



Return of the Sacred



DEEPENING JOURNAL



ONE PRAYERFUL DAY

JOURNAL YOUR WELL-WISHES FOR THE WORLD

If you watch a spider weave a web, they spin from the outside inwards.

Try doing the same.


Name what beauty you wish to see for the world, others and yourself.

Pray in the positive.

EX: Clean, crystalline waters (versus in the negative: non-polluted waters)

Be bold - cast your prayers wide.

*Should you need extra space, use the entire back side of paper.
Use every sweet inch of this repurposed tree for your deepening.*





ONE PRAYERFUL DAY

JOURNAL YOUR FEARS, YOUR LOVE & YOUR DESIRE

Prompt: What are you scared of? What do you love about life? What do you
desire?

Be bold - Take a self-inventory.





ONE PRAYERFUL DAY

JOURNAL YOUR PROTOCOLS FOR DEEP WELLNESS

Slow Down. Ask your heart. There are no wrong answers.
You are as much of an authority on your wellbeing than any external "expert".
Prompt: What does my body, mind & SPIRIT need for deep wellness?





ONE PRAYERFUL DAY

JOURNAL YOUR INSPIRATIONS

Sometimes unstructured time is what we are actually desiring.

Take a 10-30 Min walk outside, meander...then write:

What did nature communicate? How did she speak? What did you hear?





ONE PRAYERFUL DAY

JOURNAL FIRST THOUGHTS

This is a Zen exercise - write what arises, as you experience it in the moment.
Speak to exactly what is revealed to you, as thoughts arrive. If you need a
"jumping off point", write about the light in your space right now.
(Yes, it is an exercise in releasing control.)





ONE PRAYERFUL DAY

JOURNAL YOUR DEEP GRATITUDES

When we genuinely wish to grow everything, and everyone is a teacher. Sometimes they are sweet teachers - other times tricksters, or truth mirrors.

Write out the gratitudes that move you.
Prompt: I am deeply grateful for...





DEVOTED YOGI

With Love,

Jenna McDonald

*For more teaching and support visit:
www.devotedyogi.com*