

FINDING MEANING IN WHAT IS



A GUIDED JOURNAL FOR
grounding into the now



MONTHLY
REFLECTION
journal



There is a gentle stillness that arrives when we finally let things simply be.

After seasons of leaning forward, anticipating the next milestone, and waiting for the dust to settle, a quiet shift begins to happen. You simply exhale. You begin to notice the soft texture of the life you are actually living right now, just as it is.

Finding meaning is a slow practice of attention. It is a quiet realization that the warmth we seek is often woven directly into the ordinary, familiar moments we pass through every day. It lives quietly within the everyday rhythm of our routines.

This month, you are invited to land fully in the present. You are invited into the beautifully messy, vibrant reality of today. Even the parts of life that feel unfinished hold their own quiet grace and offer raw material for our deepest growth.

Wisdom traditions have long whispered that this very moment is the place where life truly touches us. Our souls find profound nourishment in the quiet valleys and the steady plateaus, just by breathing deeply into the space we occupy right now.

This is an invitation to lay down the struggle against the present moment. It is a safe space to let reality hold you.

- What small, everyday miracles are blooming right in front of me?
- How can I deeply honor the life I am holding today?
- What if exactly where I am is a beautiful place to pause?

Within these pages, you will find space to observe, to soften, and to deepen your connection with the here and now. Let this be a peaceful practice of arrival, grounding yourself at the very center of your own unfolding story.

Your life is already happening, gently and profoundly. And the door to experiencing it fully is always open.

With gentle presence,

Lisa Wetsel

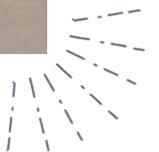
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Meaning is often woven into the moment itself. Not in conclusions but in attention.

Writing can create room to see what's already present.
Within that space, meaning doesn't need to be searched for, it can simply be allowed.





What feels most present in my life right now?

Where do I feel a sense of tension, waiting, or suspension?

What happens if I let go of the need to understand this moment?





If I listen beneath the noise of my life, what is the silence saying?

Where am I already responding to life, rather than directing it?

What emotions or states keep returning for me?





What might these recurring experiences be asking me to pay attention to?

What meaning, if any, feels present beneath the surface of this moment?

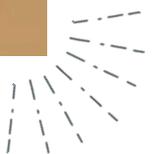
What feels worth honoring in my life as it is right now?





These affirmations are here to anchor you in the moment you're living.

Return to them whenever you want a reminder of the meaning already present. Not declarations, but gentle reflections you can come back to when needed.





I meet my life as
it is today.



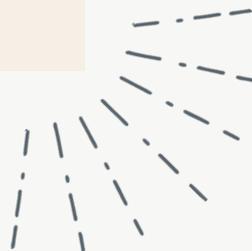
I make space
for what is
already here.

There is wisdom
in what keeps
repeating.

I find steadiness
in what is.



I trust the process
of being
where I am.





Meaning
can exist without
explanation.



I let go of forcing
insight.

I allow this moment
to be enough.



This moment
holds meaning,
even if I don't
understand it.

What is happening
right now
matters.





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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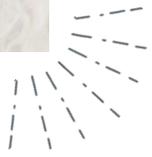
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A place to notice what's present, what's lingered, and what remains unresolved.

No conclusions are required, if you aren't ready. Just room to notice what this present moment holds.





MY SOUL INTENTION FOR THIS MONTH

What am I choosing to notice this month? A word, a feeling, or a subtle shift in attention.

LOOKING AHEAD: WHAT I'M OPEN TO NEXT MONTH

Without deciding or preparing, what feels present as this month comes to a close?

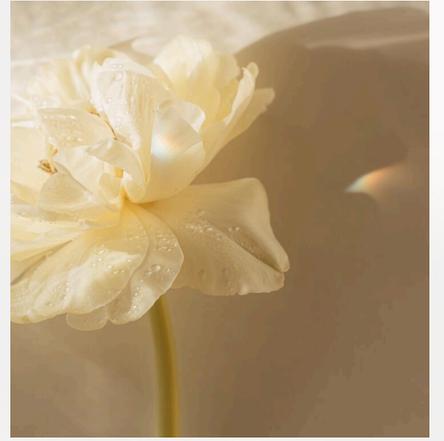


Check-in

This month, I noticed...

- Meaning where I didn't expect it
- A moment worth staying with
- A pattern repeating
- The need for answers softening
- A feeling of being where I am
- An open question remaining





STAY WITH WHAT IS.
Let meaning follow.





If something lingered as you moved through these pages, a sense of recognition, an unanswered question, a moment that felt quietly significant, that may be meaning revealing itself.

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 Wetzel
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