

SoulBlazing
Let Your Soul Soar

Fan Your Spiritual Flame

*30 Days to a More Peaceful,
Purposeful You*



By Lisa Haisha

Fan Your Spiritual Flame
30 Days to a More Peaceful, Purposeful 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

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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 Corporations

"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

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

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.

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.

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.

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

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.

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!*

“None of us will ever accomplish anything excellent or commanding except when he listens to this whisper which is heard by him alone.” – Ralph Waldo Emerson

WEEK 1 – VOLITION

DAY ONE

QUOTE: “Half myself mocks the other half.” – Joseph Joubert

SUGGESTION: Write about a conflicted, confused situation in your life that had you torn between two opposing responses. Did you resolve it?

REPLY:

VOLITION (voh LISH un) *n* will; conscious choice

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DAY 2

QUOTE: "One does not get to know that one exists until one rediscovers oneself in others." – Goethe

SUGGESTION: Consider the people in your life who are really good at reflecting you back to yourself, and helping you to take a closer look at who you are and how others see you. What do those people have in common?

REPLY:

VOLITION (voh LISH un) *n* will; conscious choice

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DAY 3

QUOTE: "We love to see through others, but we dislike being seen through."
– La Rocheforecauld

SUGGESTION: Write about a time when you felt totally exposed and vulnerable because others saw through your façade.

REPLY:

VOLITION (voh LISH un) *n* will; conscious choice

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DAY 4

QUOTE: "We begin by fooling others and end up fooling ourselves."
– Eric Alterman

SUGGESTION: Think of some consumer product that you have absolutely no use for, one that you find silly and annoying like some of those on late-night television infomercials. Now write a powerful sales script – a paragraph or two - to convince someone to buy it. Afterwards, journal about how it made you feel to write that way.

REPLY:

VOLITION (voh LISH un) *n* will; conscious choice

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DAY 5

QUOTE: "Self-deceit – the refuge of the weak." – Louis de Caulain-court

SUGGESTION: When you feel strong, do you also feel more honest with yourself? Explain.

REPLY:

VOLITION (voh LISH un) *n* will; conscious choice

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DAY 6

QUOTE: "He who sets a very high value upon himself has the less need to be esteemed by others." – Samuel Butler

SUGGESTION: What is your most valuable workplace asset? Why? Do you get paid for it, or does it only give you non-monetary returns?

REPLY:

VOLITION (voh LISH un) *n* will; conscious choice

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DAY 7

QUOTE: "Self-esteem isn't everything; it's just that there's nothing without it."
– Gloria Steinem

SUGGESTION: A long time ago, people didn't use the term "self esteem". People didn't have "issues"; they had "problems". People didn't have "relationships"; they dated or were a couple or were friends or family. What does "self esteem" mean to you, and how would you explain it to a child who doesn't know the meaning of "esteem"? How would you explain the absence of "self esteem"?

REPLY:

VOLITION (voh LISH un) *n* will; conscious choice

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WEEK 2 – FERVOR

DAY 8

QUOTE: "Make a point to do something every day that you don't want to do. This is the golden rule for acquiring the habit of doing your duty without pain."
– Mark Twain

SUGGESTION: Write down seven things you really want to do, but don't seem to ever get around to doing. Now assign a day to each of them, and get them done next week, or at least get started planning how to do them.

REPLY:

FERVOR (FUR vur) *n* great warmth or earnestness; ardor; zeal

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DAY 9

QUOTE: " Ophelia: We know what we are, but know not what we may be."
– Shakespeare, Hamlet

SUGGESTION: Write about a time when you surprised yourself by what you were capable of accomplishing – a time when you reached a potential you didn't know you had.

REPLY:

FERVOR (FUR vur) *n* great warmth or earnestness; ardor; zeal

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DAY 10

QUOTE: "No bird soars too high, if he soars with his own wings."
– William Blake

SUGGESTION: Think about some relationship in your social or work life, where someone really needs you, relies upon you, and depends on you. What would their life be like without you?

REPLY:

FERVOR (FUR vur) *n* great warmth or earnestness; ardor; zeal

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DAY 11

QUOTE: "A poet is a reporter interviewing his own heart."

– Christoher Morley

SUGGESTION: Describe what kind of reporter would be best to interview your heart next Valentine's Day – Clark Kent or Terry Gross? MTV or BBC? Barbara Walters or Howard Stern? Pick one and make a list of juicy questions they might ask.

REPLY:

FERVOR (FUR vur) n great warmth or earnestness; ardor; zeal

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DAY 12

QUOTE: "The true poet dreams being awake." – Charles Lam

SUGGESTION: Write about a recent dream you had. If you don't remember the dreams you have at night, write about a daydream.

REPLY:

FERVOR (FUR vur) *n* great warmth or earnestness; ardor; zeal

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DAY 13

QUOTE: "When we are pleased with ourselves, we are pleased with others."
– Elbert Hubbard

SUGGESTION: When was the last time you did something nice to surprise someone and "make their day"? How did it make you feel?

REPLY:

FERVOR (FUR vur) *n* great warmth or earnestness; ardor; zeal

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DAY 14

QUOTE: "A weed is a plant whose virtues have not yet been discovered."
– Ralph Waldo Emerson

SUGGESTION: Many fragile, endangered plants hold the keys to future miracle cures and medicinal drugs to cure the diseases that plague us now. Does that give you hope, or make you feel disappointed? Why?

REPLY:

FERVOR (FUR vur) *n* great warmth or earnestness; ardor; zeal

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WEEK 3 – BLASPHEMY

DAY 15

QUOTE: “Be bold. Believe the truth about myself, no matter how incredible it may be.” – Lisa Haisha

SUGGESTION: Write the truth about yourself, and go for all your beautiful qualities.

REPLY:

BLASPHEMY (BLAS fuh mee) *n* irreverence; an insult to something held sacred; profanity

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DAY 16

QUOTE: "In order to write about life, first you must live it!"
– Ernest Hemingway

SUGGESTION: Do you agree? Try writing a paragraph about the after life, and see how it goes.

REPLY:

BLASPHEMY (BLAS fuh mee) *n* irreverence; an insult to something held sacred; profanity

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DAY 17

QUOTE: "Whatever prepares you for death enhances your life."
– Stephen Levine

SUGGESTION: Write about an incident in your life that helped you live – if only for a day – more passionately.

REPLY:

BLASPHEMY (BLAS fuh mee) *n* irreverence; an insult to something held sacred; profanity

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DAY 18

QUOTE: "There's nothing either good or bad; but thinking makes it so."
– Shakespeare

SUGGESTION: Write about a time in your life when something you thought was good turned out to be bad, or vice-versa.

REPLY:

BLASPHEMY (BLAS fuh mee) *n* irreverence; an insult to something held sacred; profanity

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DAY 19

QUOTE: "Even if you're on the right track, you'll get run over if you just sit there." – Will Rogers

SUGGESTION: Maybe people shouldn't speed so much, then, Will. Write a page about ways people move too fast, and in how doing so, they miss some of life's best scenery.

REPLY:

BLASPHEMY (BLAS fuh mee) *n* irreverence; an insult to something held sacred; profanity

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DAY 20

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:

BLASPHEMY (BLAS fuh mee) *n* irreverence; an insult to something held sacred; profanity

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DAY 21

QUOTE: "A cart-load of worry won't pay an ounce of debt."
– Old Italian Proverb

SUGGESTION: You're due to give a speech to your graduating class tomorrow morning. Are you worried? Sure. So write your speech about that subject.

REPLY:

BLASPHEMY (BLAS fuh mee) *n* irreverence; an insult to something held sacred; profanity

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WEEK 4 – AFFINITY

DAY 22

QUOTE: "Vision is not enough; it must be combined with venture. It is not enough to stare up the steps; we must step up the stairs."

– President Vaclav Havel

SUGGESTION: He sounds like my aerobics instructor. What is your vision your for your future? Write the first step that might help you accomplish it.

REPLY:

AFFINITY (uh FIN uh tee) *n* sympathy; attraction; kinship; similarity

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DAY 23

QUOTE: "No one can make you feel inferior without your consent."

– Eleanor Roosevelt

SUGGESTION: Write about someone you allowed to make you feel inferior. Why? Can you revoke the consent, in order to empower yourself?

REPLY:

AFFINITY (uh FIN uh tee) *n* sympathy; attraction; kinship; similarity

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DAY 24

QUOTE: "Criticize by creating." – Michelangelo

SUGGESTION: Write about something you'd like to change in the world.

REPLY:

AFFINITY (uh FIN uh tee) *n* sympathy; attraction; kinship; similarity

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DAY 25

QUOTE: "Life is the sum of all your choices." – Albert Camus

SUGGESTION: Write about the most difficult choice you've made in your life and how it affected you.

REPLY:

AFFINITY (uh FIN uh tee) *n* sympathy; attraction; kinship; similarity

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DAY 26

QUOTE: "Throw your dreams into space like a kite, and you know what it will bring back, a new life, a new friend, a new love, a new country." – Anais Nin

SUGGESTION: Try throwing one of your dreams into space and then write about what you hope it will bring back.

REPLY:

AFFINITY (uh FIN uh tee) *n* sympathy; attraction; kinship; similarity

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DAY 27

QUOTE: "A man's venom poisons himself more than his victim."

– Charles Buxton

SUGGESTION: Take a negative thought you have about someone, and try to turn it into something positive instead. Dig deep!

REPLY:

AFFINITY (uh FIN uh tee) *n* sympathy; attraction; kinship; similarity

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DAY 28

QUOTE: "When there is a problem, there is not something to do, there is something to know." – Dr. Richard Charles Barker

SUGGESTION: Think about a problem you are having. Write about what you think it might be telling you about yourself or your life.

REPLY:

AFFINITY (uh FIN uh tee) *n* sympathy; attraction; kinship; similarity

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DAY 29

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:

AFFINITY (uh FIN uh tee) *n* sympathy; attraction; kinship; similarity

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DAY 30

QUOTE: "A prayer for the wild at heart, kept in cages." – Tennessee Williams

SUGGESTION: Write about a time that you followed your wild heart against others' wishes. Or a time you didn't, and wished you had. Everybody should be able to write something about that. Right? Write.

REPLY:

AFFINITY (uh FIN uh tee) *n* sympathy; attraction; kinship; similarity

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