

CIRCLE



JOURNAL

Part I: The Journey;

where the beginning looks ordinary from the outside, but inside it rearranges everything.

It does not announce itself with certainty, it arrives as a sensation first, an ache, a flutter, a tightening or tingling, a warmth that rises without explanation, because the body is always the first witness. The mind will try to narrate what is happening, to make it tidy, to call it excitement or fear and move on, but what you are touching here is older than labels. It is the threshold place: the interior edge where the old self still grips what is familiar, and the true self quietly pulls toward what is real.

This is where the most honest stories live ~ beneath the story you tell to be understood, beneath the story you tell to be safe, beneath the story you tell because it is what people can handle. Underneath all of that is the living truth: the thing you have sensed for a long time but have not fully admitted, even to yourself. Sometimes it's a longing you've kept small, so you don't have to grieve what you didn't choose soon. Sometimes it is a fear that isn't actually fear at all, but a protective intelligence that learned, long ago, how to keep you intact. Sometimes it is hope ~ quiet and persistent, almost embarrassing in its tenderness, because hope dares to imagine a life that matches your soul instead of your survival.

In this first part, The Invitation is not to make a plan. It is to tell the truth without rushing it, to notice where your body holds the evidence of your life. To let the "Mask" speak without shame, because it has carried you. and to let the true self answer without apology, because it has waited this long to be seen, heard and to surface for healing at a deeper level.

Circle journaling requires listening for the deeper current; the part of you that already knows what must change, what must be release, what cannot be carried forward another season without cost.



Part I: The Journey;

Take your time here. Write beyond your first answer. When you think you're done, stay a little longer. Follow the thread that makes you want to look away. Follow the place that tightens when the truth gets close. Let the page hold the raw version, not the edited version. Let it be messy if it's messy. Let it be beautiful if it's beautiful. Let it be honest either way. Because the journey doesn't begin when you feel brave, it begins the moment you stop abandoning what you know.

- Where do you feel anticipation, fear, or hope in your body?
- Where is your body telling you about this moment?
- What story do you tell others ~ and what do you rarely share?
- Write a letter from your mask ~ what is it afraid of?
- Write a response from your "Soul Self." What does it long for?
- Choose a song for beginnings. Where does it land in your body?
- Draw or write what you are most afraid to admit.
- If your fear had a voice what is it saying to you. If hope could answer, what would it reply?
- What is the cost of staying where you are. What is the risk of moving forward?
- What word or image will you carry forward?









Part II: Unity ~ The Awakening of Soul

- Where do you feel unity ~ or separation ~ in your body?
- What does unity or longing for unity feel like today?
- Recall a time you felt both belonging and exile.
- Write about a moment when your soul longed for connection.
- What is the cost of belonging? of isolation?
- Whisper your own name. What feeling or memories surface?
- Write a letter to your inner child about belonging.
- Choose a song that feels like “Home.”
- Draw, map, or create a collage that represents your sense of belonging.
- What is awakening in you that excites you? That scares you?
- What comfort does your soul need right now?









Part III: Soul ~ The Resonance Within

- Imagine your body as an instrument. Where do you feel vibration, tension, or silence?
- If your body could sing, what would its song sound like today?
- What truth have you tried to silence?
- What beauty have you hidden?
- Write a letter from you hidden self to your visible self.
- What's the risk of letting your resonance be heard?
- Light a candle or hold a stone. What message wants to rise from your soul?
- Choose a song or frequency that stirs your shadows and your light.
- Draw, paint, or collage your resonance ~ let the page hold both harmony and discord.
- What truth are you willing to honor, even if it feels vulnerable?









Part IV: Breath/Work

- Place one hand on your chest, one on your belly. Notice your breath ~ where is it easy, where is it stuck?
- What does your breath reveal about your current state?
- Recall a time your breath was taken away ~ by grief, shock, awe, or joy.
- Write about the hardest truth you have had to breathe through.
- Try: Inhale for four, hold for four, exhale for six, pause for two.
- After breathwork Journal about sensations, emotions or images.
- Choose a song or sound for breathwork.
- Draw, paint, or trace your breath's journey.
- If your breath could speak, what would it say







A hand is shown from the wrist up, reaching towards a bright sun in the upper left corner. The sun is very bright, creating a lens flare effect across the sky. The sky is a clear, deep blue. The hand is positioned as if reaching for something, with fingers slightly spread. The overall mood is one of aspiration and connection to nature.

Part V: Back to Earth

- Stand or sit with bare feet. Imagine roots growing down.
- Where do you feel most rooted? Most ungrounded?
- What does home mean now? What do you mourn? What do you celebrate?
- Gather an object from nature. What does it teach you about belonging?
- Create a visual or written “map” of your belonging.
- Who and what has shaped your sense of home?
- What will you carry forward? What will you release?
- What word, image, or symbol will remind you to return to Earth?





