

WHAT MY SOUL HAS BEEN TRYING TO SAY



A GUIDED JOURNAL FOR
inner listening



MONTHLY
REFLECTION
journal



There are times when you know something is trying to get your attention, but you don't know how to name it yet.

It might show up as a feeling you keep brushing aside, a desire that doesn't make sense on paper, a heaviness you only notice after you've said yes to something, or a quiet pull toward a version of life that feels more honest than the one you've been trying to maintain.

For a while, it can be easy to ignore those moments. You tell yourself you're overthinking, being dramatic, being ungrateful, being unrealistic. You keep moving, keep doing what's expected, keep choosing what makes sense from the outside. But the soul has a way of repeating itself.

Not to punish you. Not to make life harder. But because there is something within you that wants to be heard with more tenderness, more honesty, and less dismissal.

This journal is a space to listen to that part of yourself.

Some of what comes through may feel clear right away. Some of it may surprise you. Some of it may feel simple, almost obvious, like a truth you've known for a long time but weren't quite ready to say out loud.

You don't have to figure everything out at once. You don't have to turn every feeling into a plan. You don't have to prove that your inner knowing makes sense before you're allowed to trust it.

You only have to begin by listening.

And as you move through these pages, may you give yourself permission to hear what your soul has been trying to say - not as something far away or mysterious, but as the quiet wisdom that has been with you all along.

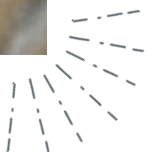
Lisa Witzel
AKASHIC RECORDS CONSULTANT





As you move through these questions, notice what rises when you stop reaching for the “right” answer.

Let your responses be simple, strange, emotional, unfinished, or surprisingly clear. Your soul does not always speak in perfect language. Sometimes it begins with a feeling you finally let yourself follow.





What feeling, thought, desire, or inner nudge has been coming up for me repeatedly?

What have I been telling myself this feeling means?

What might it mean if I stopped dismissing it, minimizing it, or explaining it away?





Where in my life do I feel most disconnected from myself right now?

What part of me feels unheard, unseen, or pushed aside?

What truth have I been avoiding because it might ask something of me?



JOURNALING →



What old story, belief, or expectation might be making it harder for me to hear my own inner guidance?

What does my body seem to know before my mind catches up?

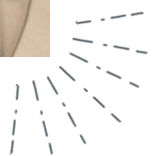
What do I want to carry forward from this reflection as a reminder, permission slip, or quiet truth?





These affirmations are here for the moments when your inner voice feels quiet, but not gone.

You do not have to force yourself into belief. Some affirmations may meet you immediately, while others may feel like seeds. Let them land where they can, and return to them when you need a gentle reminder of what you already know.





I let my inner
truth
rise gently.

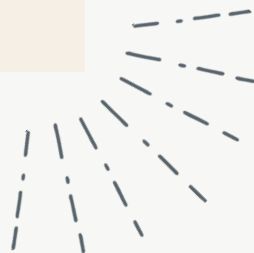


I am safe
to notice what no
longer fits me.

I can listen
without needing
to act
immediately.

The truth within me
is
safe to hear. ✨

I don't have to
earn the right to
trust myself.





I welcome
parts of me that
I've been too busy
to hear.

✧ My inner
voice becomes
clearer when I
stop rushing it.

The answers I
seek may already
be within me.

I choose
to honor the quiet
messages that
bring me closer to
myself.



My desires are
worthy of being
listened to.





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.

◆

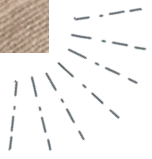
◆





A space to look back at what kept returning, and what it may have been trying to show you.

This reflection is here to help you notice the patterns, feelings, dreams, and inner nudges that may have been speaking beneath the surface of your everyday life.





MY SOUL INTENTION FOR THIS MONTH

What message feels clearest after moving through these pages? Write down what wants to stay with you.

LOOKING AHEAD: WHAT I'M OPEN TO NEXT MONTH

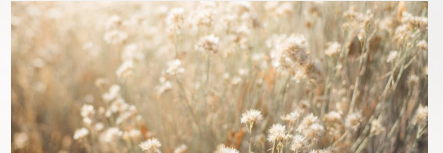
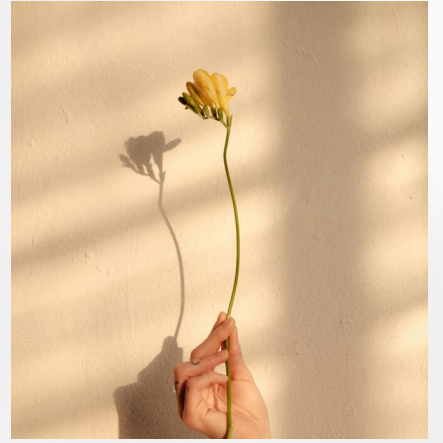
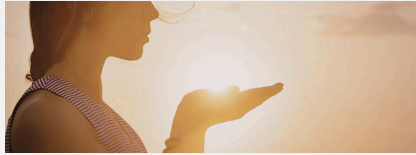
What small choice would help me honour what I've heard, without needing to force everything to change at once?

Check-in

This month, something in me...

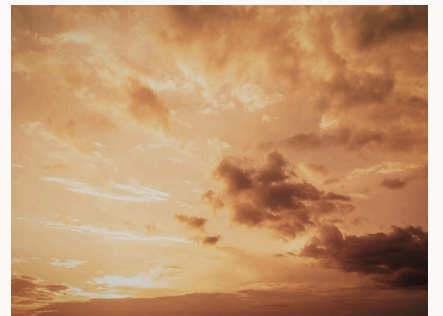
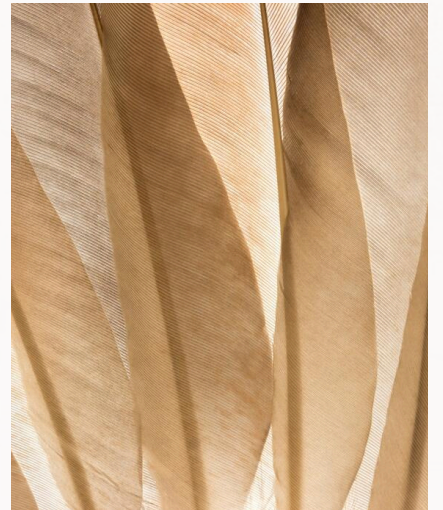
- softened
- became clearer
- asked to be heard
- felt ready to change
- remembered what matters
- found its way back to truth





I am learning to trust the quiet truth
within me.

Even before I have all the answers.





If something within you has started to speak more clearly, you don't have to explore it alone.

Sometimes a journal opens the door to something deeper - a question you can no longer ignore, a pattern you're ready to understand, or a truth that feels close but not fully formed yet.

An Akashic Records session is a space to meet that knowing with more clarity.

Together, we can explore what your soul may be trying to show you, where you may be feeling blocked, and what guidance is ready to come through now.

You don't need perfect questions. You don't need to have it all figured out before you arrive.

Just bring what feels present.

The confusion, the longing, the repeated feeling, the quiet pull, the thing you keep circling back to.

The Records can help illuminate what's been moving beneath the surface, so you can understand yourself, your path, and your next steps with more compassion and trust.

BOOK A 1:1 AKASHIC RECORDS SESSION

With love,

Lisa Wetsel

AKASHIC RECORDS CONSULTANT





Lisa
Wetsel



AKASHIC RECORDS
CONSULTANT