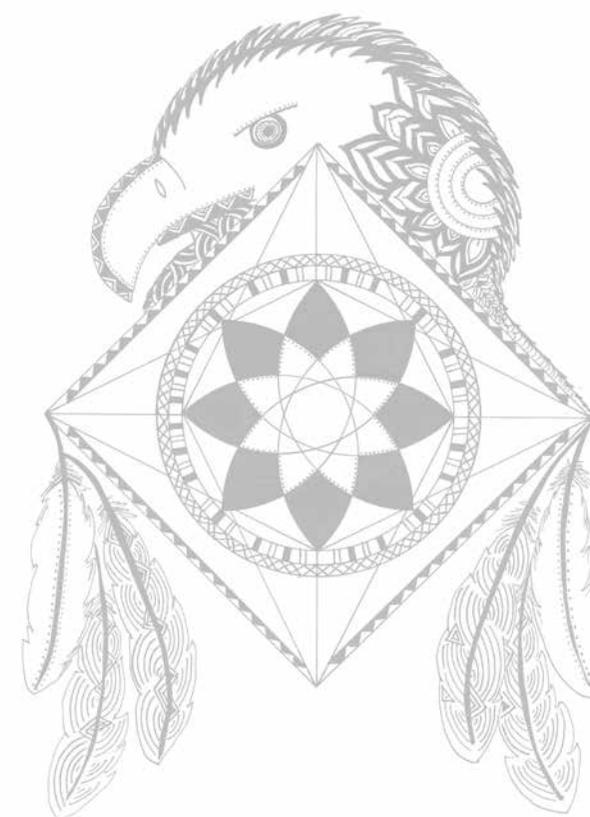




This journal belongs to





Dearest One,

This is your place of divine inspiration – where you may dream your dreams, where your visualisations and heartfelt writings act as the seeds of your creation. Planted deep within the vastness of each page, which are like open fields awaiting your love and nourishment, your words are seeds of abundance, buried deep within this fertile soil.

Allow yourself to dive deep into the imagery and the words of your journal, as you utilise this sacred space to openly commune with your inner being. Your soul will dance with delight as your pen touches paper, opening the gateway to your communication with self.

Remember, this is a place of no rights or wrongs. It is simply an infinite space for you to explore, discover, create, heal, love, activate, and empower your beautiful self.

The art of writing can be seen in some ways as a lost gift that is now making a timely return. We unlock so much of ourselves when we gift ourselves permission to share our feelings upon paper.

On the days when you feel overwhelmed, sad, anxious or angry, see these feelings as a beautiful opportunity, a calling to open your sacred journal and write as though you are talking with that part of yourself. When we open dialogue with our unresolved feelings, when we air our grievances upon paper and bring light to them, as one would when sharing with a friend, we find great riches hidden within the darkness. This, my friend, is you being the alchemist of your own world – you being your own greatest healer.

When you find yourself wishing to consciously manifest and create your heart's desires, this, too, is an active time for you to write in your journal. Write from a place of already living, being, and experiencing all that you wish to manifest. The key with this writing is to feel, allow your heart to fully experience and celebrate the feelings of living a life lead this way. Embellish your writing as much as you can, be specific where possible and always finish from a place of gratitude and thankfulness. After you have finished writing, lie with your journal upon your heart

and allow yourself to visualise and dream your creation into reality for at least 10-15 minutes. By doing so each day for approximately two weeks (this time frame is a guideline; trust when you feel it is done), you will begin to bridge the gap between your future self, who is already living your dream, and anchor it within your present self. Writing and then visualising, in this way enables us to program our minds with the belief that we truly are the creators of our world and reminds us of the extraordinary power we hold.

When you are wishing to consciously let go of things that no longer serve you, writing in your journal offers you this place of solace. Try to write without filtering your thoughts – write all that you wish to release, and do so from a place of feeling the relief, the joy, the peace of knowing it is done. Trust in this powerful process.

You, my dearest friend, are supported, cherished, and loved by the Native Heart, as you dive deep within this journal. My heart wishes for you a triumphant return to all that you are, and all that you know yourself to be, and a peaceful journey through your greatest evolution, your divine human embodiment.

Enjoy your journey. You are loved beyond measure.

Melanie and The Native Heart 'Spirit' team

