

This is a personal journal, which has one spiritual lesson on each page. The idea is to help you journal about your spiritual journey and to help you better understand the twists and turns your spiritual journey can take.

1

There is often an emotional struggle,
before the beginning of a spiritual
journey

Notes:

2

You will begin to question why there is
pain in the world

Notes:

3

Meditation is a great way to get
answers from within

Notes:

4

Sometimes you will feel like you are
wandering the world aimlessly before
you find your spiritual purpose

Notes:

5

You will experience heightened
awareness

Notes:

6

Seeing angel numbers become normal
when you are being divinely guided

Notes:

7

It is natural to develop the desire to
serve the world

Notes:



You will gain exposure to new age
elements such as tarot, palm
readings and astrology

Notes:

9

Experiencing synchronicities will leave
you in awe

Notes:

10

Having faith in the universe helps to
get through any struggles

Notes:

11

Letting go of the need to control
outcomes is important

Notes:

12

A spiritual journey can start at any
age

Notes:

13

The universe will attempt to align you
with your life's purpose

Notes:

14

Your consciousness will change

Notes:

15

Old thought patterns and habits that are not serving you will begin to fade

Notes:

16

Not everyone makes a conscious choice to begin a spiritual journey; you may be thrust into experiencing spiritual growth

Notes:

17

Gaining a higher understanding of
the world around you is something
you will experience

Notes:

18

Feeling different from the crowd is
normal

Notes:

19

Although there are similarities,
everyone's spiritual journey is
different

Notes:

20

You are considered asleep in the world
before you experience a spiritual
awakening

Notes:

21

Deep questioning will lead to a greater
understanding of yourself and the
world

Notes:

22

Being emotionally drained out while
you are on the journey to awakening
is likely

Notes:

23

You may feel the sudden need to deviate from what is considered a normal lifestyle in society

Notes:

24

At one point you may be guided to
surrender your will to the universe

Notes:

25

When you awaken, you will experience
some form of enlightenment

Notes:

26

You will learn about the laws of
attraction and manifestation

Notes:

27

Spreading love in the world will
become a priority

Notes:

28

Your chakras or the energetic centers
within you will start to become
activated

Notes:

29

You may experience physical symptoms such as palpitations - always check with a doctor to make sure you are physically okay

Notes:

30

Listening to your intuition is important because that is where divine guidance comes from

Notes:

31

There may be elements, entities, or people who will try to deter you from your spiritual growth

Notes:

32

You will eventually become a beacon of
light for someone's journey

Notes:

33

You will develop a non judgmental
mindset

Notes:

34

You will be guided to think about what
you truly want in life

Notes:

35

Contemplating what true happiness
means is something you may
experience

Notes:

36

Being in nature will help you feel
serenity

Notes:

37

You will naturally start to meet people
who align you with your life's purpose

Notes:

38

Reading and educating yourself
about spirituality will be helpful for
your journey

Notes:

39

The dynamics of your relationships
may change

Notes:

40

The whole spiritual experience will
make you a stronger and more
resilient person

Notes:

41

Your stars will start to align for you,
bringing all that you desire into your
life

Notes:

42

You will see that there is good and evil
in the world

Notes:

43

The "dark night of the soul," is a
real occurrence

Notes:

44

When you start your spiritual
journey, kundalini energy may be
activated

Notes:

45

If you have a twin flame, they may play a role in helping you awaken

Notes:

46

The universe is always taking care of
you

Notes:

47

You may feel a calling to read
scriptures and to grow your faith in
God

Notes:

48

You will realize that the true wonders
of this world are within you

Notes:

49

unleashing your true potential in life
is likely

Notes:

50

Abundance will attempt to make its
ways into your life

Notes:

51

You may find getting a life coach
during this period of spiritual growth
is, beneficial

Notes:

52

You will start to become attracted to
people's energies rather than their
personalities

Notes:

53

Your energy can have an influence on
others

Notes:

54

Joining spiritual groups may help
you with your own journey

Notes:

55

You will start to realize what your
passion is in this life

Notes:

56

Getting a good amount of sleep is
important for processing spiritual
information

Notes:

57

You may need to work on and clear
energetic blocks

Notes:

58

You may feel a calling to travel the
world

Notes:

59

You may be guided to sever any
attachments you have to people or
material goods

Notes:

60

If it aligns, investing in tarot cards
and oracle decks may be beneficial

Notes:

61

Doing internal work is crucial for
personal and spiritual growth

Notes:

62

You will not manifest your fears, even
if you are thinking about them

Notes:

63

You could experience a dramatic
change in your personality

Notes:

64

Eating well is important as your spiritual growth requires your energy

Notes:

65

Sleeping for longer hours than
usual is normal

Notes:

66

You will only be called to serve when
you are ready

Notes:

67

You may feel the calling to leave
behind an established career

Notes:

68

You will realize that the world needs
you

Notes:

69

Spirituality will help you realize what
is unique about you

Notes:

70

You may experience a hard time
relating to people who are not on a
similar path

Notes:

71

You will have more space in your heart
for others

Notes:

72

You will learn the universal language
of unconditional love

Notes:

73

Your values may change for the better

Notes:

74

Denying or resisting signs from the universe is still a part of your spiritual growth

Notes:

75

You realize that wrong decisions are
only taking you closer to the right
ones in life

Notes:

76

Feeling the emotion of love very
intensely is likely

Notes:

77

You will learn how to be forgiving

Notes:

78

You will learn to let go of any grudges

Notes:

79

You will start to feel happiness in the
smaller pleasures of life

Notes:

80

Learning that you have enough is
important

Notes:

81

Fear of poverty, and the feeling of
scarcity will be eliminated

Notes:

82

Personal reflections are important

Notes:

83

You will learn to align yourself with
the divine flow of the universe

Notes:

84

The reasons for any past struggles in
life will become clear

Notes:

85

Finding a mentor who has gone
through their own spiritual journey is
beneficial

Notes:

86

Becoming more mindful of others is a
natural occurrence

Notes:

87

Trust the process that is happening in
your life

Notes:



Your higher self will know what is best
for you

Notes:



Failures in life may trigger your
spiritual awakening

Notes:

90

People will start trusting you as
someone they can confide in

Notes:

91

Journaling can help you keep track of
your inner journey

Notes:

92

Crystals can be useful in helping you
manifest your desires

Notes:

93

You will conquer your biggest fears

Notes:

94

You will lose your ego

Notes:

95

You will realize that happiness truly
comes from within

Notes:

96

You may change your dietary habits
to be more in line with veganism or
vegetarianism

Notes:

97

You will release any insecurities you
have about yourself

Notes:

98

Confidence will radiate more easily
through you

Notes:

99

Arts and crafts may become very
therapeutic

Notes:

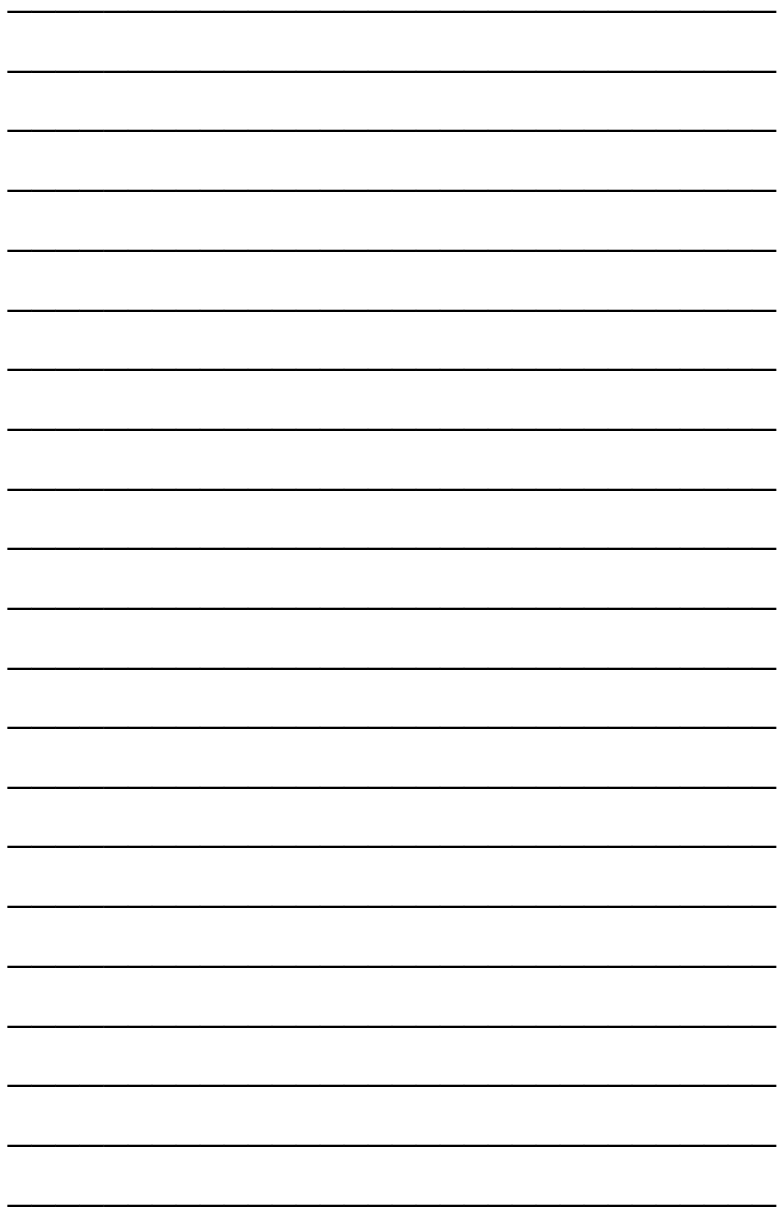
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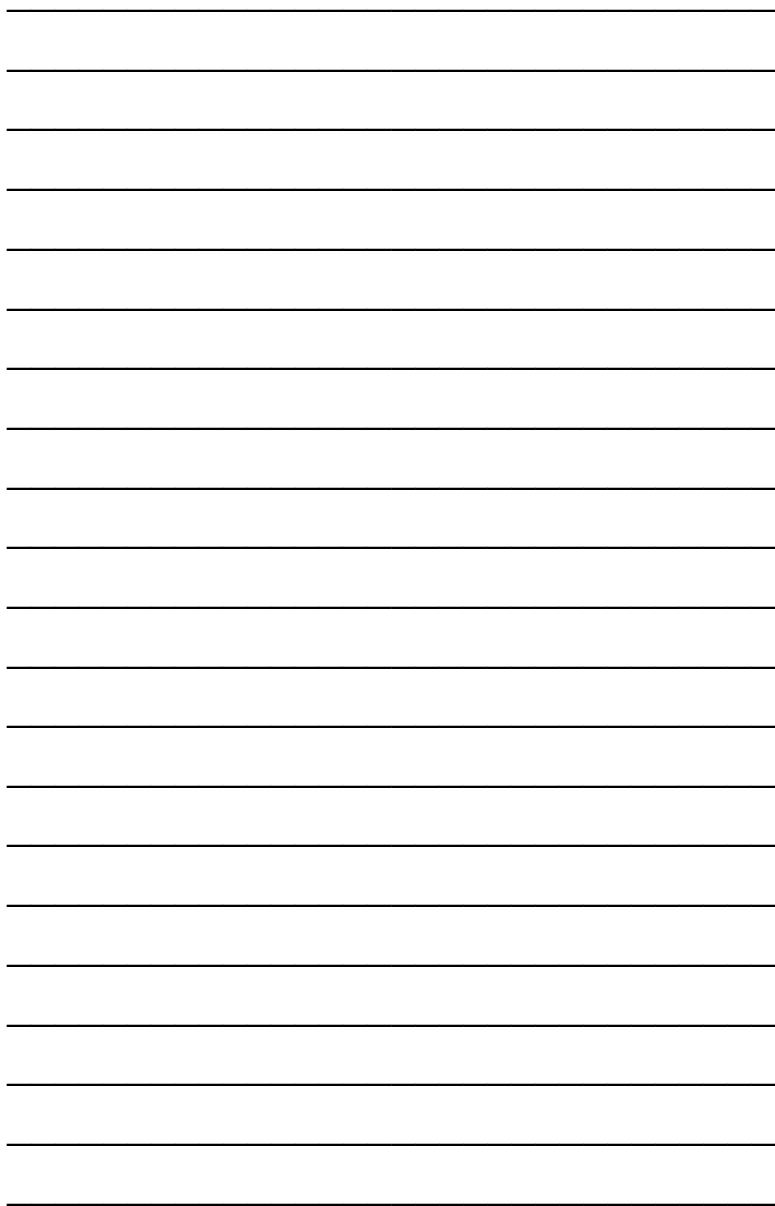
Your spiritual journey impacts your
physical life

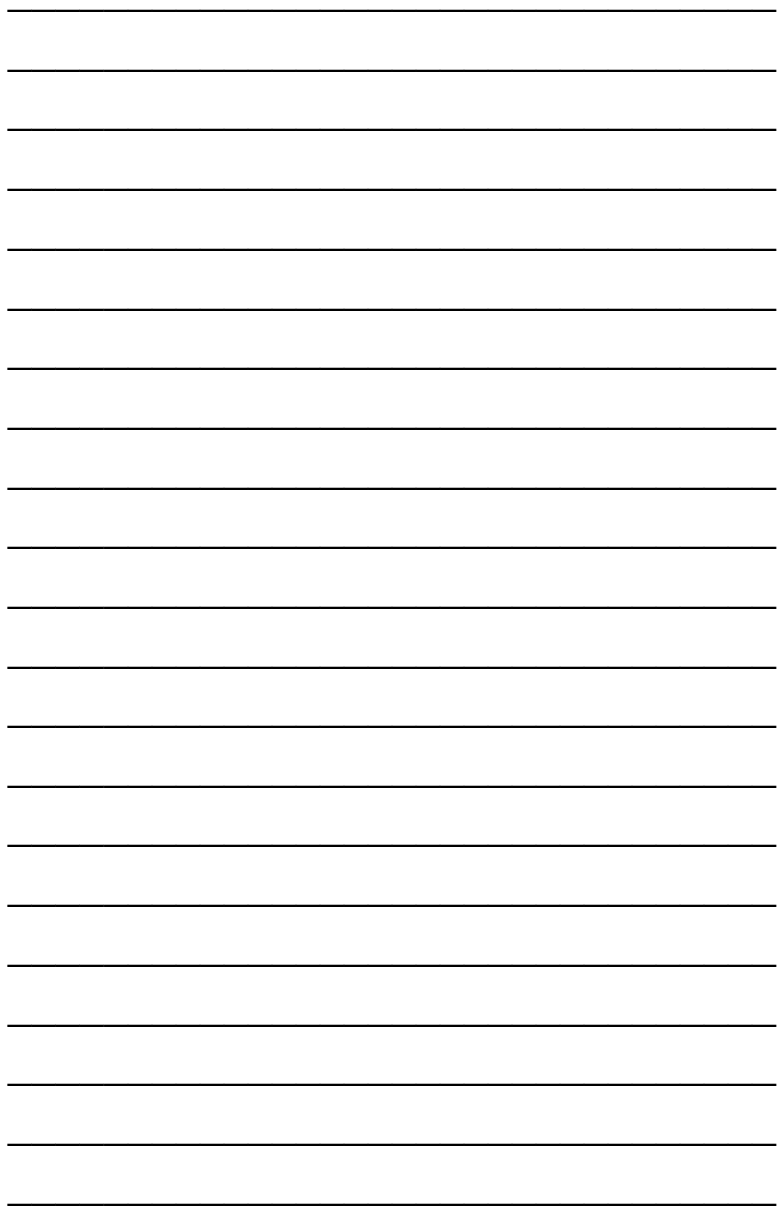
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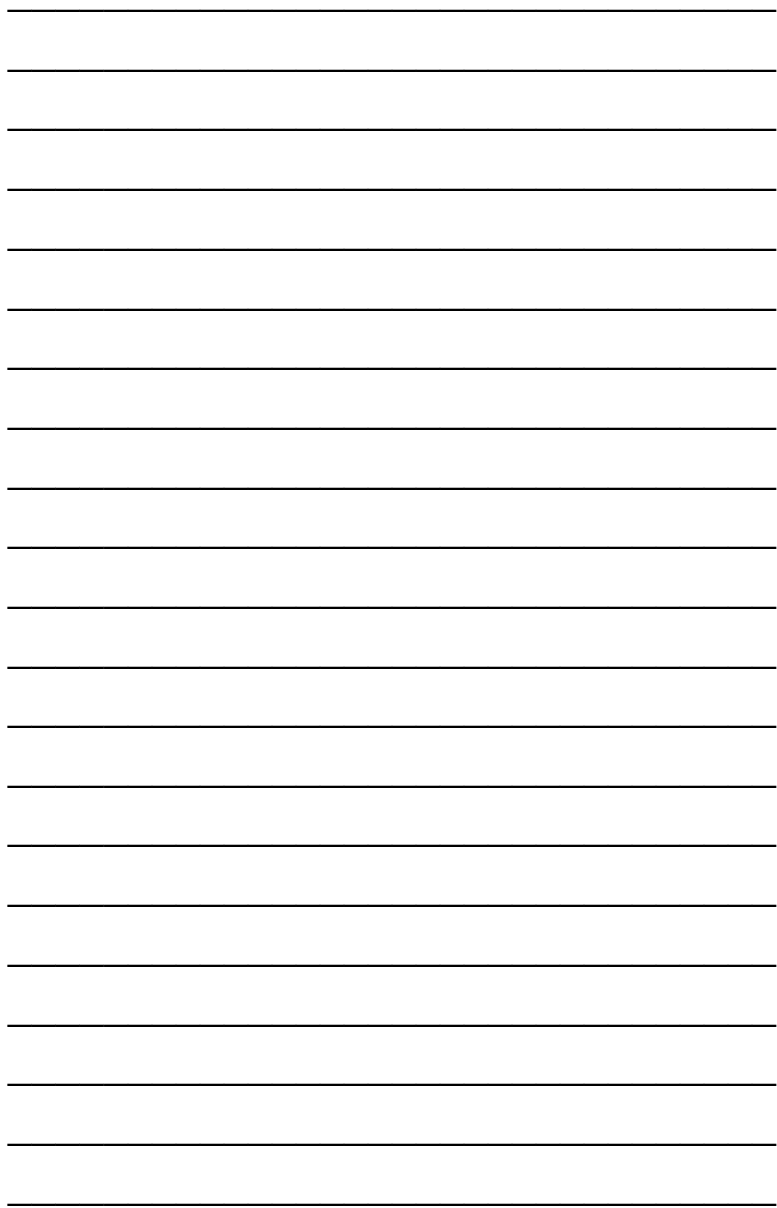
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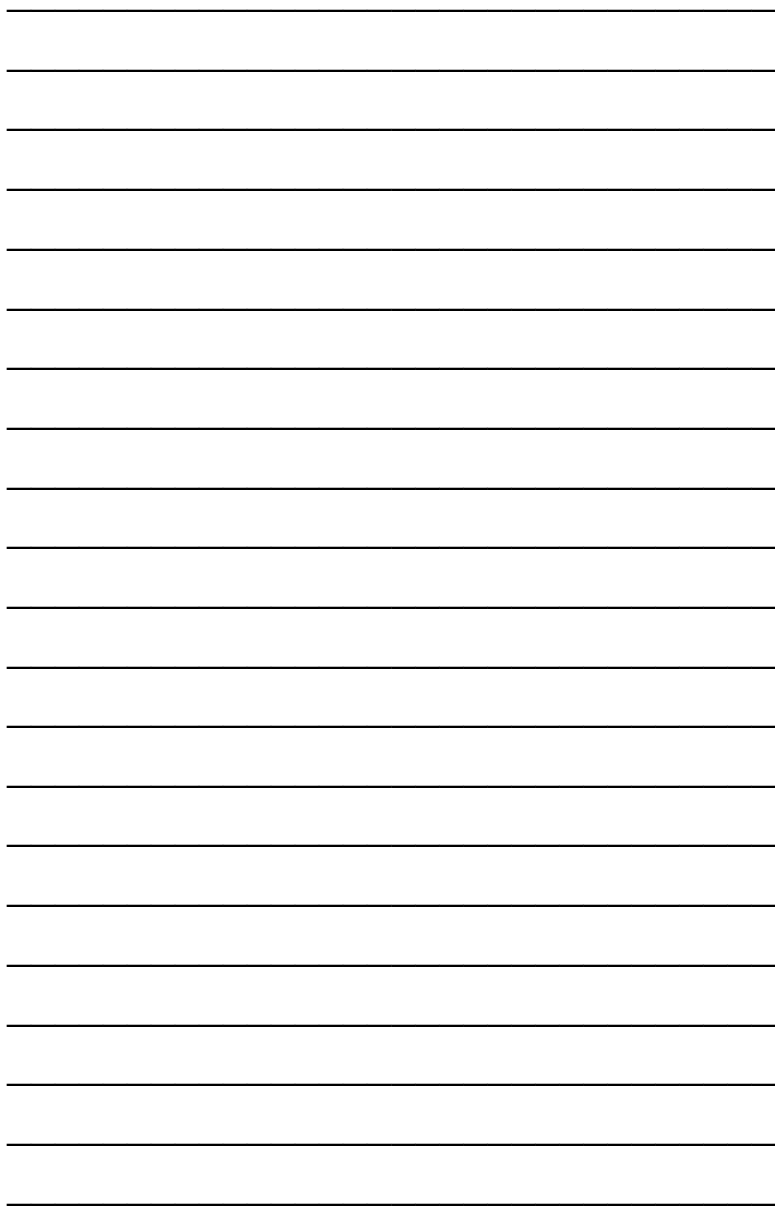


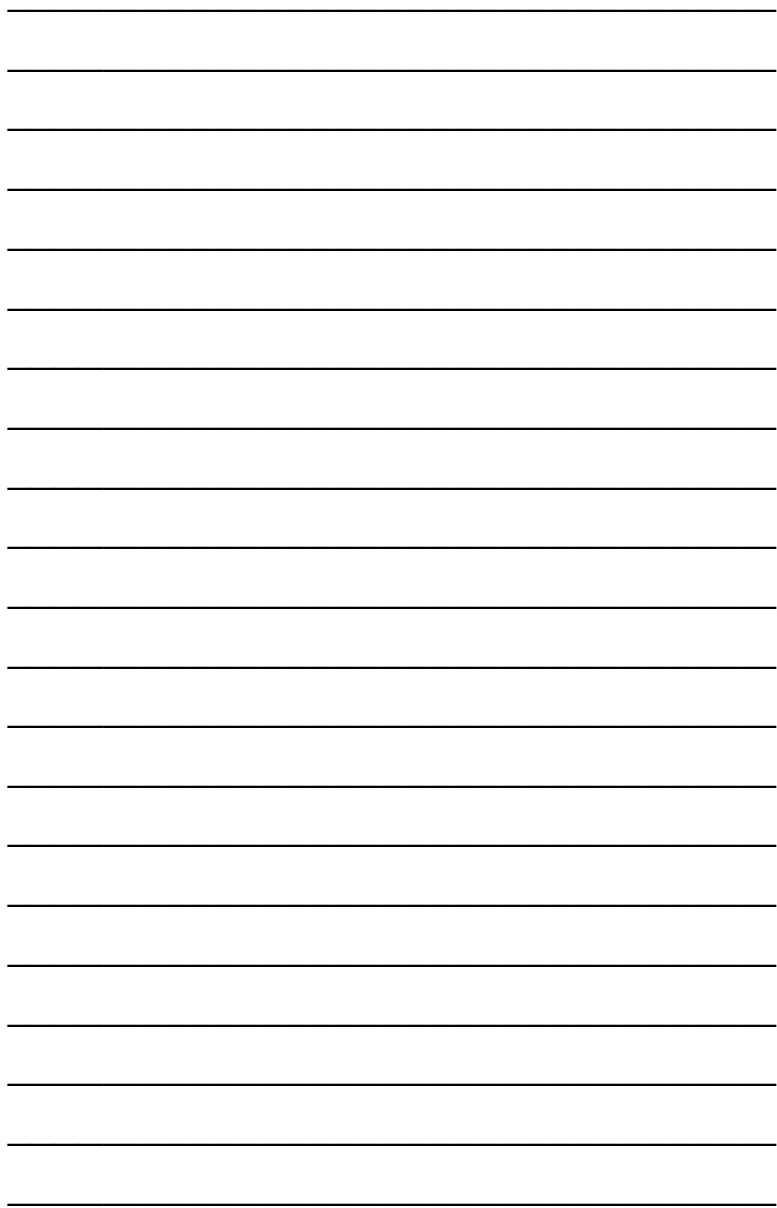




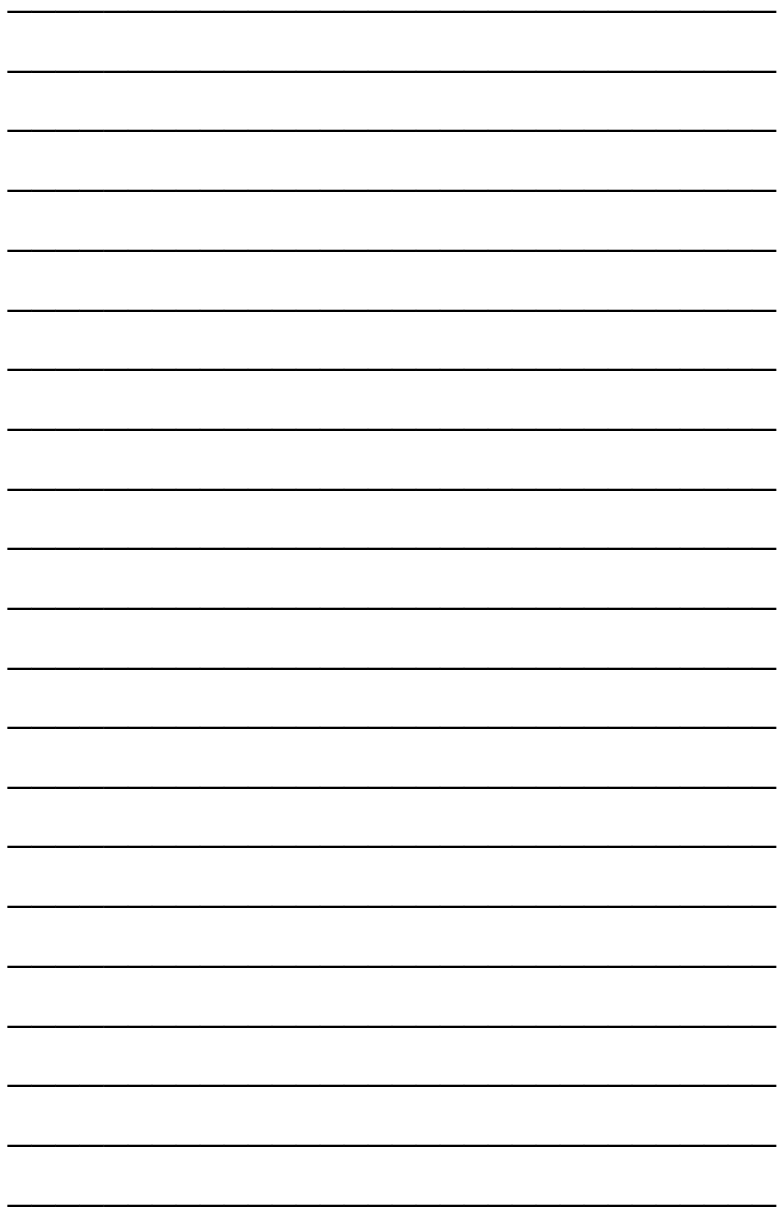
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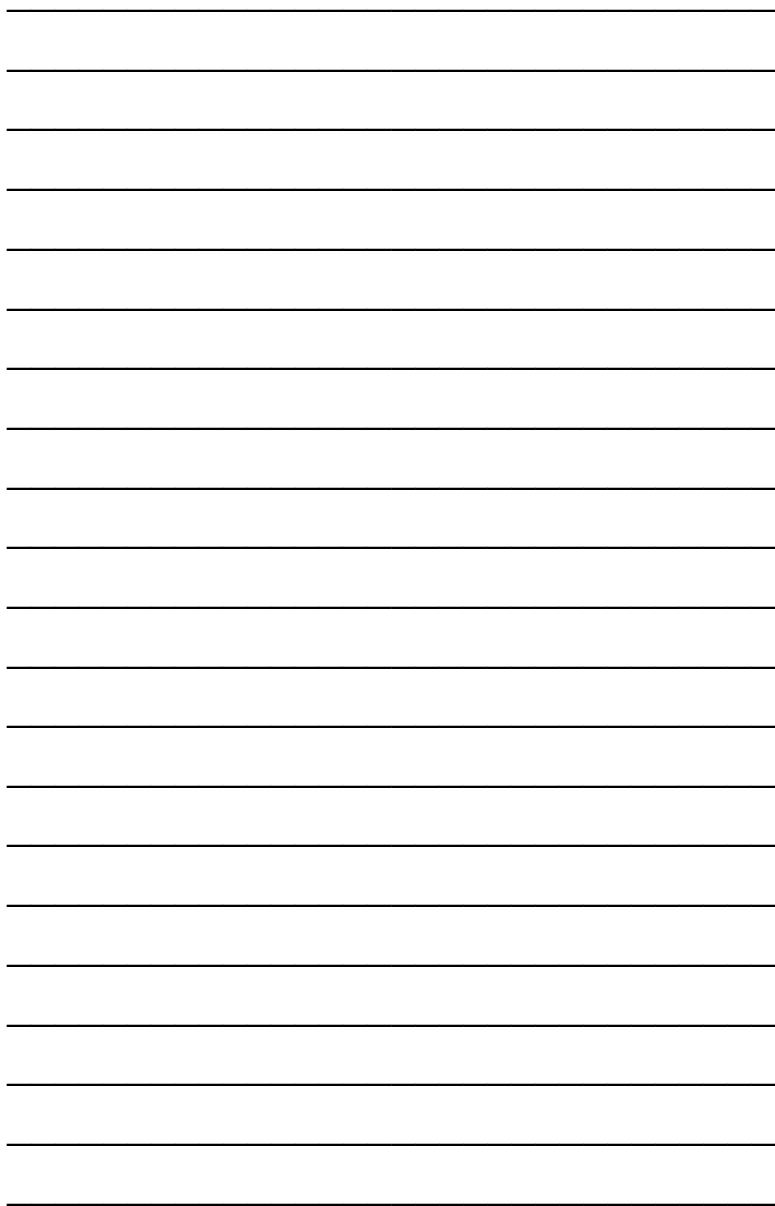


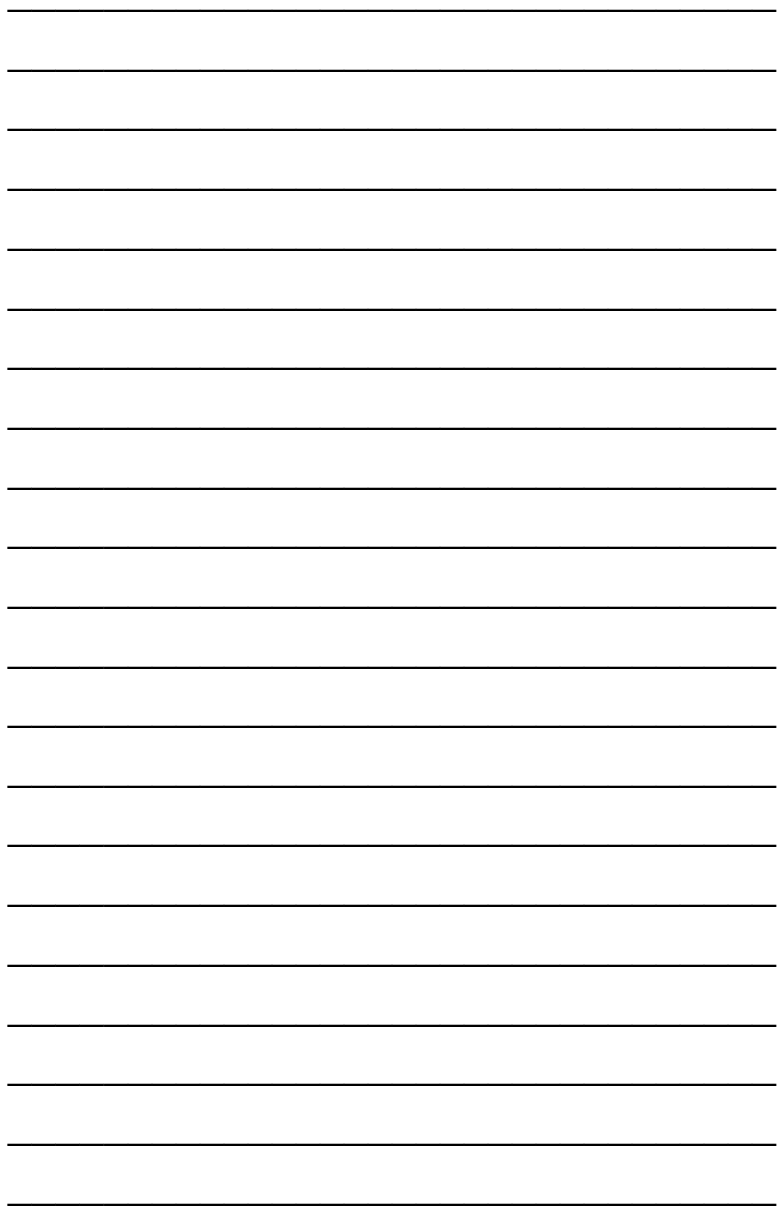




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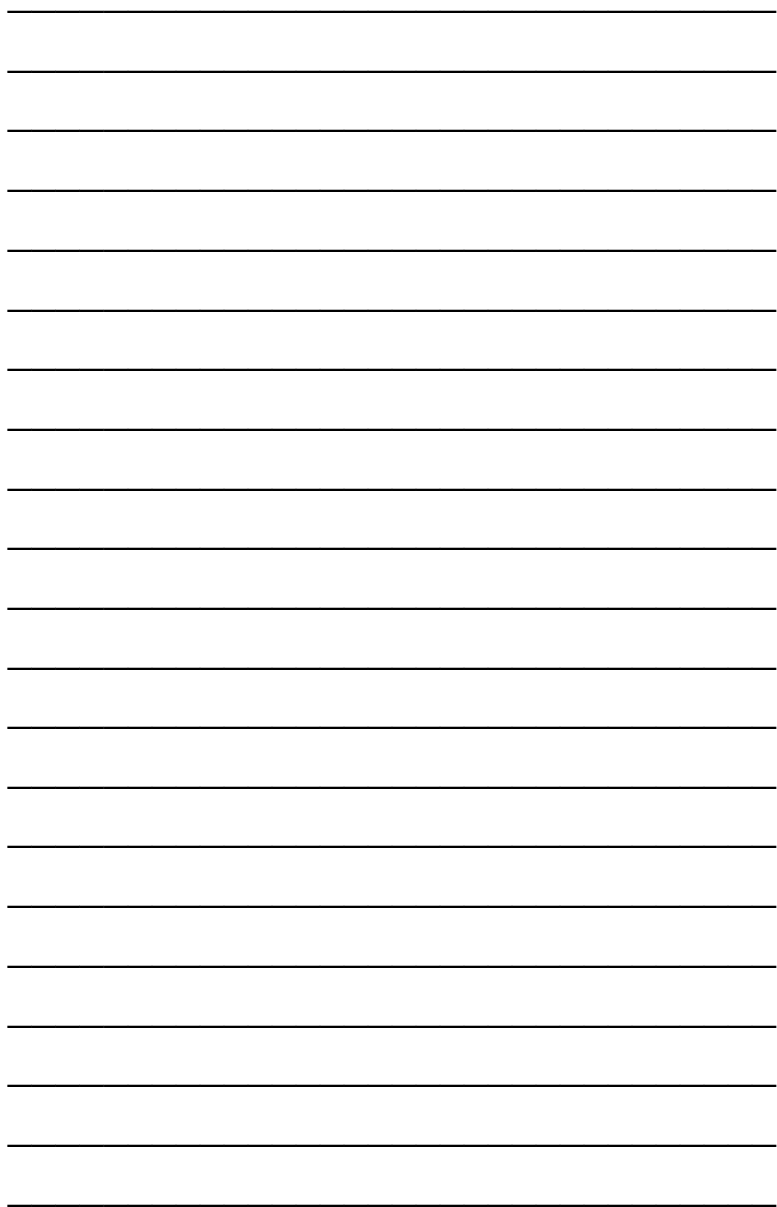


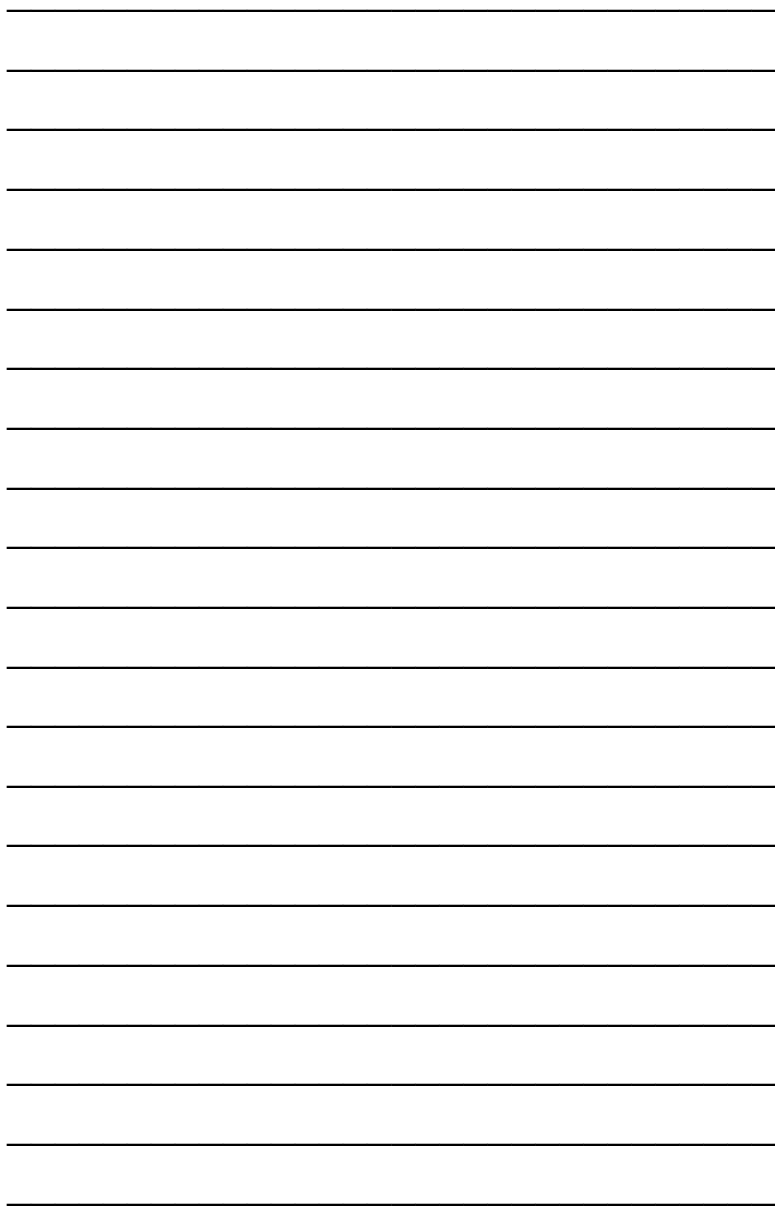


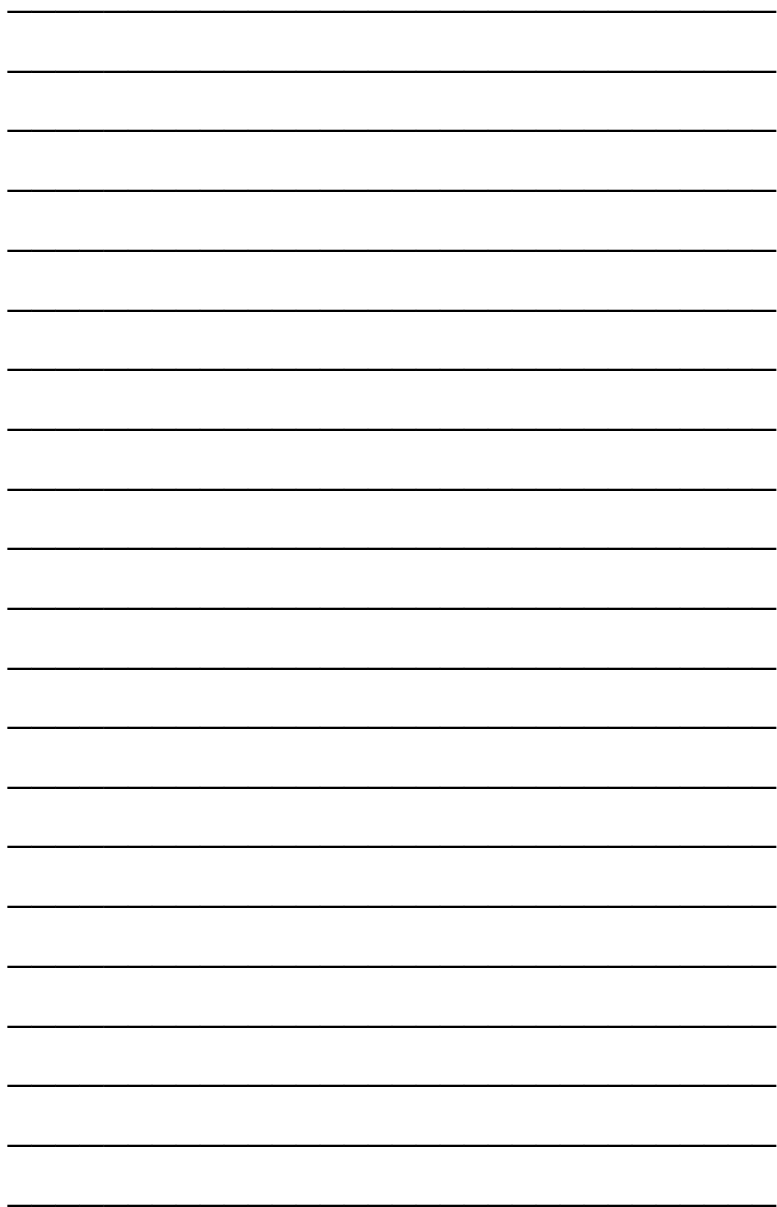


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