm, out of your hand and onto the page. If this seems a bit out of reach right now...just follow the steps in the next section and relax into it. It will grow and build in you.

The more that you open up to it and write from this place the more you will widen the channel for it to course through you. In time you will come to experience it as cascading out of you in rivers of bright presence. Bringing peace with its immense capacity to hold all your darkest fears in complete safety. Bringing excitement with the knowing that you are an amazing, beautiful and unique being that has gifts to bring to the world. Bringing grounded strength with the experience of living from your personal reservoir of wise power.

In journaling from the heart you open to this peaceful presence, this love. You invite it to expand in you, and you feel it welcoming you in return.

You view it like you would a friend that knows, loves and cares for you and always has your back. A friend that you can laugh with, cry with and then listen to as it offers ideas that light up your life with new possibilities. A friend that always sees the full horizon of your life even when your vision is narrowed to a limited view. A friend that you can trust and lean into.

So as you prepare to journal – you connect with your heart, invite its love to flow in you and recognise the friendship it offers you...then write.

As you write...you are writing to it, with it and from it. That might sound complex but it soon becomes easy.

You can ask it questions and as you listen from the heart space inside you it will answer from love and wisdom. You can ask it for specific guidance and you can trust the response.

You can tell it everything, and it will absorb all that with unconditional care.

You can plan with it, discuss with it, review with it...and share everything that you would with your best friend, wise mentor, powerful healer and inner guru.

You can also use the Heart Wisdom Guidance Cards as you journal for guidance and insight and to help you develop the relationship with your heart. I'll

These are a free gift that you will find here...

www.heartful-living.com/heart-wisdom-cards

(I'll tell you a lot more about the cards and how to use them on Page 14).

Step By Step Process

1. Choose the way you want to journal today.
Do you want to free-write?
Do you want to use a prompt?
Do you have a question?
Do you want guidance, healing or nurturing care?
Do you want to use the Heart Wisdom Guidance Cards?

If you choose any of these options...print off the relevant journal sheet from the resource library.

*Do you need to pour out
upset or distress...knowing that your heart
is holding you safe. If this is the option that
is calling you then be sure to take some
time to connect deeply with your
heart before you write.*

2. Prepare yourself to journal with your pen and paper at the ready (or digital method you prefer).
3. Make yourself comfortable so your body is relaxed and alert, grounded and present.
4. Bring your attention to your heart. You can use the meditation on the next page to help you with this and the next two steps.
5. Breathe in and out of your heart area.
6. Smile to your heart, feeling the energy build and grow inside you.
7. Let that expand up into your head, illuminating your thoughts, and down your arm, into your hand, through your pen and on to the page.
8. If you are using a printable page or prompt, read the words there...slowly, feeling yourself open up to them as you respond with and from your heart as you write.

Meditation To Take You Into Your Heart Before Journaling

You might like to read this with a relaxed focus so you can take in the information and experience it at the same time.

Bring your attention to the central part of your chest... the space around your heart and imagine that you are breathing as if in and out of that space, as if in and out of your heart. Feel your chest soften and open as you do. Feel the muscles of your chest open and release, so with every breath you feel more comfort and ease spreading through you.

Now bring to your awareness something that makes you smile. Something that comes to you easily and that helps you feel a smile rising on your face. It could be a place, a song, a memory. As you focus on that thing feel the way the smile is spreading across your face.

Send that smile and the energy of that smile down into your heart. You are switching on your heart power. As you do feel your heart welcome in that smiling energy and send it back to you with even more brightness which makes the smile on your face grow even more.

An inner glow starts to build in you, a warmth, a sensation of expansion. You are now opening and connecting to the part of you that loves you unconditionally and cherishes you. It is the place where all the infinite love that sustains the universe is available in you. It is always with you, present with its unconditional love and wisdom and it is ready to communicate with you now as you write.

Talk to your heart like it is your best friend. Invite it in. Invite it to travel with you on your journaling journey. Invite it to be by your side, intimately present. Writing with you, writing to you, receiving what you write.

Open up to allow the energy of your heart to flow up to your mind to activate the part of your brain that is responsible for higher reasoning, clarity, insight and expanded thinking. Sense how your heart energy switches on a light in your thinking capacity, illuminating your mind. Then open up to let the energy of your heart flow down your arm, out of your hand and onto the page, bringing a sense of truly writing with your heart's energy filling you, pulsing through you and guiding you.

And now prepare to write, while continuing your balanced rhythmical heart breath to anchor you in the flow of your expanded wisdom as you move smoothly into journaling... feeling supported, loved, listened to and guided.

Journal With The Heart Wisdom Guidance Cards

These cards are a free gift which you can access [here](#).

They are a deck of 33 guidance cards which open the door to your heart power in many ways, especially...

1. To access the guiding wisdom of your heart for help with direction in your life, answers to questions, or bringing clarity to confusion.
2. To help you learn more about your heart's power to support you in all areas of your life and experience that to the full.

The Heart Wisdom Guidance Cards are the perfect complement to journaling with your heart because each time you draw a card these two benefits combine, so that you are both opening the door to the particular aspect of your heart power in the card, as well as receiving guidance on your next steps.

As you journal with your heart the combination of benefits from the cards that I have described above take you on a rich journey of self-love, self-knowledge, self-discovery, and self-empowerment.

All the guidance that you receive will be coming from within you. All the support that you receive will be coming from within you. Along with all the inner power to thrive and the deeply healing energy to transform emotional pain. All of it will be coming from within you. It will be coming from the wisest, most loving, expanded, powerful part of you.

When you journal with this part of you it builds your self-trust. It builds a sense of self-assurance...knowing that you are capable of achieving what you heart and soul show you is possible. You can rely on yourself knowing that you have an inner reservoir of heart powered strengths and qualities that will carry you forward. You strengthen your intuition as the guidance you receive bears fruit. It is an upward spiral of self-encouragement...!

There will be times that you receive the guidance to ask for help and support from other sources, or other people, because we all function best in community and when we are connected in relationships. However when you journal from the heart and activate the energies of the cards that help will come through conscious choice and not through urgent need.

You can experience this level of self-aware, inner strength when journaling with the heart even when you are not using the cards, however the cards are a wonderful way to plug directly into that insightful wisdom within you and harness the inner qualities of the heart that each card offers you.

There are a few ways that you can use the cards in your journaling practice, which I will talk about in the next section. For now I will just highlight that the main things to get you started are...

1. Go to the online 'Reading Page' for the cards. This is a private page that you can visit at any time for a cards reading...even if you are not journaling...! You get instant access to that page when you sign up for the cards [here](#).
2. Then ask a question in the box at the bottom of the page. The question is not stored anywhere and is for your benefit alone. You can ask as many questions as you like.
3. In the next section I will talk about the printable sheets that you can use to have a particular focus when using the Heart Wisdom Guidance Cards as a boost to journaling with your heart.

Using the Printable Journaling Sheets

There are 25 printable sheets in all. Each of the 5 sections below has five different sheets to choose from.

You can play around with how you want to use these. You could print a few at a time and have a plan for the week regarding how you want to use them.

I most enjoy just tuning in to see what my heart calls me to journal about each day, then I print the sheet for that as and when I need it. And also personally I love this approach because it's the most eco-friendly, as I only print what I need.

Or of course if you know that you will use them all at some time print them off and keep them in a folder to make it easy for yourself to just pick it up and dive straight into journaling.

This is all about what works best for you and feels right to you. The more you use them you might find that you have favourites, or you might like to use these as inspiration to create your own. Let your heart guide you...!

Each of the printable sheets has statements and questions to guide you - to make it as easy for you as possible to access your heart's wisdom and power. Follow the steps in the guidebook on page 12, this will support you to let the words on the printable page lead you into an enriching conversation with your heart as you journal.

Life Areas

These printable sheets cover the main life areas that come up for people when they are experiencing challenges in life. Typically most of us have one or more of these aspects as an active area of growth and transformation.

You will know what you need most at any particular time.

Heart Wisdom Guidance Cards - 3 Card Spreads

So you are familiar with the cards now having read the previous section. I'll just add to this that the Guidance Cards journaling pages are great to use alongside any of the other journaling pages, as well as using them on their own.

So for example you could start with a Guidance Card 3 Cards Spread sheet and follow it up with deeper journaling about the life area that it most relates to.

Or swap that around...you could start journaling about the life area - for clarity and insight and then take that further with a card reading. Play with this and see what you enjoy the most. It might change from day to day.

Various

This section contains a collection of general printable sheets that cover a variety of different things. It's a bit of a mixed bag of treasures. Explore each one and see what calls to you.

In this section you will find a printable page to use if you want to do a Heart Wisdom Guidance Card Reading with a single card.

Freewriting and Lists

There are 3 freewriting pages and two lists.

There is a little bit of guidance and focus with the freewriting pages, but really the invitation of these printable sheets is to write whatever wants to pour out of your heart and through your pen.

These pages help you unpack and offload excess emotional baggage - letting it flow freely without an agenda. And these pages also allow for the surprise of dazzling wisdom to break through like an unexpected gift.

The only given here is to anchor in your heart...and write without agenda or expectation.

It can often be beneficial to follow these freewriting pages up with another page that can then help you refine your journey into the direction that you choose to go. So from here you might pick a Heart Wisdom Guidance Card 3 Card Spread which would be a wonderful way to harvest all the insights from the free-writing in a way that offers further support.

The lists are an easy, heartfelt way to bring light and love into your life. Either through a gratitude list or an inspired list of all the things you feel guided to do today.

Heart Elements

These printable sheets are great to use when you have had some experience of journaling with your heart, as they take you deeper into the five main areas of what your heart power offers you.

These areas are reflected in the four Heart Chambers that you will come to know through using the Heart Wisdom Guidance Cards...Inspiration, Enrichment, Empowerment and Healing and also the Source Card - Love.

You can use these printable sheets on their own as you explore each of these aspects of your heart power or you can use them with the Heart Wisdom Guidance Cards if you have drawn a card that relates to the area.

— “ —————

Open up to let the energy of your heart flow down your arm, out of your hand and onto the page, bringing a sense of truly writing with your heart's energy filling you, pulsing through you and guiding you.

————— ” —

Further Support

If you have any questions about journaling with your heart, this guidebook or anything else in this collection of resources do get in touch with me.

You can email me at josie@heartful-living.com

Or you can send me a message on Facebook or Instagram.

My Facebook page is...

www.facebook.com/heartfulliving

on Instagram I am...

www.instagram.com/josiewood.heartful.living

I would love to hear from you...!

My website is www.heartful-living.com where you will find a lot of wonderful heart powered offerings to support you.

Thank you for reading this guidebook. I hope you find it lights up your journaling experience along with all the other resrouces in the collection...it's been my pleasure to share them with you...!

