

Finding Yoyu & Leaning into Spirit

Journaling with Source

Connecting with your inner spirit and Source energy doesn't have to be complicated. In moments of uncertainty, fear, or doubt, a few moments of intentional focus can shift everything. The steps below are a concise guide to help you settle, invite clarity, and open the door for messages from within.

Step 1: Prepare Your Space

Sit comfortably, close your eyes, and take several deep, slow breaths. Rest your hands lightly on your computer keyboard or journal. Allow your body to relax and your mind to quiet.

Step 2: Set Your Intention

Say or write out the statements to the right exactly as they appear—or adjust them slightly if needed. These phrases signal to your inner spirit (and the greater universe) that you're ready to listen and receive.

Step 3: Frame Your Question

Gently describe what's weighing on your heart or mind. Then, form a simple question such as:

- Is there anything I should know about...?
- What can I do to alleviate this issue?
- Why is this still showing up in my life?
- I believe... Is there anything I'm missing?

The exact wording matters less than your clear intention and genuine desire for insight.

Step 4: Journal Freely

Keep your eyes closed (if that feels comfortable) and begin typing or writing the words that come to you—one at a time. Don't analyze or second-guess; simply allow the ideas to flow. Keep writing until you sense no more words are coming.

Step 5: Reflect

When you feel complete, read over what you've written. Notice any perspectives, solutions, or comforting truths that have revealed themselves. With practice, this process becomes a powerful tool for receiving guidance and aligning with your inner light.

By taking a moment to intentionally connect each day—whether through journaling or another creative form—you nurture your relationship with your inner spirit. Your spark of divine wisdom is always present, ready to guide you in every aspect of life.

I am the light
I serve the light
I serve all being
This body
This life
This instrument
Played by the Universe
Played in tune
In the key of light
I am the light
I serve the light
I serve all being



Finding Yoyu & Leaning into Spirit

Journaling with Source

I am the light

I serve the light

I serve all being

This body

This life

This instrument

Played by the Universe

Played in tune

In the key of light

I am the light

I serve the light

I serve all being

余裕