

SoulBlazing
Let Your Soul Soar

Strengthening the Leader in You

*30 Days to a More Passionate,
Fulfilled You*

By Lisa Haisha

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By

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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

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1. Self-actualization (Writing)

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

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!

“Manifest plainness, embrace simplicity.”

- Lao Tzu

WEEK 1 – ZEALOUS

DAY 1

QUOTE: “Work can provide an opportunity for spiritual and personal, as well as financial growth. If it doesn’t, we’re wasting far too much of our lives on it.”

– James Autry

SUGGESTION: Write a few sentences about the difference between “work” and “job”. If you didn’t have a job, would you still work?

REPLY:

ZEALOUS (ZEL us) adj enthusiastically devoted to something; fervent

DAY 2

QUOTE: "The less effort, the faster and more powerful you will be."

– Bruce Lee

SUGGESTION: Write as fast as you can with as little mental effort as possible and see how powerful the paragraph reads once you are done. Then take your favorite phrase from your fast exercise, and put it on your mirror for the rest of the week.

REPLY:

ZEALOUS (ZEL us) adj enthusiastically devoted to something; fervent

DAY 3

QUOTE: "It's what you learn after you know it all that counts."

– John Wooden

SUGGESTION: So does that mean that nothing you've ever learned counts until you know it all? Write your reaction to the quote above and explain how it relates to your own education.

REPLY:

ZEALOUS (ZEL us) adj enthusiastically devoted to something; fervent

DAY 4

QUOTE: "Spirituality cannot be something a person toys with, a little compartment of their lives. It has to be the core, in a way that affects every other part of their lives."

– Stephen Covey

SUGGESTION: Write about how spirituality affects how you dress and how you drive your car.

REPLY:

ZEALOUS (ZEL us) adj enthusiastically devoted to something; fervent

DAY 5

QUOTE: "My objective in life is not to have a spiritual part of life that is separate from the rest of my life." – Ed McCracken, CEO, Silicon Graphics

SUGGESTION: He defined his objective as a "not". Write about how describing our goals by using negative words hinders our achievement of those goals.

REPLY:

ZEALOUS (ZEL us) adj enthusiastically devoted to something; fervent

DAY 6

QUOTE: "Move like a beam of light, Fly like a lightening, Strike like thunder, Whirl in circles around a stable center." – Morihei Ueshiba

SUGGESTION: But according to quantum physics, the stable center may also be moving. So what do we do now to find steady footing in this shifting world? Write a page about change and how you adapt to it or resist it.

REPLY:

ZEALOUS (ZEL us) adj enthusiastically devoted to something; fervent

DAY 7

QUOTE: "It is your work in life that is the ultimate seduction."

– Pablo Picasso

SUGGESTION: Easy for him to say; he painted naked women for a living!
What is it about your own work that you find seductive, and why?

REPLY:

ZEALOUS (ZEL us) adj enthusiastically devoted to something; fervent

WEEK 2 – VICISSITUDE

DAY 8

QUOTE: "Leadership is going where nobody else has gone."

– Bob Galvin, Motorola

SUGGESTION: No, Bob. Leadership is going where nobody else has gone and getting people to accompany you on the journey. Do you agree with me, or with Bob? Explain.

REPLY:

VICISSITUDE (vi SIS uh tood) n upheaval; natural change; change in fortune

DAY 9

QUOTE: "Character is what you are in the dark." – Dwight L. Moody

SUGGESTION: Does that mean that I'm less of a character during the day than I am at night? Write about how you change personas when the sun goes down and the moon rises. Are you a different animal at night?

REPLY:

VICISSITUDE (vi SIS uh tood) n upheaval; natural change; change in fortune

DAY 10

QUOTE: "Money doesn't buy happiness, but that's not why so many people are poor."

– Laurence

Peter

SUGGESTION: Why are so many people poor and so few rich? Write a little about your role in the situation of some people having more than they need and others having barely enough to get by.

REPLY:

—

VISSITUDE (vi SIS uh tood) n upheaval; natural change; change in fortune

DAY 11

QUOTE: "The certain test of sanity is if you accept life whole, as it is."

– Lao Tzu

SUGGESTION: Yeah, great, but Lao forgot to tell us if you pass the test or flunk it by accepting life whole. Write a page and elaborate on what Lao Tzu left out. Does the acceptance thing make use sane or crazy? Or both?

REPLY:

VICISSITUDE (vi SIS uh tood) n upheaval; natural change; change in fortune

DAY 12

QUOTE: "There is no such thing as a minor lapse of integrity."

– Tom Peters

SUGGESTION: And there is no such thing as being sort of pregnant. Write about a minor lapse of judgement that gave birth to a complicated outcome in your life.

REPLY:

VICISSITUDE (vi SIS uh tood) n upheaval; natural change; change in fortune

DAY 13

QUOTE: "I contend that dishonesty will create a failure force that often manifests itself in other ways – ways not apparent to the outside observer."
– Joseph Sugarman

SUGGESTION: Write a page about how honesty manifests in ways that are not apparent at first.

REPLY:

VICISSITUDE (vi SIS uh tood) n upheaval; natural change; change in fortune

DAY 14

QUOTE: "Responsibility is to keep the ability to respond." – Gustav Mahler

SUGGESTION: In a short paragraph, explain this quote from the point of view of a sex therapist. Then from the perspective of a firefighter. Then combine the two views and see what they have in common.

REPLY:

VICISSITUDE (vi SIS uh tood) n upheaval; natural change; change in fortune

WEEK 3 – VERACITY

DAY 15

QUOTE: "I am looking for a lot of men who have an infinite capacity to not know what can't be done." – Henry Ford

SUGGESTION: Gee, Henry. Maybe you should just look for a few women instead, since they will just go ahead and get it done. Write a page about how the role of women has changed the nature of American commerce since the time of the model "A" Ford.

REPLY:

VERACITY (vuh RAS uh tee) n truthfulness, reality

DAY 16

QUOTE: "Honesty isn't the best policy. It's the only policy."
– Harlan Randolph

SUGGESTION: Obviously Harlan never got stopped after running a stop sign. Write about a time you were dishonest but rationalized it to avoid feeling creepy about your lack of ethics.

REPLY:

VERACITY (vuh RAS uh tee) n truthfulness, reality

DAY 17

QUOTE: "In the battle between you and the world, back the world."
– Frank Zappa

SUGGESTION: But if you back the world, Frank, what will you bet? Tell us a bit about what you are willing to bet if you're placing bets on you versus the world.

REPLY:

VERACITY (vuh RAS uh tee) n truthfulness, reality

DAY 18

QUOTE: "The only limits are, as always, those of vision."
– James Broughton

SUGGESTION: And how would you respond to this on behalf of musician Ray Charles?

REPLY:

VERACITY (vuh RAS uh tee) n truthfulness, reality

DAY 19

QUOTE: "If you can dream it, you can do it." – Walt Disney

SUGGESTION: Well then by golly, let me dream Adrian Brody or Sean Penn. Maybe even Gwen Stephani. Heck, as long as we're dreaming, lets throw in a million dollars and a month in Fiji. Okay, tell us: who do you dream about dreaming about?

REPLY:

VERACITY (vuh RAS uh tee) n truthfulness, reality

DAY 20

QUOTE: "If we don't change the direction we're going, we're likely to end up where we're headed." – Ancient Chinese Proverb

SUGGESTION: So does that mean that time goes in a circle, not a straight line? Explain what you think this means.

REPLY:

VERACITY (vuh RAS uh tee) n truthfulness, reality

DAY 21

QUOTE: "The secret to life is to have a task, something you devote your entire life to ... and the most important thing is – it must be something you cannot possibly do!" – Henry Moore

SUGGESTION: I was thinking "sex" until I read that last part of the statement. What did this quote make you think about?

REPLY:

VERACITY (vuh RAS uh tee) n truthfulness, reality

WEEK 4 – RHETORIC

DAY 22

QUOTE: "What we need is more people who specialize in the impossible."
– Theodore Roethke

SUGGESTION: Well some would argue that what we need is just less people, period. Is it possible that there are too many cooks in the kitchen, here on planet earth? Explain.

REPLY:

RHETORIC (RET ur ik) n in the art of formal speaking or writing; inflated discourse

DAY 23

QUOTE: "The first peace, which is the most important, is that which comes within the souls of people when they realize their relationship, their oneness, with the universe and all its powers, and when they realize at the center of the universe dwells the Great Spirit, and that this center is really everywhere. It is within each of us." – Black Elk

SUGGESTION: Okay, great. But what about the 2nd and 3rd peace? Write about some small experience of minor peace you have felt, not related to the whole big cosmos but just to your immediate and ordinary little life here in a present and day-to-day kind of moment.

REPLY:

RHETORIC (RET ur ik) n in the art of formal speaking or writing; inflated discourse

DAY 24

QUOTE: "Notice the difference between what happens when a man says to himself "I have failed three times," and what happens when he says "I am a failure." – S. I. Hayakawa

SUGGESTION: Okay wait. Did he say the first thing thrice, like "I have failed, I have failed, I have failed" or did he say once, "I have failed three times"? What happens when you write ambiguous sentences? Write a page about the importance of writing things that have only one interpretation for your reader, if you are trying to give them unequivocal and crystal clear instructions.

REPLY:

RHETORIC (RET ur ik) n in the art of formal speaking or writing; inflated discourse

DAY 25

QUOTE: "Depending on the circumstances, You should be hard as a diamond, Flexible as a willow, smooth-flowing like water, or as empty as space.

– Morihei Ueshiba

SUGGESTION: You are on a blind date. Under what circumstance would you become flexible as a willow? Empty as space? You get the idea, now run with it for a few paragraphs.

REPLY:

RHETORIC (RET ur ik) n in the art of formal speaking or writing; inflated discourse

DAY 26

QUOTE: "If you've always done it that way, it's probably wrong."

– Charles Kettering

SUGGESTION: Kettering talks in absolutes and reaches some unscientific conclusions. Write a page about something you've always done that is done right, and improves with practice each time you do it (hint: writing is like that!).

REPLY:

RHETORIC (RET ur ik) n in the art of formal speaking or writing; inflated discourse

DAY 27

QUOTE: "When we're afraid, everything rustles." – Sophocles

SUGGESTION: Some people are named Russel. Write a page of fantasy fiction about how the name "Russel" came into being, because of a mother who was afraid of things making noises in the dark. Or write about your own name and make up your own scenario!

REPLY:

RHETORIC (RET ur ik) n in the art of formal speaking or writing; inflated discourse

DAY 28

QUOTE: "The indispensable first step to getting the things you want out of life is this: Decide what you want." – Ben Stein

SUGGESTION: And another way to skin that cat – oops, we don't use animals to test our writing – another way to cook that soup (animal-free vegan soup) is to decide what you do not want. Make a list of what you do not want (and then see if you can find what you do want, by reading between the lines).

REPLY:

RHETORIC (RET ur ik) n in the art of formal speaking or writing; inflated discourse

DAY 29

QUOTE: "By believing passionately in something that still does not exist, we create it. The nonexistent is whatever we have not sufficiently desired."

– Nikos Kazantzakis

SUGGESTION: Try to describe desire, not in terms of feelings or emotions, but describe it as an animal, a house, or a cake you're baking.

REPLY:

RHETORIC (RET ur ik) n in the art of formal speaking or writing; inflated discourse

DAY 30

QUOTE: "We have met the enemy, and it is us." – Walt Kelly

SUGGESTION: First write a strategy – for winning in sports, in business, in combat, or for courting your new crush – whatever you like. Sleep on it overnight, and then tomorrow, write their strategy for beating you at your own game. In the end you will have learned about your own weaknesses and how to strengthen them for the challenges ahead.

REPLY:

RHETORIC (RET ur ik) n in the art of formal speaking or writing; inflated discourse