

AWAKENING PRESENCE



A GUIDED JOURNAL FOR
mindful awareness



MONTHLY
REFLECTION
journal



There's a stillness that waits beneath the everyday motion.

Somewhere under the noise, the movement, and the endless reaching for what's next, something quieter is calling your attention.

You might sense it between thoughts, in a pause before you speak, or in the soft rhythm of your breath when you finally let go. That's presence - the aliveness that never leaves, even when you forget to notice it.

This November, you're invited to awaken to that aliveness. To feel the pulse of your own being and remember that awareness isn't separate from you - it is you.

Each breath, each sound, each small unfolding is an invitation to arrive fully where you are.

The Akashic Records speak of presence as the soul's way of seeing. It's the space that allows you to experience life as it truly is, without rushing past it or needing it to be different.

In that space, clarity arises naturally. Stillness begins to move. And what once felt ordinary starts to glow with quiet meaning.

There's a depth beneath the surface of every moment—a sacredness that asks only to be witnessed. You meet it when you slow down enough to listen. You feel it when you remember that even silence has its own heartbeat.

As you move through this month's reflections, let awareness become your anchor. Let each pause, each question, each breath be a doorway back to yourself.

These pages aren't asking you to add anything new. They're here to remind you of what's already here - the quiet, unwavering presence that never stopped holding you.

Welcome home to the now,

Lisa Wetzel
AKASHIC RECORDS CONSULTANT





As you move through these questions, let yourself be guided by awareness, not effort.

There's nothing you need to figure out or fix. Simply arrive in this moment as you are, and allow the words to meet you there. Presence reveals itself in its own rhythm. All you have to do is listen.





What does *awakening* mean to me at this point in my life?

When do I feel most awake to the beauty of an ordinary moment?

What soft truths become visible when I stop rushing to the next thing?





How does presence speak to me when I'm quiet enough to listen?

What part of me is longing to wake up from autopilot and truly see?

How can I invite more awareness into the simplest parts of my day?





What does my inner world feel like when I'm fully here?

What wisdom reveals itself when I rest in the stillness of now?

In what small ways is life asking me to slow down and pay attention?





Let these affirmations be gentle openings - reminders of the presence that's always within you.

Return to them when life feels hurried, when your mind drifts away, or when you simply want to touch something still and real. Let each line guide you back to awareness, to the quiet pulse of life that's always awake inside your being.





The world slows
down
when I do.



My awareness
expands with every
gentle breath.

I am safe
to slow down
and just be.

The now is
my sanctuary.



I breathe. I listen.
I remember:
I am here





I trust
the rhythm of the
present moment.



I am here
fully and
softly.

Presence

is my natural
state, always
waiting to be
remembered.

Every breath
brings me home.



Stillness is not the
absence of life. It's
the essence.





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.

THE ONE QUIET TRUTH I'M HOLDING THIS MONTH

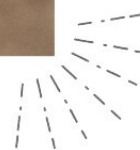
What feels quietly true for you right now, even if it's small, even if you can't explain why? Let it be just one line. A soul note to carry.





**A space to gather what's awakened, what's softened,
and what's ready to unfold.**

Presence keeps revealing itself in layers, through each breath and each small realization.
Allow this page to hold what has met you along the way, and what is still becoming.





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.

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.

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





The now is not small.
It contains everything.





**If something inside you has begun to stir —
a quiet aliveness, a deep breath, a sense of being
more here — this may be your soul awakening.**

A one-on-one Akashic Records session is an invitation to meet that presence within yourself. Not to seek answers, but to rest into awareness.

That same awareness that's been gently guiding you home all along.

Together, we'll enter the Records with openness and grace, allowing what's ready to be seen to unfold in its own rhythm. Presence leads the way; we simply listen.

You don't need to know what to ask. Just bring your curiosity, your stillness, and your willingness to awaken to the truth that's already here.

BOOK A 1:1 AKASHIC RECORDS SESSION

With love,

Lisa Witzel
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