



Lesson 3: Journaling – Receiving Through the Written Word

In this lesson, we're diving into a powerful and often overlooked portal for spirit connection: your journal.

This isn't just about writing things down...it's about learning how to listen to Spirit through your own voice.

Why Journaling Is a Spiritual Practice

When you journal, you're not just putting thoughts on paper.
You are:

- **Moving energy** from the inside out
- **Giving Spirit a place to speak through you**
- **Untangling the clutter** that's blocking your intuition
- And most importantly, **strengthening your spiritual channel**

The mind is loud. The heart whispers.

Journaling helps you quiet the noise so you can finally hear what's underneath.

What Happens Energetically

When you write from a place of openness ...not planning, not performing, but just *feeling*, you enter what I call a "thin space."

That's a space where:

- The veil between you and Spirit becomes thinner
- Your guides and loved ones can step closer
- Your own soul can speak to you clearly

Spirit uses your energy to communicate, so when you're journaling, and your energy is grounded, open, and reflective... you become a spiritual receiver.



Carmel

Joy Baird

Spiritual Medium and Everyday Witch



How to Prepare Before You Write

Before you start journaling, take a moment to get grounded. You can do this after your candle ritual, or anytime.

Here's a simple prep:

1. Breathe in deeply, hold, and release.
2. Place your hand over your heart or solar plexus.
3. Say:

"I am open to receiving messages from Spirit, from my highest self, and from all who love me."

Then pick up your pen. Let it become a channel.

How to Use the Journal Prompts

The Spirit Ritual & Reset Kit includes a set of curated prompts — these are not just random questions. They were channeled to open emotional, intuitive, and spiritual pathways.

Use these below when you need to dig deeper:

- What am I truly afraid to admit to myself?
- What do I need to forgive myself for to move forward?
- What message has Spirit been trying to send me, but I keep missing?
- What part of my past still holds power over me — and how can I release it?

You can answer one, or many. You can write a sentence — or pages.

Don't censor. Don't edit. Don't worry if it makes sense.

You're not trying to sound wise. You're trying to be real.

And often, that's where Spirit steps in.... you'll write something, pause, and realize:

"Wait... I didn't think of that. That didn't come from me."

That's how you know the channel is open.

The Energy of Paper



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There's something sacred about writing by hand...it slows you down. Your energy transfers through the pen, down onto the page. That's why writing becomes a form of release and revelation.

Writing allows your:

- Emotions to process
- Intuition to strengthen
- Spirit team to respond in subtle, clear ways



When & How Often to Journal

- **After your candle ritual** (best time – energy's open)
- **Anytime you feel disconnected or overwhelmed**
- **During moon phases, anniversaries, or spiritual dates**
- **When you're receiving a lot of signs and want to track clarity**

Even 5–10 minutes a day will shift your vibration.

If you cry... good. If you get angry... let it out. If you feel peace... soak it in. Journaling is your healing in motion.



Pro Tip: Dialogue with Spirit

Here's a technique I use when I feel blocked:

Write a question... then write the response from your guide, loved one, or higher self as if they were speaking to you.

Like this:

Q: "What do I need to know today?"

A: "You already know you can't trust _____. Trust what you feel, not what you fear."

You'll be amazed what flows through.



Final Thoughts



You don't need to be a writer. You just need to be honest.
Spirit doesn't care about spelling or grammar... Spirit cares about truth.

Your journal becomes a sacred witness... a mirror and a map.

So, light your candle. Take a breath. And start writing.
There are messages waiting for you, inside your own words.

Carmel, Xx 