

# COMING BACK TO YOURSELF



A GUIDED JOURNAL FOR  
*reconnecting with your essence*



MONTHLY  
REFLECTION  
*journal*



## **There's a quiet moment that tends to arrive when the noise fades.**

After the rushing, the reaching, the endless small negotiations with life - something in you begins to soften. Not because you've figured it all out, but because you're tired of trying to be anywhere else but here.

Coming back to yourself isn't a single act. It's a slow unfolding. A remembering that your truth never actually disappeared. It just got quieter beneath the weight of everything you've carried.

This September, you're invited to return. Not to a past version of yourself, but to the deeper current that's been with you all along. The part that doesn't need fixing or polishing, only witnessing.

The Akashic Records often speak of our soul's constancy; that no matter how many roles we play or masks we wear, the essence remains. Always intact. Always accessible. And sometimes, it takes stepping away to really feel the pull of our own center again.

This is not about pushing for answers. It's about letting the questions breathe.

What parts of me have I abandoned to belong?

What do I know in my bones but forget in my mind?

What would it feel like to land, fully, in myself?

Within these pages, you'll find space to reflect, to reclaim, and to root back into the wisdom that lives beneath the surface. Let this be a quiet reunion: not with who you were, but with who you already are.

You haven't lost yourself. You've just circled around. And now, the path inward is open.

Welcome back.

With love,

*Lisa Witzel*  
AKASHIC RECORDS CONSULTANT





**As you move through these questions, let your answers arrive in their own time.**

There's no need to search for the "right" response. Just meet yourself where you are, and trust what wants to be heard.





When was the last time I truly felt at home in myself?

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What parts of me have I been ignoring, hiding, or postponing

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Who am I when I stop performing, proving, or striving?

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Is there a younger version of me that's asking to be seen or remembered?

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What truths have I been whispering to myself lately?

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How does my body let me know I'm in alignment? How does it speak when I'm not?

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What do I know in my soul that I've been afraid to admit?

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What have I been reaching for outside myself that might already exist within?

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If I trusted my inner guidance completely, what would I stop doing? What would I start?

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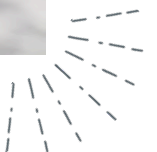






**Let these affirmations be quiet companions - words you can return to.**

Return to these affirmations when you forget, when you soften, or when you simply need something true to hold onto. Read through them slowly, and let one rise to meet you.





I am allowed to  
*begin again.*



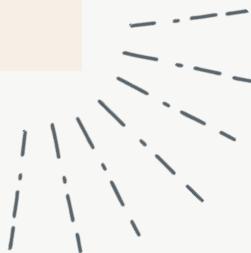
*I release the need*  
to explain who I am  
becoming.

*I am not lost.*  
I am learning  
how to listen.

My energy knows  
*the way home.*



I no longer  
chase alignment.  
*I allow it.*







*I am safe*  
in my own  
presence.



I belong  
*to myself.*

I remember who I  
am without  
*needing to prove it*



*I can return*  
without guilt,  
without shame,  
without apology.

The deeper I go  
inward, the clearer  
*I become.*





### THE ONE AFFIRMATION THAT SPOKE TO ME

Of the affirmations you just read, which one is echoing in your heart right now? Write it below or even rewrite it in your own words.




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### THE ONE QUIET TRUTH I'M HOLDING THIS MONTH

What feels quietly true for you right now, even if it's small, even if you can't explain why? Let it be just one line. A soul note to carry.




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## **A space to gather what's stirred, what's landed, and what you're stepping into next.**

This isn't about tracking progress. It is about meeting yourself in this moment - with softness, with honesty, with heart.



## MY SOUL INTENTION FOR THIS MONTH

What am I opening to? What frequency do I choose to carry? Let it be a word, a phrase, or a quiet knowing.

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## LOOKING AHEAD: WHAT I'M OPEN TO NEXT MONTH

Without pressure or planning, just notice what you're drawn toward. A word, a hope, a feeling.

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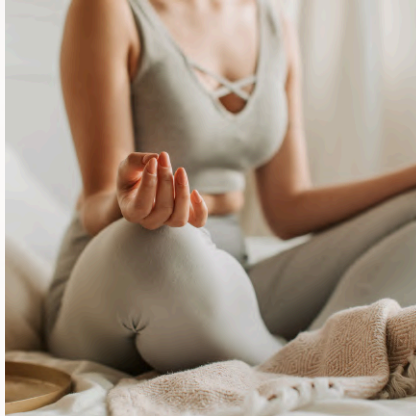
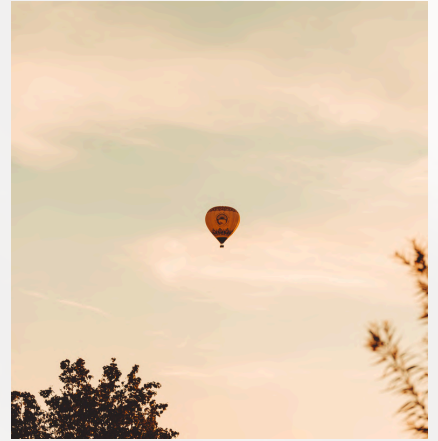
### Check-in

This month, I noticed...

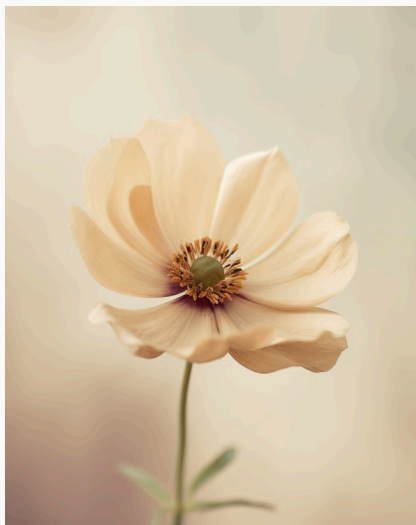
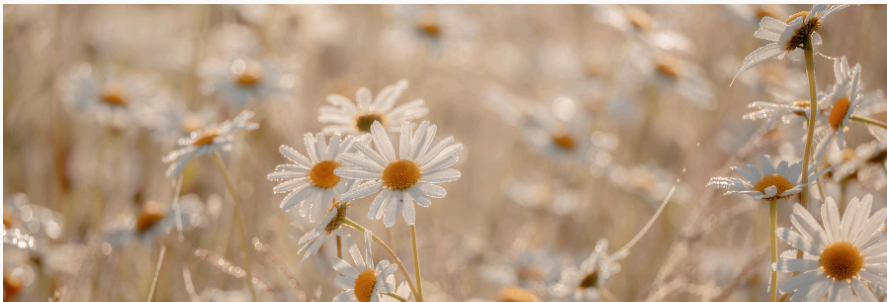
- ☐ A moment of unexpected clarity
- ☐ An inner truth returning
- ☐ A pattern I'm ready to release
- ☐ Something I once feared softening
- ☐ A reconnection with joy
- ☐ A nudge I don't yet understand







YOU DON'T HAVE TO BECOME.  
*You only need to remember.*





**If something stirred as you moved through these pages, a remembering, a question, a quiet nudge, that might be your soul inviting you to go deeper.**

A one-on-one Akashic Records session isn't about receiving answers from outside yourself. It's about coming into contact with the deeper wisdom that already lives within you. The part of you that never left, never forgot.

Together, we'll enter the Records with compassion and curiosity, opening space to see what's ready to be healed, reclaimed, or understood in this season of your life.

You don't need to come with certainty. Just bring your questions, your heart, and your willingness to meet yourself in a new way.

**BOOK A 1:1 AKASHIC RECORDS SESSION**

With love,

*Lisa Witzel*

AKASHIC RECORDS CONSULTANT





[lisawetzel.com](http://lisawetzel.com)