



The Mystic's Journal

Connect with your Highest Self.

Heal, and Tune Within

By Melissa Field

Welcome

I invite you to open this journal and connect deep within to your spirit.

You are welcome to use this journal in whichever way you feel inspired to. Use it in the order the entries are presented. Or skip around, going to entries as your intuition guides you to. You can fill in an entry each day for ten days in a row. Or you can come and go, filling in entries over time as you need moments of calm, centering, and soul nourishment. You can even repeat entries, re-printing them as often as you like.

A wonderful way to prepare to journal is to first do a **guided meditation**. Meditations I recommend using in conjunction with this journal are the Sacred Sunday meditation, The Golden Thread, The Blue Flame, and The Doorway (from the 10 Day Manifest Magic course). Any of the Chakra Affirmations will also help you to relax, center, and begin opening up to your Highest Self. You can find all of these on my website (<https://www.melissa-field.com/>) or on my SoundCloud account (<https://soundcloud.com/melissafield>).

On the first page of this journal, you'll find a weekly intention setting sheet. It will help you to start each new week on your best foot and is a powerful companion to the Sacred Sunday guided meditation. I encourage you to print this sheet out and use it each week, even when you don't do the meditation. It will truly help you to shift your energy and create positive new experiences.

Thank you so much for giving yourself this gift of self-love and healing. You deserve to enjoy every step of this beautiful journey we call life. I can't wait for you to experience your first soul nourishing journal prompt!

Warm hugs,

Melissa



Weekly Intention Setting

For the week of: _____

In order to make space for the new, I'm releasing and surrendering the following:

During this new week, I intend to focus on/create/do the following:

My word for this week is: _____

I chose it because:

When I drift away from my intentions, I will come back to my center with the following mantra:

A New Week

Date: _____

During this upcoming week, you may feel your attention called to a lot of different things. Some of these things may cause you stress, anxiety, or even anguish. In this Universe, whatever we put our attention on shows up and multiplies in our lives. The best way to improve the quality of our week is to keep our focus on what feels good.

However, by the time we're deep in the stress and fear it can be hard to find those good feeling thoughts and beliefs. In order to change this, we're going to make a "Feel Good Antidote" that you can return to as the week goes on. Anytime you need to shift your focus off of what isn't working and back into flow and alignment, return to this journal entry.

We'll begin by focusing on some words that activate stress relieving processes in us. We'll then think of places and things that inspired love and joy in us. Once we're in the good vibes, we'll set an intention for the week, which can have a powerful effect on how we approach the days ahead. And last, we'll create a mantra to return to as the week goes on.

When I think of the word Calm I think of...

When I think of the word Peace I think of...

When I think of the word Innocence I think of...

My favorite thing about being in nature is...

When I think of something I love without question, I think of...

My intention for this week is...

Think of a positive word that you'd like to cultivate into your life. Something such as prosperous, free, confident, joyful, etc.

My word is...

Now put that word into a mantra. This mantra will be your anchor throughout the week. Return to it anytime you need to feel calm, steady, and safe. If you're having a hard time with this, put your hands on your heart, close your eyes, and breathe deep. Your mantra will come to you.

I am....

Divine Support

Date: _____

One of the most common afflictions in this world is a feeling of not being safe. We feel we must guard ourselves against untrustworthy people, natural disasters, failures, diseases, and so on. The more we think about all the things that could go wrong, the more we root into ourselves a belief that we are not safe in this world.

Not feeling safe shows up in us as anxiety, stomach issues, lower back pain, and fatigue. In order to return to health, wholeness, and happiness, we must reconnect to our source, the Universe, the Creator of All That Is.

When we realign ourselves with the power of the Creator that lies within us, we realign with the energy, guidance, and power that is always here for us and always keeping us safe. Sometimes, the very thing keeping us disconnected is the fact that no one taught us how important this is.

Let's take some time to reopen the channels of deep, soulful connection. We're going to welcome in love and support from a Higher Power, surrender our problems, and remember how loved and how worthy we are.

Imagine that as you sit there, the most angelic being you've ever seen walks in and sits before you. This being says,

My child, I know it's been hard. You've been through so much. But now I am going to walk beside you. As you go about your life, you will feel my love and light beside you. You will feel my powerful presence. You will know how much I love and cherish you. You will never feel alone again. I will hear all your troubles and I will take care of them. You just have to hand them over to me.

Write down now what your day and week feels like as this powerful being of light walks beside you. How do you feel? What's different in your life? What do they say to you when you're facing a struggle or confrontation? How do they comfort

And now declare that you are truly letting it go to be handled from a higher perspective and a higher energy

I declare... _____

And now declare yourself worthy of receiving this much love and support. Remind yourself that your angel sees you for who you really are, and they never, for a second, question how much they love you.

I declare... _____

And now, think of all the things that make you feel safe and at peace. Hugs from friends. Being in your home during a storm. A cup of coffee by a warm fire. What are some places and things that feel cozy, secure, and loving?

Earth Love

Date: _____

One of the things that can make us feel separate from our spirit and spirituality is a belief that we're separate from the natural world. We believe there's nature - the animals, the plants, the mountains - and then there is us.

In reality, we are all natural parts of this world. We are all part of a giant cosmic web, exploring physical reality in this unique and dynamic world. We are not made from alien material only found in humans. We are made from the same material as everything around us. Let's take some time to see and feel our innate connection to this beautiful and majestic planet.

Think of the things that nourish your body. Water. Food grown in the soil. Sunshine. Write about these things, and how your body grew and formed from the elements of the earth. Think about how you are essentially an extension of the earth.

Consider now the different ways you have interacted with the earth in your life. Did you climb trees as a child? Do you have a garden? Think of all the different ways you directly play with the Earth and connect with it.

Now, try to see yourself and your interactions from the perspective of Mother Earth. Imagine her joy when you laughed as a child and swung from her branches. Imagine her love as you put your hands in her soil and interacted with her. How would Mother Earth feel about your presence?

Think now of an animal, insect or creature that you absolutely love, such as whales, butterflies, or dogs. What do you feel when think of or see this type of being? What is it in yourself that you see in this being? Perhaps you recognize a sense of power, a feeling of freedom, or the pure joy in your own heart.

Let's reflect on all the ways the Earth is around us, all the time. Our world can sometimes seem unnatural, but in truth, everything we see and touch was sourced from the earth. If your mug is ceramic, consider how it was once the clay of the ground. Your clothing is made from water and plant material. Your desk might be made of wood. List as many things as you can and think about their original source.

Take a deep breath and put your hands on your heart. Think now of an animal you feel a deep connection to. Go with the first animal that comes to mind.

This is your spirit animal. In what ways does your spirit animal show up for you?
What lessons or messages does it have for you?

I Am the Universe

Date: _____

In the previous entry, we discussed how we sometimes believe we are disconnected from the natural world. In this entry, we're going to look at how we also see ourselves as disconnected from the Universe. We're going to reconsider our relationship with the Universe, remember how vast our connections really are, and remember that the power of the Universe is within us.

We are part of this universe; we are in this universe, but perhaps more important than both of those facts, is that the universe is in us.

– Neil deGrasse Tyson

These are the elements that makeup stars:

Hydrogen, helium, carbon, oxygen (plus trace elements)

These are the elements that makeup humans:

Oxygen, carbon, hydrogen, nitrogen, calcium, and phosphorus (plus trace elements)

The elements that compose stars can be found in our own bodies. We know that we have a literal connection to the stars in the sky. Spend some time now thinking about what your metaphysical connection might be. In what ways does your spirit feel its connection to the stars and the entire universe?

Gratitude & Joy

Date: _____

This world can sometimes seem like a dark and scary place. It can feel as if it's a fight to the finish, and we're likely to finish it burned, bruised, and licking our wounds. When we see the world this way, we don't consider what lights us up with joy. We don't live for our passions, but instead live with a survival mentality.

In order to break us free of this overwhelming sense of doom and despair, we're going to remember all the good things in our lives and this world. The more we look for them, the more we see them, and the more we see them, the more we live from a place of love rather than fear.

What's a daily habit or ritual you have that makes you feel undeniably good? It might be that first cup of coffee in the morning. Or maybe a daily gratitude practice. Or maybe when you come home and your dog runs to you with utter joy. Whatever it is, write it down. The next time you're in that good moment, remind yourself, *This is good.*

What's something you have that you rarely think about but you absolutely would hate to live without? It might be your bed, hot showers, or a stovetop. Once you've thought of a few things, consider what it would be like if you lived in a time or place that didn't have these items.

If you were suddenly hit with some bad or unsettling news, who is the first person you would call? How long have you known this person? What are the positive qualities you would attribute to this person? What are some wonderful memories you share with this person?

What do you absolutely love the aroma of?

What's your favorite season? Why?

What's your ideal place for a vacation – the beach, the mountains, or a metropolitan city. What do you enjoy about it?

What's your favorite food to eat? Do you enjoy cooking it also? Describe it in detail – the taste, the sensation when you take a bite, the feeling after you eat it.

What's something you do that you love that also relaxes you and reduces stress? Something that clears your mind and brings you joy, such as yoga, rock climbing, painting, etc. What do you love about it? Describe what happens when you do it and all the things you feel.

Who is a non-famous person you admire and respect? Why?

Numerology

Date: _____

For this entry, we’re going to explore all the things that make you who you are. We’re going to look at the meaning of your date of birth, your passions, your inner child, and your unique journey. We’re going to make a sort of “Soul Map” that looks at your spirit from different angles.

What is your date of birth? _____

In Numerology, what is your Life Path number? _____

Go here to have it calculated for you: <http://bit.ly/numcal>

Then go here to learn your number’s meaning from a Master Numerologist:

http://bit.ly/life_path

What does your Life Path number reveal about you? Do you feel your work or life relates to your Life Path? Would you like to incorporate more of the essence of your Life Path into your life?

When you were a child, what did you love to do for fun? Were you social or more of a bookworm? Were you athletic, artistic, or curious? Describe yourself during your childhood years.

If you could go back and tell your childhood-self one thing, what would it be?

If your childhood self could see you now, what would they tell you? How would they encourage you?

What are some obstacles, big or small, you've faced in life?

In one word, what is an ongoing theme you've been working on overcoming? It might be something such as fear, self-doubt, addiction, isolation, or busyness.

In what ways have you made progress with this theme? What are some accomplishments you've made along the way? How has this helped you to grow as a person?

If you did not have this theme for your life, what is something that you wouldn't have that you're grateful for? For example, a lifelong struggle with addiction may have developed deep levels of compassion in you. You may have truly learned the power of forgiveness – both for the self and others.

Imagine you're about to give an inspirational speech. The emcee summarizes your life in a few powerful and uplifting sentences. What do they say to prepare the crowd for who you are and the wisdom you're about to share?

A Snapshot of My Soul

Date: _____

The following is an oft repeated quote that can be used for meditation or reflection:

You don't have a soul.

You are a soul.

You have a body.

When you imagine yourself as a soul with a temporary body, what do you see in your mind? How do you imagine your soul looks?

In what ways do you feel your soul makes itself known in your body? For example, your heart continues to beat at night without you doing anything. Your body spontaneously heals itself from cuts and colds.

How does your body feel when you know you're in a deep state of inner connection? When you feel yourself connected to your spirit, does your head tingle? Do you feel light and joyful? Describe all the beautiful and euphoric bodily sensations you experience when you know, deep inside, you're in a moment of pure connection.

Describe who and what you were before you were born. Where were you? What is the essence of your Soul?

What do you personally believe will happen to you after your body dies? Where will you go? Will you be reincarnated? If yes, where will your next life be?

Put your hands on your heart. Take some deep breaths. We're going to ask your Soul some questions. Write down the first answer that comes to you. Trust your Inner Voice as it answers each question.

What color is my aura? What does it look like?

What is my purpose?

How can I deepen my connection to my Higher Self?

A Snapshot of My Life

Date: _____

Let's reflect on the incredible and unique journey you've been on so far. As you reflect on where you were before, think about not only what you were doing, but how you were feeling. How have you changed internally as well as externally?

One year ago I was...

Five years ago I was...

Ten years ago I was...

Now imagine going back and giving yourself the most amazing pep talk and self-love boost at each of those intervals. Go back to last year and tell yourself what

you needed to hear at that time. Encourage yourself and celebrate yourself for where you are. And when you're done, imagine you hugging your past self and telling you how much you love and appreciate yourself.

One year ago, I would inspire and uplift myself by saying...

Don't forget to embrace yourself with a loving hug

Five years ago, I would inspire and uplift myself by saying...

Don't forget to embrace yourself with a loving hug

Ten years ago, I would inspire and uplift myself by saying...

Don't forget to embrace yourself with a loving hug

When I think of my greatest accomplishment, I think about the time...

Now let's give some love and support to your future self. At each interval, imagine your best life. See yourself having accomplished all your goals and then some. See yourself confident and excited. See yourself surrounded by people who love you. And then give yourself another pep talk, because you deserve to be loved and supported.

One year from now, I see myself... I will inspire and uplift myself by saying...

Don't forget to embrace yourself with a loving hug

Five years from now, I see myself... I will inspire and uplift myself by saying...

Don't forget to embrace yourself with a loving hug

Ten years from now, I see myself... I will inspire and uplift myself by saying...

Don't forget to embrace yourself with a loving hug

Repeat after me:

I'm doing a great job. Everything is working out for me. I'm exactly where I'm supposed to be. The most powerful force in all of creation is on my side.

What's something that you never planned for in life but you're so glad it happened?

What moment completely changed your life and helped you to grow and expand as a person?

Energy 101

Date: _____

Today is all about playing with energy! Energy is the life force of the Universe. Everything is energy, and the more we tune into this and learn to use it, the more we can shape our lives in powerful and abundant directions.

Using and playing with energy is a matter of harnessing the power of our minds. When we learn to focus our minds in certain ways we open and activate inner channels. These channels connect us to higher dimensions that work beyond time and space. Anyone can do this, and the more you play with these exercises, the stronger your connection to your energy will become.

Hold your hands out before you. Face your palms together and keep your hands about a foot apart. Visualize a ball of white energy forming between your palms.

This beautiful, loving energy flows out of your hands and pools into this ball, growing stronger and stronger as you focus on it. Now, move your hands around the back of the ball. Pull your hands in towards your chest all the way until the ball is inside of you. Hold your hands on your chest for a moment.

How did it feel when the ball of light entered you? Did you respond physically in any way, such as taking a deep breath? How can you use this energy? For example, could you use it to help ease stress or fatigue?

After you read this, close your eyes and do the following: Visualize a waterfall of golden energy pouring down over you. It pours into the top of your head and flows all throughout your mind and body. It pours down your head, your neck, your torso, and your legs. It flows out through your feet, rinsing and healing you with golden energy.

What did it feel like when the golden energy came down onto your head? How did your body feel as you visualized the energy flowing through you? Did it focus on any areas that needed extra healing?

For a deeper experience with this, try the Golden Thread meditation included in your package!

On the top of your head is your Crown Chakra. This is a swirling vortex of energy that connects you to your Higher Self and the divinity of the Universe. This ball of energy is a deep purple color and sits a few inches above your head.

Hold your hands about six inches over your head, right over your Crown Chakra. Visualize your hands healing this chakra, helping it to grow brighter and stronger.

Now see the purple ball of light grow bigger and bigger until it surrounds your entire body.

What did you feel as your entire body and spirit bathed in this divine energy?

Visualize roots growing out from the bottoms of your feet. They reach deep into the soil. As your roots grow further and deeper, you feel more secure and stable.

Now visualize the energy of the earth pulling up through those roots. It runs up throughout your entire body. With each breath in, you pull in the healing energy of the earth. With each breath out, you release any negative energy that got stuck in your body.

How did it feel to visualize roots securing you into the earth? Did you release any specific experiences or feelings? Did your energy feel more expanded or light during the exercise?

Describe your own energy field. What is the energy that you are composed of? How powerful is it? How loving is it? Only you get to decide what's true for you.

Fun & Games

Date: _____

Let's have some fun! This entry is all about working with your intuition and your playful inner self. There are no right or wrong answers here!

Put your hands on your heart. Take a deep breath. Pick a number between 1 and one 100. Got your number? Go here:

<https://www.melissa-field.com/100-words>

What did you get? What did you think or feel upon seeing your result?

Choose one of the following. If you know the meaning of the crystals, clear your mind and choose the one you feel called to and not the one you think you need.

**Clear Quartz * Rose Quartz * Jasper * Obsidian * Citrine * Turquoise
Tiger's Eye * Amethyst * Moonstone * Bloodstone * Sapphire * Ruby**

Go here to find the meaning of the crystal you were called to:

<http://bit.ly/crystalsinfo>

What did the meaning of your crystal say to you? What did you feel when you looked at the color and texture of it? What was the word that came with your crystal?

Put your hands on your heart. Take a deep breath. Pick a number between 1 and one 5. Got your number? Great! Now pick a letter A or B. When you've got your number and letter, go here (it will tell you not to scroll ahead, but you already have your number and letter, so scroll on and get your answer!):

http://bit.ly/soul_message

What did you get? What did you think or feel upon seeing your result?

Pick a number between 1 and 9. This will be different than the first game. Got your number? Go here:

<http://bit.ly/spiritnumber>

What does your number say about where you are in life? What did you think about as you read the meaning?

Close your eyes and bring your attention to the space between your eyebrows, in the center of your forehead. Then bring your attention further back, so you are focusing a few inches into the center of your brain.

This is the location of your Third Eye, or your Inner Vision. What do you feel when you focus on it?

Once again, close your eyes and bring your attention onto your Third Eye. Ask it to show you a vision or glimpse of something from a past life. Trust whatever you see. Trust that you are connected to your past lives and able to receive information from them.

Write down whatever you saw, and remember, we are all bestowed with spiritual gifts and the ability to see beyond this reality. We just need to practice using our gifts for them to grow stronger.

Now visualize yourself surrounded by a white ball of light. You will stay in this ball for the rest of the day. What will this ball of light do for you today?
