



SoulBlazing
Let Your Soul Soar



Igniting the Love Within

*30 Days to a
More Passionate, Fulfilled You*

By Lisa Haisha

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Other books Lisa has written:

Whispers from Children's Hearts: A study of the world's children's perspectives on life, God and personal potential.

Soul Blazing Journal: 365-Days of Inspiration, Guidance, and Maximum Growth

Soul Blazing Journal: Igniting the Love Within – 30-Days to a More Passionate, Fulfilled You

Soul Blazing Journal: Explosive Creativity – 30 Days to Achieving Maximum Creativity for Writers and Artists

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Soul Blazing Journal: Authentic Soul – A 30-Day Inspirational Writing Journal

Risa Publications
15260 Ventura Blvd. Suite 1040
Sherman Oaks, CA 91403

Library of Congress Cataloging-in-Publication Data

1. Self-actualization (Writing)

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Testimonials

"*The Soul Blazing Journal* is Inspiring. An indisputable tool for any writer." – Lee Aronsohn, TV Producer, Creator of Two and a Half Men

"Emerging and established writers can benefit from Lisa Haisha's creative ideas. *The Soul Blazing Journal* is a daily support of creative and brilliant suggestions and heart-felt encouragement. Most importantly it helps you write something each day which is how you get published." – Carole Dean, From the Heat Productions

"*The Soul Blazing Journal* will rekindle memories of college days while allowing you to increase your vocabulary. It's articulate and gives the imagination a focal point to begin. It allows the reader (writer) to develop and progress on a daily basis increasing their vocabulary skills, which in turn makes for a more proficient writer. Thought provoking quotes cheerfully make this book a direct inspiration to new and seasoned writers alike." – Diane DeForest, Attorney, Estate Planner

"*The Soul Blazing Journal* is a must read for college students, aspiring journalists, screenwriters and those wanting to take control of their lives." – Randall McCormick, Screenwriter

"An easy way to achieving your goals to becoming a better writer and loving it all the way." – Fred Powers, Marketing and Creative Promotions Director to Major Corporation's

"I find the collection of *The Soul Blazing Journal* books invaluable for my journey of self-growth and also to help keep me inspired to write." – Ben Vereen, Entertainer

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This book is dedicated to all
the brave writers of the
world who have touched our
lives.

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Preface

As the author of *The Soul Blazing Journal*, my intention is to turn you on -- your freedom and imagination will do the rest. As Napoleon Bonaparte once said, "Imagination rules the world."

I believe anyone who can think can write. Writing is a craft like carpentry, and mastery can be acquired through guided practice. Practice, so that your thumb doesn't turn black and blue from missing the nail. Guidance, so that the editor's hatchet becomes a tool, not a weapon of terror.

In time, soon, a few scraps of rough lumber become a finely polished bookshelf, and your words become books -- both are your own creations.

I respect you as a writer, and as a writer, I expect you to write. Words are our wings. Watch how a bird learns to fly in a spastic fit of flap-flap. It's a beautiful process to behold, and so are those first timid steps you take as a writer. Am I kicking you out of the nest, you ask? Oh yeah. But not on an empty stomach, and not one syllable too soon.

We'll do this at your own pace, because you're the writer. I'm not here to ruffle your feathers; my style is to tickle you with them until you can't hold your words inside any longer. Before you know it, they'll spill, laughing and crying, out of you right onto the page. Not ticklish? We have laughing gas for your kind, my friend.

With each turn of the page, you will develop your style, some confidence, and a cozy comfort with the craft of writing. A voice will emerge, but you won't hear it at first. Others will. They'll tell you that you are a writer. You won't believe them. They will insist. You'll know they are conning you, that they have an angle. Everyone who reads your work will have the eyes of a grifter, and an uncanny ability to lie under oath. You won't trust them when they praise your turn of a phrase.

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Then one day, it will hit you like a pie in the face. You're good. You're a writer. It will be an exhilarating, perhaps unnerving realization, yet it will be too late to turn back. Welcome to the world of writers. Just don't forget to bring a pen to your first book signing.

You can always spot writers; they're the ones who never have a pen when they need one. So go ahead and buy a dozen; put them in the car, under the mattress, in your sports bra, in your boots, wherever one fits.

You still won't have a pen when you need it. I know, I've been there. Real writers learn to prick themselves and write in blood on napkins when necessary (beer coasters work okay too, but their shape is a pain in the ass).

Don't worry, little pinpricks heal and once you're published, people at cocktail parties will ignore the band-aids covering your fingers. Which reminds me: go buy a fountain pen. When it runs out of ink you can use the sharp end to, well, you get the idea. So, hold that thought, pick up your pen, turn the page and let's begin.

How to use this book:

Each calendar day, for thirty days, starting with the day you begin, offers a quotation that is based on the theme of this book, which is intended to inspire you, encourage you, and stimulate your thoughts. Underneath each quotation sits a suggestion or a question. Respond to it, to provoke your words for the day. And if something else moves you, feel free to write about it instead.

There are no hard and fast rules. No matter what you do, or how you decide to do it, the main thing is to write, and to enjoy it.

I'll always be here to assist you on this journey towards becoming the writer you want to be, the writer who will emerge and manifest one word at a time. Soon your journal will be brimming with evidence of your creativity and talent.

To guide you and help you understand, let me give you an example how to use this writers' journal:

DAY 1

QUOTE: "What makes for great art is the courage to speak and write and paint what you know and care about." -- Audrey Flack

SUGGESTION: Write about one thing that you know and care about.

REPLY: I know one thing; I really care about writing. Words to me are fascinating, and sometimes I hear someone use a clever turn of a phrase, and I want to scribble it down. When I need to express myself, to communicate, I will frequently write it in a letter, instead of speaking it out loud. Maybe words offer me refuge and shelter. Or perhaps they take away the protection, and leave me exposed and raw, with my most intimate and vulnerable side out there for the whole world to see. But words make me feel empowered, as long as I use them honestly, and with feeling. Gosh, I honestly feel like I am going to enjoy these daily opportunities to write. How will I know unless I experiment? The proof is in the pudding, as they say. So far, so good!

Did that example help? Please keep in mind that every writer has a unique style and approach, and the way you write may be completely different from the way I write. Be yourself, and use your imagination. This is your book, and you are the author.

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To spice things up, you can always add new vocabulary to the recipe. Some writers toss in a well-known foreign word or phrase and *Voila!* The unexpected language helps to get the point across and grab the attention of readers before they have a chance to put the book down and say *Adios!*

For most of us, our native language is in one sense foreign because it contains zillions of words we don't yet know. For that reason, I have created a glossary of words in the back of this book selected from the Princeton Review. Hopefully, some of these words are new to you, and will provide you with new colors for your writing palette, new ammo for your dynamite prose, and a few rose petals for the bouquet of your romantic poetry.

I know one thing, I really care about writing. You could say that I have an *affinity* for writing, because it is something I enjoy and want to do. I'm passionate about it. I love it more than anything in the whole wide world.

I wonder if I also have an *affinity* for sex? And daydreaming, don't forget. If sex and daydreaming is the answer, what was the question? Wow, this could be a fun journal.

But of course, it's fun. Why else would I be sitting here using a big word like "affinity" when "knack" has worked just fine my whole lifetime? Plus, "knack" rhymes with "snack", "yackety-yak", and "back" to the thing I was talking about earlier. My "lack" of writing is gone, because I have a writing journal and an "affinity" for writing. Affinity rhymes with what, "infinity"? Anyway, now that my knack has evolved into an affinity, thanks to my dedication and hard work, I'm a writer, so I have poetic license to do and say whatever I want in my writing journal. I bet you wish you could read it. Wait until it hits your bookstore and buy one.

Here is another example of the same writing exercise, but in this example, to practice using an unfamiliar word; I incorporated the word *Affinity*.

Add vocabulary or don't; the choice is entirely up to you. The main purpose of this journal is to give you a safe, fun, regularly scheduled place to put your ideas and feelings into your own words. Relax, enjoy, and *Write On!*

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To Love One Self is the beginning of a lifelong romance."
– Oscar Wilde

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WEEK 1 - WISTFUL

DAY 1

QUOTE: "Love in France is a comedy; in England a tragedy; in Italy an opera seria; and in Germany a melodrama." – Marguerite Blessington

SUGGESTION: And in the USA, it is becoming a really popular reality show. How is your love life unreal? Is that a good thing?

REPLY:

WISTFUL (WIST ful) *adj* yearning; sadly longing

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DAY 2

QUOTE: "Love yourself first and everything else falls into line." – Lucille Ball

SUGGESTION: You don't have to paint your own name on an overpass or anything dramatic. Flowers and chocolate might be reasonable. Make a list of things you might do to express your love of self. Then go out and do a few today.

REPLY:

WISTFUL (WIST ful) *adj* yearning; sadly longing

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DAY 3

QUOTE: "Love: two minds without a single thought." – Philip Barry

SUGGESTION: Yes, until one of the minds strays to thoughts of being single again. Describe a time when you were in love but then you got a really big crush on somebody.

REPLY:

WISTFUL (WIST ful) *adj* yearning; sadly longing

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DAY 4

QUOTE: "Being deeply loved by someone gives you strength; loving someone deeply gives you courage." – Lao Tzu

SUGGESTION: Write about what you would rather have more of: courage or strength. Why?

REPLY:

WISTFUL (WIST ful) *adj* yearning; sadly longing

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DAY 5

QUOTE: "One should always learn to love oneself; that is the only lifelong romance." – Gabriele D'Annunzio

SUGGESTION: Yes, but sex is sometimes better with a partner. Describe the best sex you NEVER had, by writing an erotic fantasy.

REPLY:

WISTFUL (WIST ful) *adj* yearning; sadly longing

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DAY 6

QUOTE: "All you need is love." – The Beatles

SUGGESTION: Write about someone you love and how it feels to love this person (or pet).

REPLY:

WISTFUL (WIST ful) *adj* yearning; sadly longing

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DAY 7

QUOTE: "To love one's self is the beginning of a life long romance."
– Oscar Wilde

SUGGESTION: And it doesn't cost as much as dating. Write about the benefits of solitude.

REPLY:

WISTFUL (WIST ful) *adj* yearning; sadly longing

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WEEK 2

DAY 8 – SANGUINE

QUOTE: "Love is an ocean of emotions, entirely surrounded by expenses."
– Thomas Robert

SUGGESTION: And no vacation goes unpunished. Explain how love has rained on your parade when it went sour.

REPLY:

SANGUINE (SANG gwin) *adj* cheerful; optimistic; hopeful

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DAY 9

QUOTE: "Surround yourself with people who respect and treat you well."
– Claudia Black

SUGGESTION: Write a short story about respect, using the words: tarantula, chocolate, and violin.

REPLY:

SANGUINE (SANG gwin) *adj* cheerful; optimistic; hopeful

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DAY 10

QUOTE: "In love, she who gives her portrait promises the original."

– C.M. Dupuy

SUGGESTION: And if you let your lover take photos, be sure to get the negatives before you break up. Describe the things you left behind in relationships, which you wish you had collected and kept.

REPLY:

SANGUINE (SANG gwin) *adj* cheerful; optimistic; hopeful

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DAY 11

QUOTE: "The way to fill your life with love is very simple: If you want more love, give more love." – Deepak Chopra

SUGGESTION: Write a one-page love letter to a person you care about, thanking them for being in your life and telling them what they mean to you (you don't have to give it to them).

REPLY:

SANGUINE (SANG gwin) *adj* cheerful; optimistic; hopeful

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DAY 12

QUOTE: "We must touch with love." – Mother Teresa

SUGGESTION: Write a short unconsummated love story between two people.

REPLY:

SANGUINE (SANG gwin) *adj* cheerful; optimistic; hopeful

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DAY 13

QUOTE: "Love your enemies, for they tell you your faults." – Benjamin Franklin

SUGGESTION: And describe how your best friend is sometimes better than any therapist.

REPLY:

SANGUINE (SANG gwin) *adj* cheerful; optimistic; hopeful

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DAY 14

QUOTE: "Hate the sin and love the sinner." – Mahatma Gandhi

SUGGESTION: Or love the sin and love it with the sinner. Describe a really sinful encounter you had with a lover. Be explicit, nobody's watching.

REPLY:

SANGUINE (SANG gwin) *adj* cheerful; optimistic; hopeful

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WEEK 3 – QUIXOTIC

DAY 15

QUOTE: Do not think that love in order to be genuine has to be extraordinary.”
– Mother Teresa

SUGGESTION: Write about a romantic love in your life and compare it with a friendship, pet or family love.

REPLY:

QUIXOTIC (Kwik SAHT ik) *adj* romantic or idealistic to a foolish or impractical degree

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DAY 16

QUOTE: "God proved His love on the cross. When Christ hung, and bled, and died, it was God saying to the world, 'I love you.'" – Billy Graham

SUGGESTION: What do you do or sacrifice of yourself, to tell the world "I love you?"

REPLY:

QUIXOTIC (Kwik SAHT ik) *adj* romantic or idealistic to a foolish or impractical degree

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DAY 17

QUOTE: "Only the united beat of sex and heart together can create ecstasy."
– Anais Nin

SUGGESTION: Write about a time where you were united with someone through the beat of sex and heart. Describe the experience in the present tense, as if you're watching it happen.

REPLY:

QUIXOTIC (Kwik SAHT ik) *adj* romantic or idealistic to a foolish or impractical degree

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DAY 18

QUOTE: "The only way to understand a woman is to love her – and then it isn't necessary to understand her." – Sydney Harris

SUGGESTION: Write about how love is equal to understanding, and how understanding helps us learn to love others.

REPLY:

QUIXOTIC (Kwik SAHT ik) *adj* romantic or idealistic to a foolish or impractical degree

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DAY 19

QUOTE: "It is easier to love humanity as a whole than to love one's neighbor."
– Eric Hoffer

SUGGESTION: And it is easier to hate humanity as a whole than it is to hate someone you know as a fellow human being. Write about how getting to know our neighbors might prevent the next war.

REPLY:

QUIXOTIC (Kwik SAHT ik) *adj* romantic or idealistic to a foolish or impractical degree

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DAY 20

QUOTE: "Love everyone unconditionally, including yourself..." – Ken Keys, Jr.

SUGGESTION: Write about one thing you could do daily to love yourself. Write about one thing that you could do for a friend, stranger, or family member that would make them feel loved.

REPLY:

QUIXOTIC (Kwik SAHT ik) *adj* romantic or idealistic to a foolish or impractical degree

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DAY 21

QUOTE: "Friend: one who knows all about you and loves you just the same."
– Elbert Hubbard

SUGGESTION: Write about two best friends who realize they are in love with one another, or a time in your own life when you fell in love with a close friend.

REPLY:

QUIXOTIC (Kwik SAHT ik) *adj* romantic or idealistic to a foolish or impractical degree

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WEEK 4 – CAPITULATE

DAY 22

QUOTE: "What makes you worthwhile is who you are, not what you do."
– Marianne Williamson

SUGGESTION: Write a short bio about who you ARE, which completely ignores what you DO.

REPLY:

CAPITULATE (kuh PICH uh layt) v to surrender; to give up or give in

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DAY 23

QUOTE: "Love is a wonderful thing and highly desirable in a marriage."

– Rupert Hughes

SUGGESTION: Explain how living together is not necessarily related to loving together. Could a marriage work for you if you were living down the street from your spouse? Why?

REPLY:

CAPITULATE (kuh PICH uh layt) v to surrender; to give up or give in

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DAY 24

QUOTE: "Kind hearts are the garden, kind thoughts are the roots, kind words are the blossoms, kind deeds are the fruits." – Harriet Beinfeld

SUGGESTION: Write a similar metaphorical piece, using whatever subject matter and analogies you choose.

REPLY:

CAPITULATE (kuh PICH uh layt) v to surrender; to give up or give in

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DAY 25

QUOTE: "Most people are constantly running away to avoid coming face to face with their real selves." – Lisa Haisha

SUGGESTION: Write about something in yourself that you don't want to accept, and why.

REPLY:

CAPITULATE (kuh PICH uh layt) v to surrender; to give up or give in

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DAY 26

QUOTE: "Love is the most subtle form of self-interest." – Holbrook Jackson

SUGGESTION: Write about some of the fringe benefits and perks of being in love.

REPLY:

CAPITULATE (kuh PICH uh layt) v to surrender; to give up or give in

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DAY 27

QUOTE: "Love is the state in which man sees things most decidedly as they are not." – Friedrich Wilhelm Nietzsche

SUGGESTION: So does that mean that when we hate, we see clearly? Explain your thoughts on these two ideas of love, hate, and clarity to see things as they are.

REPLY:

CAPITULATE (kuh PICH uh layt) v to surrender; to give up or give in

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DAY 28

QUOTE: "Let the man who does not wish to be idle fall in love." – Ovid

SUGGESTION: When you get spring fever, do you feel like slacking off? Explain how you react to falling in love, and how it effects your work routine.

REPLY:

CAPITULATE (kuh PICH uh layt) v to surrender; to give up or give in

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DAY 29

QUOTE: "To love and win is the best thing; to love and lose, the next best."
– William Makepeace Thackeray

SUGGESTION: Have you ever loved and lost, and lived to love and win or lose again? Write about it.

REPLY:

CAPITULATE (kuh PICH uh layt) v to surrender; to give up or give in

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DAY 30

QUOTE: "I never loved another person the way I loved myself." – Mae West

SUGGESTION: Can you actually love another person if you don't first love yourself? Explain.

REPLY:

CAPITULATE (kuh PICH uh layt) v to surrender; to give up or give in

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