



Power Journaling: Imagine the Benefits

Breaking Day Hypnotherapy

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Power Journaling-Cheat Sheet

- Abundance of paper- note book, Journal, or similar
- Get Comfortable: Sit comfortable where you will not be disturbed.
- Set a timer- Set a 10 min timer to mark the suggested end.
- Bless yourself: Say this blessing or something similar-
I bless myself now in this moment, mentally/ emotionally, physically and spiritually so that I may truly recognize and fulfill my life's purpose. Let all teachings be for the highest and greatest good for myself, everyone and the planet. Help me connect now to my special gifts and let me lovingly release negative messages given by insensitive people. Thank you.
- Enter a meditative state:
 1. Take a few deep breaths beginning in your core and filling up to the top of your chest.
 2. Close your eyes and imagine going to a beautiful place of peace, serenity and beauty. Or
 3. Bring your attention to your breath. Not changing the breathing, just being aware of your breathing. Using your senses, what do you notice?
- Write your Intention Prayer and your Group Invitation Prayer
- Write at the top of the page, your focus, question or intention. It could be guidance, goal setting, direction, message from my spiritual guide or angel, a loved one (living or deceased), regression or progression or?
- Now Write: Take a deep breath in and release. Do not judge, analyze or think. You are not concerned if it makes sense. Do not stop to correct grammar or spelling. Continue to breathe deeply and normally as you write anything and everything that comes to mind. Let the impulses move through the pen onto the paper. Let your pen move as if it has a life of its own. Every thought, even if it is repeated, is scribbled, doodled, or drawn. No matter what, do not stop; continue to write for 10 min.
- When the timer sounds, return to the room and your awareness. Say thank you and return to a fully awake state. A good grounding practice is to imagine your feet growing

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like roots into the soil and into the earth. Another grounding practice is to wash your hands or drink some water.

- After the session, take a few moments to make any notes or revelations received during the session. Your writing may not be readable after the session, so while the thoughts and feeling are still present, recap the session. Be sure to include any emotions, thoughts, revelations, goals, actions, tasks, etc.
- Congratulate yourself for a wonderful session.
- Sometimes these sessions lead to additional questions. Set a date for your next session with your new question to continue your quest and journey.

Intention Prayer – Setting up the mystical

- **Religious version suggestion:** Thank you, God, for guiding me with your love and light. Thank you, God, for surrounding me with your love and light. Thank you, God, for protecting me with your love and light. Thank you, God, for imbuing me with your love and light. Thank you, God. Thank you, God. Thank you, God.
- **Secular version suggestion:** Thank you, Inner Wisdom, for guiding me with your love and light. Thank you, Inner Wisdom, for surrounding me with your love and light. Thank you, Inner Wisdom, for protecting me with your love and light. Thank you, Inner Wisdom, for imbuing me with your love and light. Thank you, Inner Wisdom. Thank you, Inner Wisdom. Thank you, Inner Wisdom.

Group Invitation Prayer – Bringing in the support team

- **Religious Suggestion:** Good morning, Jesus ; Good morning Blessed Virgin Mary Good morning Archangel Michael, Archangel Raphael, Archangel Gabriel. Good morning, Jonathon and Max Good morning higher self, higher team, and all angels, guides, and light workers here for my highest good and the highest good of all.
- **Secular Version suggestion:** Good morning, energy. Good morning, love. Good morning, inner wisdom. Good morning, higher self [that's simply your inner spirit]. Good morning, Earth. Good morning, sky. Good morning, day. Good morning, sunshine.

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