

A close-up photograph of a hand holding a silver pen over an open, lined journal. The journal is resting on a dark, textured surface, possibly a leather cover, which is placed on a light-colored wooden table. A large, white, semi-transparent circle is centered over the journal, containing text. The background is softly blurred, showing green foliage and a bright light source, creating a bokeh effect.

LOVE TO JOURNAL

BRING ENERGY
AND INTENTIONS
TO YOUR JOURNAL

MANIFESTING MAGIC

Bring energy and intentions to your journal

What better way to start your journaling practise than to greet your journal. We do these prompts to bring super positive energy to your journal. I believe that journals are living things and need to be set up to receive whatever is coming over its life. This is foundational journaling magic. As you start to do more writing and reflecting in your journal, you need to consider how to bring magic to your daily practice. Get yourself a brand new journal. Pick one that you would love to write in. I don't believe in using cheap notebooks, because you want your journaling practice to reflect the value that you place on yourself.

Bring energy and intentions to your journal

All of my journals are living breathing beings that hold my vibration and essence. Before I use a journal, I want to bless it and create intentions for it. The simplest way to do this is to hold it in your hands and breathe love into it. Go to the first page of your journal and write your intentions. I also colour in a hand mandala and write my intentions and affirmations around it.

Your intentions

Dear Universe,

My intention for this short journey is...[add in your intentions]

I am open to discovering all that I am on the way to getting what I want

I am fully open to receiving all of the abundance that the Universe has to offer me

I am an open channel for spirit to work with me for the highest good of all

All my love [your name]

Sign and date the page. Say your intention(s) out loud.

If you have white sage, you could also cleanse your journal.

Expectations and feelings

What are the start of your journal expectations? How are you feeling? What thoughts do you have as you enter this phase? What would make it go well? What outcomes do you want? How do you want to feel when you reach the end of the month?

Journal it: As you start your journal, what are your expectations - let the energy of your desires flow to the Universe?

**I am open to receiving all of the
abundance that the Universe has
for me**

