



HEARTFIRE
PROJECT
JOURNAL

HEARTFIRE PROJECT

is a workbook, a journal, and an experience. It is an opportunity to slow down and cultivate a deeper dialogue with yourself. Here is where the answers to ALL questions live. This is not to say it has to be a lonely or entirely solitary path. No. For most of us, contemplating the nature of the universe and our relationship to it from a cave or on a mountaintop in solitude is not an option. In our *modern* world, we hit the ground running everyday. Much of life can feel like a race, a test, or a blur. Many of us live in a way that, at least part of the time, can feel out of alignment with our innermost wishes and dreams and more like a manic roller-coaster.

But is it really? Maybe it's by design. Maybe we learned that productivity is the way to gain approval. Maybe making sure everyone around us is happy allows us to feel safe. Maybe we are just looking for the attention we never received when we were young and really needed it and didn't understand why we weren't getting it? Are we still trying to perform and live in a way that will make mother proud and give us positive feedback?

When do you get to slow down and honestly assess how your life *really* feels? Maybe now you are ready to start *choosing* how your life will go. You are ready to feel the hard feelings you have run from but never seem to go away. You can consider life is trying to get your attention, unmask the boogeyman and learn that he is only a story from your past you keep retelling yourself. You are meant to feel loved and fulfilled. All the things that don't feel good in your body are signals that you are not aligned to that basic birthright that originates from within.

To be human is inexplicable. It is an individual journey at the core. Perhaps that is why there is no one way, or rule book to navigate the complexity. Of course we need and desire connection and commonality, but at some point that diminishes our relationship with ourselves and clouds our ability to hear our own truth. This journal is an invitation to be with ourselves. To ask, listen, and have a slow conversation through writing. To expand the definition of who we are by allowing a private dialogue with the tender, maybe abused or bruised parts, along with dusting off the old ideas you had before it all got so serious and responsible. Is there room for **all** of it?

This is not a quick fix or a multiple-choice test. This is a lifelong journey. Whether these ideas are new to you or you have spent plenty of time already working to understand yourself, Heartfire Project is a friend and a structure, offering inspiration, insight, and entertainment for the ride. The beauty of the process lies in your openness what you contribute to it. The path back to self is built on commitment and compassion for your life's experience, a willingness to push the boundaries beyond what you've known, and giving yourself permission to change and evolve even if you don't know the outcome.

We've been trained to seek outward approval. By people pleasing, sacrificing our needs and wants, and pursuing perfection to name just a few. This is a strong motivator but is limited. The outer world and other people can never give us the true fulfillment we need to feel whole; only we can do that for ourselves. Embodying true sovereignty is so powerful that people often shy away from holding it, fearing isolation and rejection. It could be argued that we've collectively been trained against it. How can you control one that knows she is the sole center of her universe from which her experiences spin?

Here we are now. At this moment, you have ventured into the fertile space of the Heartfire Project Journal. You are choosing to dig in and ask questions. This is for the benefit of your personal sphere and the world at large. You are here to own the authority in your life, but with the gentleness of allowing yourself to receive guidance and support along the way, giving space for vulnerability and deep honesty. The Heartfire Project journal is a unique juxtaposition of self and other by addressing you directly and offering some wisdom of the ages. This is a dynamic project. You are dreaming, building, and sculpting your world from the inside out, bringing in material from many sources to add beauty and complexity to the creation which is **you**. Check in with yourself right now: how does it feel to read these words and know you are putting the quality of your relationship to yourself as a priority? This is where you start—feeling and acknowledging your inner truth right now.

THE POWER OF JOURNALING

We often find relief in sharing our stories and feelings with trusted others. What is it that happens there? What are the qualities in the people we love to talk to the most? Can you feel how venting can release pent-up observations and energy trapped in the challenges of life? These are clues to the power of inquiry, honesty, and the safety of empathetic listening.

The questions in this journal aim to help you see and feel yourself honestly and compassionately, so you can learn to experience all that, and more, on your own. This is a private space for the deepest honesty and nurturing you need in order to love yourself and **grow**. The benefit of learning these skills for yourself is that you become your most sacred ally. You stop needing approval and validation from others. Becoming self-reliant on an inner level impacts everything else you do.

Asking a question is a doorway inward. It's a quest to know more, to understand something that has not yet been understood, an opportunity for new information and perspective. The opposite of questioning is shutting down, accepting pain and feeling victimized by the circumstances of life. Most likely, you already have some experience with that and find it unsatisfying at the very least. When you meet someone or reconnect after time apart, you ask questions in order to understand how a person is doing, feeling and what they are planning. Can you get to know yourself this way too? Are you interested in the hows and whys about yourself, like you are with others? Are there mysteries in your life that are asking to be illuminated? Are there voices within asking to speak? Is there energy wanting to change or release? These are the questions that make up who you are and who you are becoming.

ASK. LISTEN. BECOME.

HOW ARE YOU?

HOW ARE YOU FEELING ABOUT LIFE THESE DAYS?

WHAT'S BEEN ON YOUR MIND LATELY?

begin.

What in your life feels expansive right now?

What feels tight or constricted?

How do you know it's time to look deeper?

What in your life feels undeveloped or unexplored?

What do you need to be more honest about to yourself right now?

What is the quality of your relationship with yourself?

What do you need?

What do you want?

What have you outgrown?

SURRENDER FROM WITHIN THE BODY.

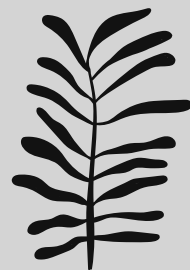
SURRENDER IS NOT DEFEAT, IT IS OPENNESS.

RECEIVING. ALLOWING WHAT IS TO BE HERE TO BE.

FEELING THE TRUTH OF THE MOMENT AS EXPERIENCED AS SELF—WHAT WE

ARE ACTUALLY FEELING, NOT NEEDING ANYTHING TO

BE DIFFERENT IN THIS MOMENT THAN IT ACTUALLY IS.



The opposite of surrender is arguing with reality. If we are feeling something we don't like, we often judge it or try to change it. This denial prolongs the deliverance of the message within the feeling that the self needs.

CAN YOU SHOW UP TO THE BODY NOT KNOWING?

**CAN YOU BE OPEN TO FEELING EMOTIONS, THOUGHTS
AND SENSATIONS IN AN UNDIRECTED WAY?**

Allowing yourself to be held by a larger energy for support as you move through life requires deep trust. Trusting even if something appears painful or unwanted, you are still being guided towards positive growth. To rise above the mundane or myopic to include a larger vision of the eternal wholeness within ourselves, we must surrender to another truth: we don't understand all the factors at work in life, yet we can still embrace them. If we include the soul or a larger, benevolent energy to access and rely on, we can more easily soften the need for control and admitting our limitations to relax in a belief that the purpose of the natural unfolding of the world around us will arrive perfectly one moment to the next.

THE SOUL KNOWS WHAT IT NEEDS. It leads you there, always. You can reject. You can resist. You can let go, and let it happen. You can see yourself as the one who is open and humble arriving in the moment with curiosity and gentleness, willing to release that which is no longer needed. You can embrace the divinity within and without with a confidence that comes from an anchor in this deep, universal energy from which you cannot be separate from.

IF LIFE IS TRULY ABOUT evolving and growing, as we see mirrored in the natural world, then can we let go of expectations *when we remember to*. Knowing time delivers us to the perfect sequence of opportunities and challenges designed to illuminate + heal, strengthen + inspire leads us to a fullness that naturally overflows, allowing generosity in all its forms.



HARD TRUTH: Sometimes what we think we want or need is not the soul's journey. In seeking the path to a more fulfilling expression of a truer version of yourself, moving beyond what your past vision of fulfillment and embracing what shows up may be required.

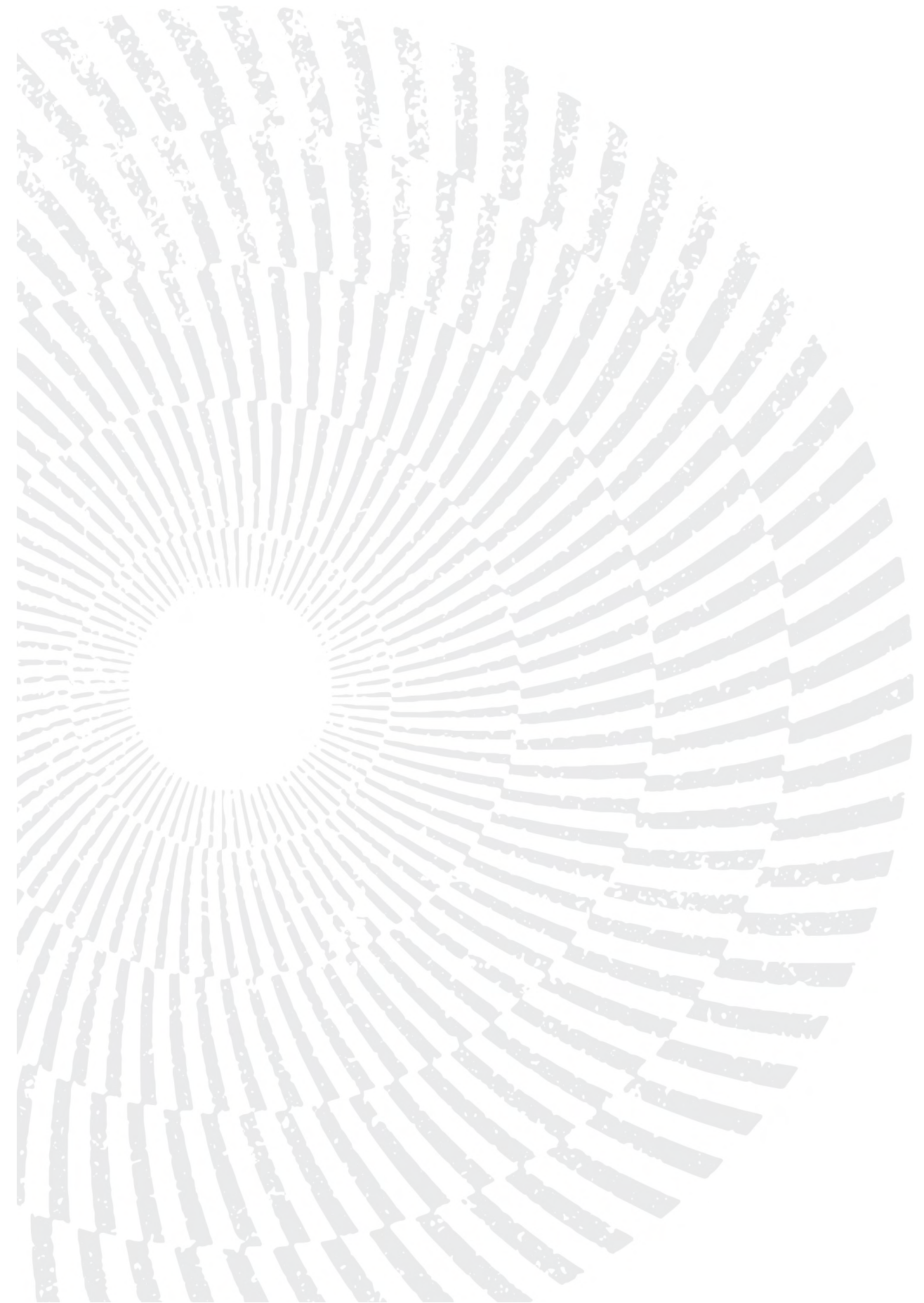


WHAT LOSS IN LIFE OR INSIDE OF YOU
STILL NEEDS TO BE GRIEVED AND FELT?

WHAT DO YOU NEED TO VALIDATE RIGHT NOW?



IS THERE EMOTION ABOUT
WHAT WAS LOST, TAKEN AWAY,
OR NEVER GIVEN?



IS IT POSSIBLE TO SEPARATE FROM WHAT
YOU ALREADY KNOW ABOUT YOURSELF?



**WHAT DOES THIS VERSION OF YOU
HAVE TO SAY ABOUT THE DETAILS OF
YOUR LIFE RIGHT NOW?**

What does it want for you?



**IS THERE A WAY TO UNDERSTAND YOURSELF
WITHOUT ANY ATTACHMENT TO YOUR STORY?
AS AN UNLIMITED FORM?**

**REST HERE
ALLOW YOURSELF TO
RELAX IN THIS SPACE.**

PERSONAL

ACKNOWLEDGE WHAT HAS BEEN SHED AND WHAT IS STILL LEFT TO BE EMBRACED:

FEEL YOUR UNLIMITED SELF:

WHAT IS IT TO BE TRULY EMPOWERED AND UNCONTROLLABLE?

CREATE A STATEMENT FOR YOURSELF THAT REMINDS
YOU OF WHY YOU ARE ON THIS ODYSSEY WITH YOURSELF:

DESCRIBE YOURSELF AS THE HERO IN YOUR STORY:

POWER

WHAT DOES YOUR **ALIGNED SELF**
HAVE TO TELL YOU ABOUT THE
UNKNOWN AND HOW TO TRUST AND
WALK FORWARD ANYWAY?



WHAT WOULD IT BE LIKE TO
RELEASE YOUR PREFERENCES
AND ALLOW THE WORLD TO
SHOW UP FOR YOU AS IT
WISHES?



ARE YOU GOING TO GIVE IT TO YOURSELF?

>THE LOVE.

>THE FREEDOM.

>A NEW WAY.

>THE TENDERNESS.

>THE SAFETY.

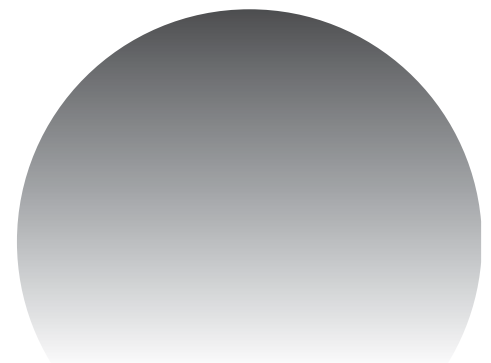
>SPACE TO EXPERIMENT.

>FREEDOM TO NOT KNOW.

FINDING YOUR WAY WITH YOUR
EYES + HEART IN THIS MOMENT.

AFTER ALL THIS WORK YOU'VE DONE to uncover the source of your struggles and discomfort, can you walk forward a little uncomfortable in the wide open space of being different now? It may be subtle. It may be glaring. It may come and go. Yet there is a sense of being pulled along with new intentions, new motivation, and new awareness about who you are in the doing and being. You find yourself more tolerant of some things and less of others, but you find yourself coming from a place of new authority in the knowing of each.

Here is where the gift can begin to be known. It's the gift of valuing yourself and loving yourself in a higher way of *being enough* and *being true* to what you know about yourself and how you want to experience your world—the world. This is where you inadvertently role model boundaries, compassion, priorities, peace, kindness, and listening. You start by showing up for yourself in these ways, knowing that if you don't feel it you can't give it away. Are you going to give it to yourself?





START WITH YOURSELF

The Heartfire Project Journal is a compendium of questions, inspiration, and exercises designed to bring you back to an inner authority that strengthens your relationship with yourself through considering and defining the truths within.

**ORDER THE JOURNAL AT:
HEARTFIREPROJECT.COM**