

 Vibe High, Shine Bright 


**The Self
Caring
Spiritual Girl** 

 **LovelyVibez** 

PURPOSE OF THIS JOURNAL

Being a spiritual journey is rough! Depending on where you are you may have lost a lot! Relationships (Romantic and Platonic) Housing, Jobs etc

It make almost make you feel like you want to turn around and stop it altogether.

But please don't stop. No matter how hard it is right at the moment, keep going because better is coming. Bigger and Better is coming! And the purpose of this journal is to help you cope through the losses and remember to take care of yourself during this process.

Going through a spiritual awakening and a spiritual journey will make you realize just how much you've been putting yourself last. You will begin to understand that your needs come first and it's not out of a selfish way. It's out of a protecting way

Your ancestors, spirit guides and guardian angels are happy to get you on the path of self care.

Afterall the more you self care you do the more you put yourself in a space to grow spiritually, physically and emotionally

But you have to do the work! It's a process like anything else. It won't happen over night but the gradual results you begin to see will make the reward so much greater!





Self Love Affirmations



REAL LOVE STARTS WITH ME

I AM WORTHY OF LOVE AND CARE

I DESERVE REAL AND AUTHENTIC LOVE

I AM LETTING LOVE INTO MY LIFE

MY HEART IS OPEN

I DESERVE FULFILLING RELATIONSHIPS

I AM ATTRACTING TRUSTING AND LOVING
RELATIONSHIPS

I AM GRATEFUL FOR ALL THE LOVE AND
AFFECTION I GET

I AM WORTHY OF THE COMPLIMENTS I RECEIVE

I RECEIVE LOVE IN ABUNDANCE FROM EVERYONE
I MEET

I FEEL SURROUNDED BY LOVE EVERYWHERE

Mini Guide to Beginner Meditation



HOW TO MEDITATE?

Preparation:

- Make sure no distraction come during this time
(For Moms wait until the kiddies are sleep or at school)
- Comfortable clothes is a must!
Do some stretches for your neck, legs, lower back and shoulder

Where?

- It can be anywhere that's comfortable, quiet and where you can concentrate
- The bed? you may fall asleep.
- On chair? it's an ok option but you may become distracted.
- The floor? It's highly recommended. It keeps you aware even when you're in a deep meditation.
- Floor uncomfortable? Use a towel or pillow

How Long?

- Set a timer
- Start with 3 minutes
- Increase the time as you get more comfortable with meditating



What to do with my body?

- Feet/Legs: On top of each other or crisscrossed on top of each other



- Hands/Arms: arms resting on your thighs hands relaxed on top of each other or cupped

- Back: Straight
- Head: Leveled (facing forward)
- Eyes: Closed for beginners. (Easier to focus)

**NOTE: TRY NOT TO
MOVE AROUND
Ignore itches and
Sounds**

What to Do During Meditation?

Start off with breathing.

Focus on breathing. Observe the breath

(Notice how the air feels moving through your nose)

(Notice the transition between inhale and exhale)

*If you're worried about your thoughts interfering,
go back to focusing
on breathing*

*It's normal for thoughts to come in, if it happens
just go back to focusing on breathing*

How Often?

If you can, try to do it at
least every day. If you
can't it's ok too.

When Will Results Show?

Depends On

1. Frequency (needs to become a habit)
2. How Long you do it and how often
3. Differs from person to person

Patience is the key

**DON'T
GIVE UP**

OTHER TYPES OF MEDITATION

- **Concentration Meditation:**

Focus on one thing

ex. breathing, mantras, a word.

This helps focusing on things

- **Mindfulness Meditation:**

Focus on the thoughts in your mind

Don't judge them, just be aware of their appearance

Stay in touch with yourself, your feelings and your subconscious.

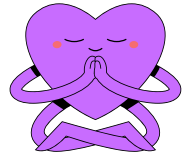
Find your inner balance and accept yourself

- **Mantra Meditation:**

Repeating sound or words

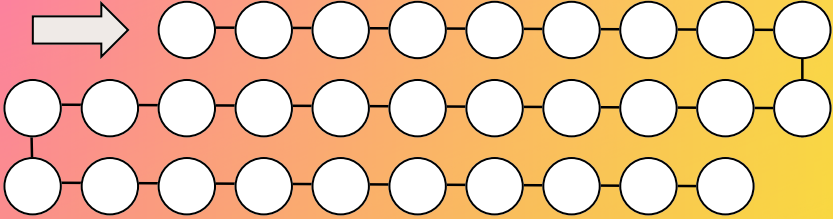
ex. Chakra Root repeating LAM

or Repeating Affirmations "I am worthy"



30-day Meditation challenge

Let's do this!



Reasons for Meditating?

What Meditation is like at the beginning of the month?

What Meditation is like at the last of the month?

Easiest part of Meditation?

Hardest part of meditation?

What did I learn?

Reward:

RATE THIS CHALLENGE



SELF CARE DONE RIGHT

Practicing Self-Care



does not mean you are choosing yourself over your loved one. It means that you are simply being mindful of your own needs, so you are better able to support the people you care about.

SELF-CARE TIPS

1 Develop a 'Don't Do' List

After an especially draining day, take a few minutes to reflect.

3 Give Yourself a Meditation Break

meditation is thinking deeply or focusing your mind for a set period of time.

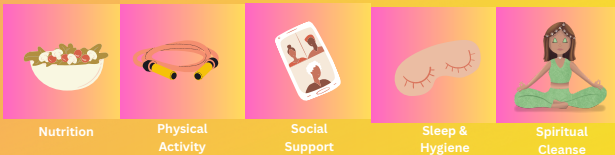
2 Relax With an Audiobook

It can transport you somewhere else and helps you focus more easily.

4 Stand up and Stretch

When you make a conscious and physical shift, your mind responds in a beneficial way.

5 PILLARS OF SELF-CARE



Nutrition

Physical Activity

Social Support

Sleep & Hygiene

Spiritual Cleanse

BASIC RULES OF SELF-CARE

Stick to Basics

.....
find your own routine and rhythm

Plan your Self-Care

.....
something that you plan yourself

Stick to Basics

.....
if any activity does not mean self-care to you, don't do it.

30 DAY Spiritual Self-Care Challenge

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5
3-5 minute Mediation	Balance Root Chakra	Spiritual Bath/Shower	Guided Meditation to meet ancestors	Guided Meditation to meet spirit guides
DAY 6	DAY 7	DAY 8	DAY 9	DAY 10
10-15 minute Meditation	Balance Sacral Chakra	Appreciate Yourself	No social media for the day	Glamour Magic
DAY 11	DAY 12	DAY 13	DAY 14	DAY 15
Read a spiritual awakening book	Balance Solar Plexus Chakra	Spiritual Bath/Shower	Glamour Magic	Guided Meditation to meet ancestors
DAY 16	DAY 17	DAY 18	DAY 19	DAY 20
Shadow Work Prompt	Balance Heart Chakra	No social media for the day	Shadow Work Prompt	Read a spiritual awakening book
DAY 21	DAY 22	DAY 23	DAY 24	DAY 25
20 minute Meditation	Balance Throat Chakra	Guided Meditation to meet spirit guides	Spiritual Bath/Shower	Glamour Magic
DAY 26	DAY 27	DAY 28	DAY 29	DAY 30
Read a spiritual awakening book	Balance Third Eye Chakra	Shadow Work Prompt	No social media for the day	Balance Crown Chakra

YOU DON'T HAVE TO BE PERFECT TO BE LOVED.

BE KIND TO
Yourself

MAKE
YOUR OWN
MAGIC

The first page was to give you an idea
of what a spiritual self-care calendar looks like

Now you create your own.

What other ways can you elevate and care for yourself during
your spiritual journey? What's some of your favorite methods?

Remember they don't have to be perfect and you don't have to force
yourself to complete everything. Work on your own pace and go back as
many times as you need to.

This is your journey and you do it the way it fits you. Spirit will always be
with you as long as you put the work and effort in yourself

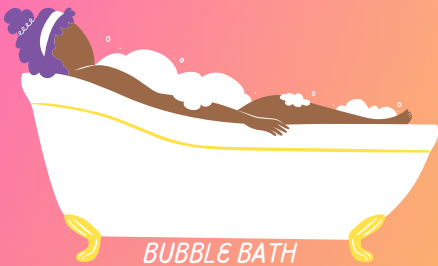
Be Gentle
With
Yourself

I HOPE
YOU FEEL
BEAUTIFUL
TODAY

30 DAY Spiritual Self-Care Challenge

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5
DAY 6	DAY 7	DAY 8	DAY 9	DAY 10
DAY 11	DAY 12	DAY 13	DAY 14	DAY 15
DAY 16	DAY 17	DAY 18	DAY 19	DAY 20
DAY 21	DAY 22	DAY 23	DAY 24	DAY 25
DAY 26	DAY 27	DAY 28	DAY 29	DAY 30

Spiritual Bath



BUBBLE BATH

NOTE: WATER SHOULDN'T
BE HOT
LET IT BE AS COOL AS
YOU CAN STAND

Spiritual Bath Starter Kit



MANIFESTATION



SOCIAL MEDIA
DETOX



LISTEN TO
SPIRITUAL
MUSIC



QUIET TIME



RELAXING
CANDLE SCENT



MEDITATE



HERBS

BENEFITS OF SPIRITUAL BATH

- IT CLEANSSES ENERGIES AND SPIRITS ATTACHED YOU
- GREATS RID OF STRESS
- DETOXES YOUR BODY (ESPECIALLY IF YOU HAVE SEX WITH PEOPLE WITH LOW VIBRATIONS)
- GREAT TIME TO MANIFEST
- CONNECT WITH YOUR SPIRITUAL TEAM
- RELEASE STRONG EMOTIONS
- DO WATER MAGIC (VERY POWERFUL)

How To Take a Spiritual Bath

- Choose Your Time (Make sure you will not be bothered for at least 1hr. Turn phone off or silence it) (New Moons and Full Moons are a plus)
- Gather all your items (for herbs you can either buy a premade or make your own)
- Make your space just for you. (Set it the way you want it)
- Set intention in your water. What's the purpose of the bath? (Cleanse, Self Love, etc)
- Once in the water (focus on what the bath is about)
- Meditate, talk to your spiritual team, ask the water spirits to come and listen to you
- Says your affirmations or mantras

No bathtub? Or Don't like Baths?



Spiritual Showers are good
tool!
Do the same thing!



Spiritual Goals

**Read 1 page of
a spiritual
text**

**Pray or
meditate**

**Write in a
gratitude
journal**

**Tell you, you
love yourself**

**Take a deep
breath**

**Spend 10
minutes
outside**

**Volunteer
weekly**

**Repeat a
mantra or
affirmation**

**Remember
that we are
all connected**



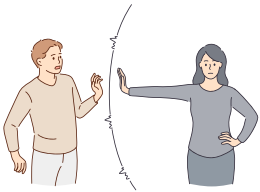
Spiritual Goals

Protecting Your Energy Is Not SELFISH

*i honor my
boundaries*



Establishing boundaries is crucial as they establish the foundation for your peace and guide how you can sustain it. Sticking to your boundaries is not an act of selfishness or meanness; rather, it enables you to dictate how others should treat you. The essential approach involves defining your limits, establishing consequences for boundary violations, and steadfastly maintaining them. While some individuals may resist and attempt to gaslight you into believing you are wrong, it's vital to remember that there's nothing wrong with desiring to be treated with respect.



BOUNDARIES

✓
LIST

- 1
- 2
- 3
- 4
- 5
- 6
- 7
- 8
- 9

✓
CONSEQUENCE

- 1
- 2
- 3
- 4
- 5
- 6
- 7
- 8
- 9

Ways to reduce **BURNOUT**

Exercise

Have a
balanced
diet

Meditate

Drink a cup
of warm tea

Listen to
calming
music

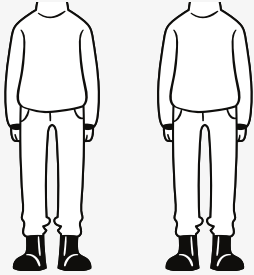


FULL BODY CHECK IN

DATE _____

HOW DOES YOUR BODY FEEL TODAY?

MARK IF YOU FEEL ANY PAIN



FRONT

BACK

HOW DOES YOUR BODY MAKE YOU FEEL?



THINGS I LIKE ABOUT MY BODY

WHAT CAN YOU DO TO MAKE YOUR BODY HEALTHIER?

WHAT FOOD IS GOOD FOR YOUR BODY?

HOW DOES YOUR BODY FEEL TODAY?



SPIRIT SAYS HYPE YOURSELF UP!

WHAT ARE YOUR UNIQUE SUPERPOWERS?

HOW CAN YOU USE YOUR SUPERPOWERS TO HELP OTHERS?

WHAT ARE YOUR NEXT STEPS TO LEVERAGING YOUR SUPERPOWERS?

SPIRIT SAYS HYPE YOURSELF UP!

WHAT MAKES YOU SEXY?

HOW WOULD DRESS IF YOU HAD THE EXTRA FUNDS?

WHERE WOULD YOU TAKE YOURSELF OUT ON A DATE?



Creating this journal was a safe space even for me. Going on my spiritual journey has been a blessing. I've lost many things but the things I lost were things that weren't meant for me. Things that continued to block my path of peace and success.

A spiritual journey is never easy and it won't ever be! But it's rewards are worth the pain and struggle of getting through it. Thank you so much buying this journal and supporting me while I support during your journey.

I ask my spiritual team to share abundance with you and double the abundance for you as you have shared with me. Other ways you can find me is on my website www.lovelyvibezstar.com and subscribe to my mailing list for goodies and updates.

You can follow my podcast at The LovelyVibezCorner
And my IG and TikTok
@LovelyVibezStar

And as always Vibestars Vibe High,
Shine Bright!

Thank you 

Deeply appreciate you.