

30 Day  
Vibration Raising  
Journey



Journal and Meditations  
by  
Melissa Field

[melissa-field.com](http://melissa-field.com)

# Welcome to the 30 Day Vibration Raising Journey!


Each day of this journey consists of a soul nourishing journal prompt and a guided meditation. The guided meditations are created to be short enough that you can do one per day. Each of the meditations are between 5-6 minutes, except for the last one, which is 9 minutes.

You will find a link to each day's meditation at the end of the journaling space. Although it's not necessary to do each meditation, each one you do will accelerate your healing and vibration raising. You can find links to all 30 meditations here: <https://soundcloud.com/melissafeld/sets/raise-your-vibration-in-5>.

Additionally, if you enjoy this course and would like to make a donation you can do so here: <https://www.melissa-field.com/donate.html>. Any amount you donate makes a difference and helps to keep this journal and the meditations available to others! Thank you so much.

Kind regards,

Melissa



Happiness is not  
something you postpone for  
the future; it is something you  
design for the present.

- Jim Rohn



















# Day 7

## *The Answers I Need are Inside My Heart*

### *Journal Prompt*

You are walking down a forest path. You come to a fork in the road. There are two signs nailed to an old oak tree in front of you.

One sign points to the right and says “The Known.” The other sign points to the left and says “The Unknown.”

When you imagine the known and unknown in your mind, what do these two paths look like? In your heart, which one do you honestly want to take the most? Why did you choose it? Do you like what you find on this path, or would you like to choose again? How does it feel to know you can always turn around and choose the other path?

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*The remarkable thing is, we have a choice everyday regarding the attitude we will embrace for that day.  
- Charles R. Swindoll*

**Today's Audio:** Heart's Desire (episode 11)

<https://soundcloud.com/melissafiel/heart's-desire-episode-11>



# Day 8

## *In Every Moment I Am Reborn*

### *Journal Prompt*

Think about the phrase “In every moment I am reborn.” Do you believe that every moment, every breath, is truly a fresh start? Or do you see your life as a fixed thing that never changes?

Take some time to think about all the things that are constantly changing in you and around you that you don't usually notice. Your fingernails are a little longer today than yesterday. The tree in your yard has changed the tiniest bit, as it's always growing, dying, and re-growing. The clouds are coming together and breaking apart. And so on...

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*With the new day comes new strength and new thoughts. – Eleanor Roosevelt*

**Today's Audio:** Excitement (episode 15)

<https://soundcloud.com/melissafeld/excitement-episode-15>



# Day 9

## 7 Am Here For a Reason

### Journal Prompt

You're stranded alone on a desert island. You've been here for months. The solitude is becoming unbearable. You realize you'd give anything to talk to someone – even that annoying neighbor. Your entire body and spirit yearn for a moment of human connection.

After an entire year living on this island, devoid of touch, conversation, movies, music, and all the comforts you'd known before, you're rescued! Write below what it feels like to see people again, from friends and family, to strangers, to people you thought you'd never miss but did. Write about the things you go do your first day back – eating ice cream, sleeping in a bed, hugging people, taking a long bath, and so on.

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*WILSON! I'm sorry! I'm sorry, Wilson. Wilson, I'm sorry! I'm sorry! WILSOOOOOOOON!*  
– Tom Hanks, *Castaway*

**Today's Audio:** Maui (episode 20)

<https://soundcloud.com/melissafeld/maui-episode-20>



# Day 10

## 7 Embrace the Flow of Life

### Journal Prompt

When it comes to the unexpected, we are usually on guard and nervous. We don't trust what we don't know. We tend to find more comfort in the expected, even if it's something we don't want.

As you prepare to start your day, what are you expecting? How do you expect to be treated? What do you expect will happen at work? At home? Do you like these things?

If not, write as if you're expecting to have the best day ever. What would your ideal day look and feel like? How can you shift yourself to be more open and expecting to this kind of day?

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*When you get into a tight place and everything goes against you, till it seems as though you could not hang on a minute longer, never give up then, for that is just the place and time that the tide will turn.*

*- Harriet Beecher Stowe*

**Today's Audio:** The Stream of Well-Being (episode 24)

<https://soundcloud.com/melissafeld/the-stream-of-well-being-episode-24>



# Day 11

## I am in This World, but I Am Not Of This World

### Journal Prompt

Consider the phrase “I am in this world, but I am not of this world.”

Your body was created from this earth, and it will return to it. Your body is surely of this world. Which part of you then is not of this world? In what form did you exist before you had a body, and in what form will you exist after your body is gone?

Which part of you is the real you? Are you your body? Or are you the non-physical spirit? Are you both? If your spirit is eternal and boundless, where does the majority of you exist – in the physical or the non-physical?

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*We live as ripples of energy in the vast ocean of energy. – Deepak Chopra*

**Today's Audio:** Crown Chakra (episode 30)

<https://soundcloud.com/melissafeld/crown-chakra-episode-30>



## Day 12

### 1 Breathe in Trust, 1 Breathe Out Fear

#### Journal Prompt

As we grow older, we tend to lose our trust and faith. We don't believe that we have an in-built guidance system taking care of us at all times. But if we didn't, our hearts would not beat at night. Our organs would not regenerate. Our skin would fall off and never regrow, leaving us exposed to the world.

Take some time to reflect on the innate intelligence that keeps your body functioning at all hours of the day and night. Think about how this divine guiding force helped you grow from a seed to a fully formed adult. Consider how this divine guidance is in every cell of your body. How does your breath connect you more deeply to your in-built support system?

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*I know that the molecules in my body are traceable to phenomena in the cosmos. That makes me want to grab people on the street and say: 'Have you HEARD THIS?' - Neil deGrasse Tyson*

**Today's Audio:** Wind in the Leaves (episode 33)

<https://soundcloud.com/melissafeld/wind-in-the-leaves-episode-33>



A decorative background featuring a network of thin, light-colored branches with colorful, stylized leaves in shades of blue, purple, pink, and yellow. The leaves have a soft, painterly texture. The overall aesthetic is light and airy.

## Day 13

### I Have Compassion for Myself and Others

#### Journal Prompt

You live in an alternate present. In this world, everyone has neon words that show up in the air over their head. These words tell you exactly what they're feeling and going through.

For example, you get on the bus and an old lady scowls and snaps at you. You're angry at this grumpy lady who is getting your day off on the wrong foot. But then you look back and see above her, "I am in grief." As you look around the bus you see these kinds of words above everyone. "I am worried about my bills", "I am a scared new mother," "I am in love for the first time."

How would knowing the inner feelings of everyone around you change your perception of them? Imagine seeing a whole day like this, with your co-workers, commuters, everyone you normally interact with. What is different about your day?

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*If you want others to be happy, practice compassion. If you want to be happy, practice compassion.*  
– Dalai Lama

**Today's Audio:** Daily Empowerment (episode 36)

<https://soundcloud.com/melissafeld/daily-empowerment-episode-36>

# Day 14

## My Power is Rooted in the Present Moment

### Journal Prompt

Imagine that wherever you're sitting, at your table or desk, there's a giant RESET BUTTON. As you reach out and push this button you take a deep breath. There's a flash of white – and suddenly, you feel completely free and light. It worked!

After pushing this button, what are all the things you're going to leave behind? Write down all the things that would release from you if you had a chance to reset right now. As you write them, do it as if they really are gone, "I am leaving behind my sadness, I am leaving behind my doubt that anything good ever happens, I am leaving behind that fight I had with my sister." Finish with a few thoughts on what this reset will bring in – the happiness, joy, and reconnection you'll now cultivate.

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*Nature is a nice reset button for me. It's how I get a lot of thinking done. – Carrie Brownstein*

**Today's Audio:** Clearing the Old & Embracing the New (episode 32)

<https://soundcloud.com/melissafeld/clearing-the-old-embracing-the-new-episode-32>



# Day 15

## My Inner Self Empowers Me in All Moments

### Journal Prompt

Imagine you are protected by an energy shield for the whole day today. As you got about your day, you are surrounded by a GIANT white ball of light. Wherever you go, this ball of light protects you from all negativity and judgement. Only loving and supportive things can come into this energy shield.

When someone says something nasty, it is flung right back out of the ball. When someone tries to put down your dreams, their words ricochet back off into the atmosphere.

See and feel your day as you walk about with this energy shield. Write out some specific interactions that usually cause you stress and anxiety from this point of view. And then know, if you can see it in your mind, it can be real in your life.

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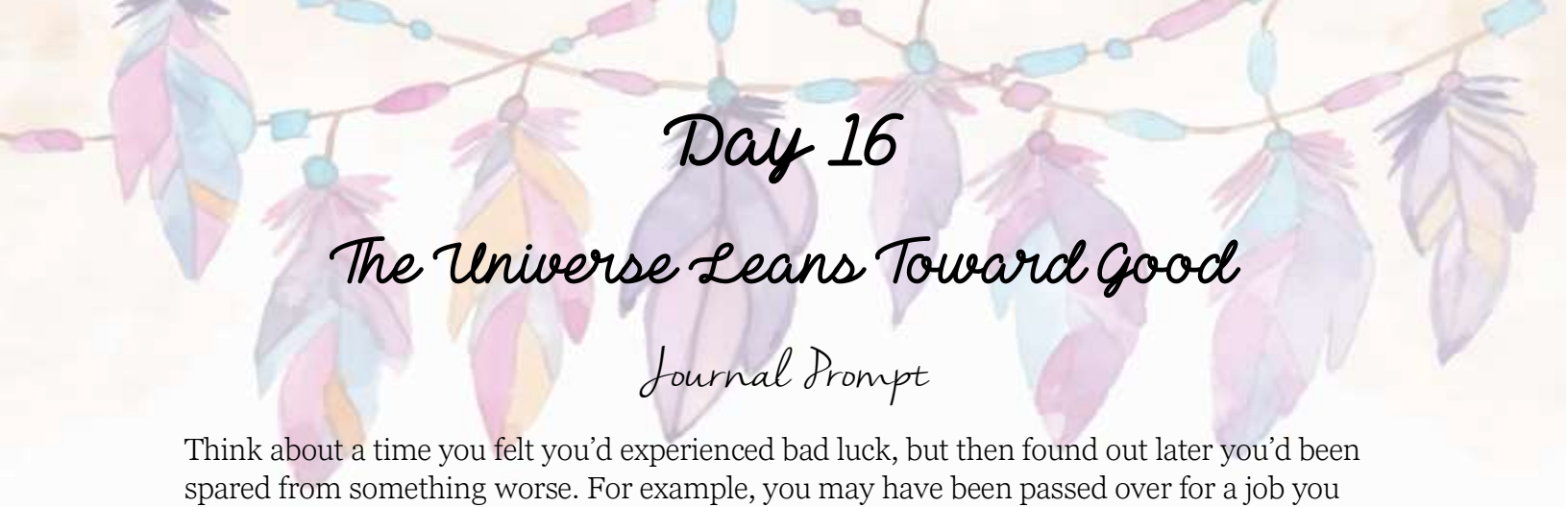
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*Mastering others is strength. Mastering yourself is true power. – Lao Tzu*

**Today's Audio:** The Waterfall of Light (episode 35)

<https://soundcloud.com/melissafeld/the-waterfall-of-light-episode-35>



# Day 16

## *The Universe Leans Toward Good*

### *Journal Prompt*

Think about a time you felt you'd experienced bad luck, but then found out later you'd been spared from something worse. For example, you may have been passed over for a job you really wanted and felt you were right for. Then later, you found out the company was terrible to work for, and not getting the job was in your best interest.

After, think about something difficult happening now, and the blessing that may be hidden in it. Perhaps things are being delayed or happening as they are for a reason. What might that be?

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*You never know what worse luck your bad luck has saved you from. - Cormac McCarthy*

**Today's Audio:** Ganesha (episode 26)

<https://soundcloud.com/melissafeld/ganesha-episode-26>



# Day 17

## 7 Am Willing to Surrender

### Journal Prompt

Imagine there is a door in the top of your head. While bending over, you open it and everything inside of your head tumbles out. All of your hopes, happy memories, fears, self-doubts, and painful memories.

Imagine now, everything that was in your head is scattered around you on the floor as physical objects. Your fear is a black box. Your self-love is a soft, plush heart. As you look over these things, write down below all the things you will put back into your head. What will you choose to fill yourself with?

After you've sorted through it, write down all the things that will then go in the recycling bin. What won't you take back? What would you like to put in that wasn't there before?

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*It isn't always a change of scenery needed to make life better. Sometimes it simply requires opening your eyes. - Richelle E. Goodrich*

**Today's Audio:** Surrender (episode 25)

<https://soundcloud.com/melissafield/surrender-episode-25>



## Day 18

### 7 Am Unfolding Like a Flower in Bloom

#### Journal Prompt

In this life, many of us are searching for a sense of purpose. We aren't sure why we were put on this Earth, we only have an inkling we're here to do something. Essentially, we see our purpose in something we *do* rather than something we *are*.

How would it feel to know your purpose was activated the moment you were born? What purpose would you be expressing when you took your first breath as an infant?

Do you feel that attaching purpose to doing and achievement comes from the ego? If you put your hands on your chest and asked your heart, what would it say your purpose is?

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*When you dance, your purpose is not to get to a certain place on the floor. It's to enjoy each step along the way. - Wayne Dyer*

**Today's Audio:** Receiving (episode 9)

<https://soundcloud.com/melissafeld/receiving-episode-9>





# Day 19

## My Eternal Self is Boundless

### Journal Prompt

Imagine you are having an incredibly vivid dream. In this dream, you are walking about a beautiful meadow. As you walk about you can't remember a single thing about yourself or your life. You have no idea what your name is, how old you are, where you're from, or what you do.

You have no concepts of gender, race, or nationality. As you walk about free of all labels, who are you? Who is the Self that exists in this space? What sorts of things do you feel? What do you notice as you look about at the sky, the grass, and the scenery? How do you feel about your body? What do you think you would feel upon awakening from this dream?

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*If the sight of the blue skies fills you with joy, if a blade of grass springing up in the fields has power to move you, if the simple things of nature have a message that you understand, rejoice, for your soul is alive.*  
- Eleonora Duse

**Today's Audio:** Nature (episode 16)

<https://soundcloud.com/melissafeld/episode-16-nature>



Day 20  
Today is All Mine

Journal Prompt

In life, we often know what we want but keep focusing on what we don't want. Our thoughts don't align with that new place, but instead stay circling on where we are.

To get something new going, spend some time writing about what you truly want. If you want a million dollars, write down what you do in a day when you have all that cha-ching in your bank account. If you want a new partner, write down how your day goes when your dreamy partner takes you out for the perfect date. Let your mind run wild into all the NEW places this amazing new person/experience/promotion will take you.

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*You are never too old to set a new goal or dream a new dream. – Les Brown*

**Today's Audio:** Third Eye Chakra (episode 37)

<https://soundcloud.com/melissafeld/third-eye-chakra-episode-37>



# Day 21

## *My Soul is Always at Peace*

### *Journal Prompt*

Let's take a moment to truly see peace in our lives. As Monique Muro says, as soon as we start looking for peace, we find it. It's like that old saying, "That which you seek, seeks you."

Below, write down all the things in your life that bring you feelings of peace, comfort, and joy. It might be the smell of cookies baking. The sound of rain on the window. Write down every thing you can think of that gives you that inner feeling of warmth and ease. You might even carry this page with you and add things you notice throughout the day. No matter how you do it, don't stop until the whole page is filled.

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*As you think, so shall you become. – Bruce Lee*

**Today's Audio:** Gratitude (episode 14)

<https://soundcloud.com/melissafeld/gratitude-episode-14>

# Day 22

## I Am Drawn Towards My Fullest Potential

### Journal Prompt

Imagine you're in a dark forest. A moment ago, you were wandering down a path, admiring the beauty of this lush wooded area. But at some point, you walked off the trail without realizing it. No matter which way you turn, you can't find your way back.

As dark clouds gather overhead, you feel rain is imminent. It's getting colder. Your worry and fear increases. You put your hands on your heart, take a deep breath, and begin praying.

And then... something miraculous happens. Write down below exactly what happens. Perhaps an angel appears or the way back lights up on the ground. Or maybe a deer runs by, and you know it's a sign, pointing you back. Be sure to write down how you felt when you stopped, put your hands on your heart, and asked for help from a Higher place.

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*Miracles, in the sense of phenomena we cannot explain, surround us on every hand: life itself is the miracle of miracles. - George Bernard Shaw*

**Today's Audio:** Guardian Angel (episode 13)

<https://soundcloud.com/melissafeld/guardian-angel-episode-13>



# Day 23

## My Body is a Sacred Temple

### Journal Prompt

There are a lot of reasons we might not feel at home in our body. We might feel our body is a prison of flaws, or that people see only our body, our physical self, and it prevents people from seeing the real us.

Today, we're going to take some time to focus on what feels good about being in a body. Write down all the things you could not do without a body. I.E. picking up a nectarine with your hands, biting into it with your teeth, and tasting the sweet fruit on your tongue. Perhaps you love the feeling of wind blowing through your hair, the smell of jasmine flowers, or the hug of a beloved friend. If it feels good, and you need your body to do it, write it down. And then end with some gratitude, such as "Thank you body, for these gifts."

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*You need to listen to your body because your body is listening to you. – Dr. Phil McGraw*

**Today's Audio:** The Power of the Breath (episode 22)

<https://soundcloud.com/melissafield/the-power-of-the-breath-episode-22>



# Day 24

## Inside My Heart is My True Home

### Journal Prompt

Imagine that everything you're feeling is a light on a path. You are walking on this path at night, and each light is leading you to the next. At the end of this path is a serene and cozy cottage. You can't wait to be back there, sipping tea by the fire.

Below, write down the first light you come across. Maybe it's fear, because you feel afraid of the future. What is this feeling trying to lead you to? Perhaps the next light is surrender, and this light leads to trust, and so on. Keep following this path until it leads you back to your cottage. How do you feel when you walk inside and feel the comfort of home?

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*No one saves us but ourselves. No one can and no one may. We ourselves must walk the path. – Buddha*

**Today's Audio:** Energy Refreshing (episode 21)

<https://soundcloud.com/melissafeld/midweek-refresher-episode-21>





# Day 25

## *I Am a Part of Something Magnificent*

### *Journal Prompt*

This world is a giant connected web. Sometimes we forget the truth of this and feel as if it's all separate, and we're all on our own, fighting for our own survival. However, each part of this world is connected to everything else.

Take some time today to focus on the harmony and inter-connectedness of it all. Try to see how all parts of your world are part of something bigger. Notice how many moving parts there truly are working in harmony. From the people who fill thousands of vital jobs to the food that is grown in all parts of the world. Write down all the things that happen that keep your world moving, from bus drivers to your kid's teachers, and when you're done, send every person, every bug, every drop of water a little bit of love and gratitude.

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*You don't get harmony when everybody sings the same note. – Doug Floyd*

**Today's Audio:** Support (episode 5)

<https://soundcloud.com/melissafeld/episode-5>



## Day 26

### *7 Am One With the Source of the Universe*

#### *Journal Prompt*

Complete this sentence: "I'll be happy when \_\_\_\_\_".

Now consider that you are a vibrational being. Everything that shows up in your life is responding to vibrations you emit. When you vibrate as one with the thing you want, it shows up, so let's get those vibrations rolling!

Below, describe how your life is when you have the thing you wrote. The more detailed you write this vision, the more fully you will vibrate with it. When you're finished, write down three things that make you feel certain this will come to pass for you. Steps you've taken, signs you've received, anything that makes your insides go *yes yes yes*.

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*There is only one map to the journey of life and it lives within your heart. – Willie Nelson*

**Today's Audio:** Energize (episode 3)

<https://soundcloud.com/melissafeld/episode-3>



# Day 27

## I am Excited to Learn and Grow

### Journal Prompt

You've been accepted into a PhD program about Life. On the day of your first class you walk in and see everyone who has ever caused you distress or pain. From that boss who made you feel miserable to that kid who bullied you in fifth grade. Your heart sinks. You don't want to do this. You look at the door. Just as you're about to leave, the professor enters and is full of warmth and love. She makes you feel safe and supported and you decide to stay.

To begin, she has everyone sit in a circle, facing the center. And then, one by one, she has each of you talk about 3 things: What caused you the most pain in your childhood, what are you most afraid of, and when have you ever felt immense love.

After everyone has spoken, how do you feel about this group of people? How do you feel about this journey? How do you feel about yourself, for showing up for this?

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*Develop a passion for learning. If you do, you will never cease to grow. - Anthony J. D'Angelo*

**Today's Audio:** Heart Chakra  
(episode 31)  
<https://soundcloud.com/melissafeld/heart-chakra-episode-31>

# Day 28

## All Parts of Me Are Worthy of My Love

### Journal Prompt

Although we know loving ourselves is important, we usually still struggle with complete self-acceptance. In order to release this resistance, we've got to first accept how we feel. Below, write down several things you don't love about yourself. Write down what you wish was different, times you failed, times you felt rejected, and so on.

After you've done that, imagine seeing yourself and your life from the perspective of a Higher Power. Try to see yourself through the eyes of an all loving, all powerful Creator. How would they see you and the parts of you that you feel are unlovable? What would it feel like to bask in the glow of all that unconditional love? What would they say to you?

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*If you could only sense how important you are to the lives of those you meet, how important you can be to the people you may never even dream of. – Mr. Rogers*

**Today's Audio:** The Shadow Self (episode 39)

<https://soundcloud.com/melissafeld/the-shadow-self-episode-39>



# Day 30

## 1 Define Success On My Own Terms

### Journal Prompt

Sometimes seeing ourselves as successful is merely a matter of shifting our perspective. It requires us to stop comparing ourselves to others and to value our own unique accomplishments. What's easy for one person might be a lifelong challenge for another.

On this last day, take some time to reflect on your achievements. Try to come at this from as many different angles as possible. If you're learning to set boundaries, that's success. If you're a loving brother or sister, that's success. If completing this 30 day experience was the kind of thing you wouldn't have done before, that's success. This is completely unique to you, and only you know where you started and where you are now.

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*The road to success and the road to failure are almost exactly the same. - Colin R. Davis*

**Today's Audio:** Sacred Temple (episode 43)

<https://soundcloud.com/melissafeld/sacred-temple-episode-43>





# *Final Thoughts*

Take a few moments to reflect on your 30 day journey

**What was your biggest a-ha or breakthrough during the journey?**

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**How did you feel during these 30 days? Was it different than before?**

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**Did anything surprising manifest in your life during the journey?**

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**What's one thing you want to keep in mind going forward?**

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**What was your favorite thing about the 30 days? Which journal prompt made you feel the happiest and why?**

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