



*Your Journal*





*“Man’s psyche is as infinite within as  
the universe is without.”*

*Carl Jung*



# *Air Journal Exercise*

## *Swinging on a Breath*

Describe the image of heart that came to you.  
What meaning did this vision hold? How can this image serve you?

Describe the keeper of your heart. What meaning does the keeper convey?



What color was the pain? What color was the love?  
Journal about each and the interconnection with certain relationships, issues  
and events in your life.



What did you feel like when you breathed in love and exhaled pain?  
How can you remind yourself consciously of this option?



What sensations were present in your body?  
What words, thoughts and feelings arose out of your sensations?





What was the most poignant image you saw and what did this image teach you?

Listening now to your inner voice, list any images or issues with which you need to continue working. When will you be willing to pursue this work?





How do you feel this moment?  
Please write freely any additional insights and experiences.





*Record the Wisdom Gleaned from  
Your Initiation with AIR*

Record the primary lessons learned from this session's  
meditation / journaling / soulful moment / metaphoric insight.  
Use words and images freely as your imagination directs.



*Ways I can incorporate this knowing into my life:*



# *Water Journal Exercise*

## *Bathing in the Waters of Forgiveness*

What displaced parts of you did the three figures represent?



What meaning did you derive from your conversations with these figures?



Where were they hiding in your body?  
How do these locations correlate with any physical symptoms?

How does your body feel, now, in comparison with how you felt before  
the meditation?



What did you experience in the pools of forgiveness?



How often do you need to visit forgiveness?  
What will it take for you to be committed to this practice?



Please journal freely any additional insights or experiences.





*Record the Wisdom Gleaned from  
Your Initiation with WATER*

Record the primary lessons learned from this session's  
meditation / journaling / soulful moment / metaphoric insight.  
Use words and images freely as your imagination directs.



*Ways I can incorporate this knowing into my life:*



# *Earth Journal Exercise*

## *Unearthing Your Soul*

What did the leather book with your name printed on it reveal about the wisdom of your adult life?



What wisdom did your child and adolescent reveal,  
and how can you apply it to your life today?

Who did your child and adolescent forgive, and how does forgiveness feel?



What wisdom did the voice of your soul share?

What is your primary lesson for this lifetime? What is your life's purpose?



What is your greatest gift that longs to blossom?  
How is it connected with your life's purpose?

What parts of you are blossoming at this time in your life?





What parts of you are germinating in preparation for full bloom?





Please journal freely any additional insights or experiences.





*Record the Wisdom Gleaned from  
Your Initiation with EARTH*

Record the primary lessons learned from this session's  
meditation / journaling / soulful moment / metaphoric insight.  
Use words and images freely as your imagination directs.



*Ways I can incorporate this knowing into my life:*



# *Fire Journal Exercise*

## *Tending the Inner Fire, Seat of Your Passion*

What feelings, events and issues cause your passion to dim?

With whom do you need to hold council in order to keep your sacred fire burning consistently? What is it you need to help them understand?



What experiences, feelings or relationships fuel the light of your soul?

How can you ignite your passion?



What did you learn about maintaining an appropriate boundary  
for your inner passion?

When are you most likely to cross boundaries?  
How do you know when you cross a boundary?



Please journal freely any additional insights or experiences.



*Ways I can incorporate this knowing into my life:*



*Record the Lessons Gleaned from  
Your Initiation with FIRE*

Record the primary lessons learned from this session's  
meditation / journaling / soulful moment / metaphoric insight.  
Use words and images freely as your imagination directs.







*Dr. Deb loves to hear about your personal experiences with the book.*

*Email her at [drdeb@innermagician.com](mailto:drdeb@innermagician.com)*

*You can also sign up at the website to receive her monthly meditations.*

