

## Prayer—Sacred Journaling

Spiritual journaling is a quiet practice of presence—a space to meet yourself honestly, to explore the sacred, and to listen for what's stirring beneath the surface. It's less about answers and more about noticing, wondering, and deepening.

You might begin with a simple intention: *"Today, I choose to be open,"* or *"I welcome whatever wants to unfold."* Writing even a single line with purpose helps center your spirit and open the door inward.

As you move through your day—or after a moment of prayer, meditation, time in nature, or ritual—pause to reflect. What did you feel or sense? Did something move you, shift you, speak to you in subtle ways? These moments often hold more than we realize.

Let the seasons guide your reflections too. Nature is always whispering reminders. In spring, you might ask: *"What's blooming in me?"* In autumn: *"What can I release to rest more deeply?"* Sacred days—like Feast Days, solstices, equinoxes, or personally meaningful anniversaries—can be anchors for deeper insight.

Take notice of the quiet signs: a dream that lingers, something in nature that stirs your soul. Do you believe in synchronicity? In divine timing? In spirit speaking through symbols? There's no need to be certain—just stay curious.



Over time, your journal becomes a sacred mirror—holding your questions, your shifts, your truths. It reminds you that the spiritual path is not a straight line but a spiral, always circling deeper.

### **PRACTICE:**

Find or create a journal which is a book in which you write down your personal experiences, thoughts and reflections. You may choose to add photos, simple drawings, prayers or even something from nature.

Some find it helpful to review periodically what they have written to see where life is leading.