

***The Coherent Heart
Companion***
Journal Pages



***The complete prompts and
writing pages from
The Coherent Heart Companion***

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Stillness Journal

1. Where in my life am I being invited to slow down?
2. What does stillness feel like in my body?
3. When I pause, what do I notice that I usually miss?
4. What keeps me from allowing stillness — and can I meet that gently?
5. When have I experienced moments of deep quiet or inner peace?
6. Do I allow myself the time to just be in stillness?
7. How does the “to do” of life interfere with the “to be” of stillness?

Synthesis Page

This is your space to synthesize the thoughts you've had about Stillness into a coherent whole.

Rest here. There is nothing you need to do for this moment. Be in the stillness.

Blessing

May you remember that stillness has never left you. May you return gently to the quiet beneath all things.

Rhythm Journal

1. Where do I notice rhythm in my life?
2. When do I feel most in flow?
3. What does it feel like when I am out of rhythm, or “out of step?”
4. What helps me return to a natural flow?
5. What rhythms within myself have I been resisting?
6. What happens when I allow myself to slow down and move more naturally?
7. What does the phrase “the rhythm beneath life” awaken within me?

Synthesis Page

This is your space to synthesize the thoughts you've had about Rhythm into a coherent whole.

The rhythm continues, always, beneath all things.

Blessing

May you learn to trust the deeper rhythm already carrying your life.

Harmony Journal

1. Where in my life do I feel harmony most naturally?
2. What does inner harmony feel like in my body?
3. Where do I feel out of tune, dissonant?
4. What in me might be asking for gentleness?
5. Where in my life do I feel resistance or inner conflict?
6. What helps me feel more balanced and connected?
7. What might harmony be inviting me to release?

Synthesis Page

This is your space to synthesize the thoughts you've had about Harmony into a coherent whole.

Let yourself move gently in harmony with life.

Blessing

May harmony reveal itself naturally within you, softening all that no longer needs to struggle.

Longing Journal

1. What does longing feel like in my body?
2. When I feel longing, what am I truly seeking?
3. Where can I sit with longing without trying to change it?
4. What might longing be inviting me to remember?
5. What do I most deeply long for right now?
6. When have I experienced longing as something sacred rather than painful?
7. What changes when I stop resisting longing and simply listen to it?

Synthesis Page

This is your space to synthesize the thoughts you've had about Longing into a coherent whole.

Love is gently calling you home.

Blessing

May you trust the longing within your heart, and may it guide you gently home to yourself.

The Breath Journal

1. What do I notice when I bring my attention to my breath?
2. How does my breath change when I feel calm?
3. How does my breath change when I feel tension?
4. What happens when I allow my breath to slow naturally?
5. How do different breathing patterns affect my state?
6. How does my connection to myself change with conscious breath?
7. When my breath slows and deepens, what changes do I become aware of?

Synthesis Page

This is your space to synthesize the thoughts you've had about the Breath into a coherent whole.

The breath is always waiting for you.

Blessing

May your breath continue to gather you softly back into the present moment.

The Heart Journal

1. What does it feel like to rest my awareness in my heart?
2. When do I feel most connected to my heart?
3. What arises in me that blocks this heart connection?
4. What qualities arise naturally when I am heart-centered?
5. In what ways does my heart communicate with me?
6. What happens when I listen without needing immediate answers?
7. How do I feel the shift in my heart connection as I surrender, breathe, and allow the peace of the heart to emerge?

Synthesis Page

This is your space to synthesize the thoughts you've had about the Heart into a coherent whole.

The heart is always waiting patiently for your return.

Blessing

May the wisdom of your heart become easier to hear with each quiet return.

The Body Journal

1. What sensations do I notice in my body right now?
2. Where do I feel ease? Where do I feel tension?
3. What might my body be trying to communicate to me?
4. What helps my body feel safe and relaxed?
5. How has my relationship with my body been shaped over time?
6. What would it feel like to relate to my body with more gentleness and compassion?
7. What happens when I bring awareness to my body softly, without trying to change it?

Synthesis Page

This is your space to synthesize the thoughts you've had about The Body into a coherent whole.

The body softens when it feels safe enough to be heard.

Blessing

May your body feel safe enough to soften, rest, and be lovingly heard.

Presence Journal

1. What does presence feel like for me?
2. When do I feel most fully here?
3. What pulls me out of presence? What helps me gently return?
4. How do I feel the presence and love held in stillness?
5. What might be getting in my way of being present? What feelings arise?
6. What changes when I stop rushing through moments?
7. What simple experiences help me reconnect with presence?

Synthesis Page

This is your space to synthesize the thoughts you've had about Presence into a coherent whole.

This moment is already enough.

Blessing

May you arrive more fully into the sacred simplicity of this moment.

Relationships Journal

1. How do I feel in the presence of people I love?
2. What changes in my relationships when I slow down and become more present?
3. Where do I notice myself reacting rather than listening?
4. What would it feel like to bring more softness into difficult conversations?
5. How does the relationship I have with myself affect my relationships with others?
6. How do I respond when conflict arises?
7. Where do I notice I cling to my being right over connection with the other person, and how
8. does this affect the overall outcome?

Synthesis Page

This is your space to synthesize the thoughts you've had about Relationships into a coherent whole.

Connection deepens when the heart is open in presence.

Blessing

May your presence bring softness, listening, and compassion into every heart you encounter.

The Field Journal

1. Have I ever felt the presence of another person before they spoke?
2. What do I notice in the atmosphere around me right now?
3. How does my own state affect the spaces I enter?
4. What kind of presence do I wish to bring into the world?
5. What changes when I become more aware of the field around me?
6. How do I feel in the presence of calm and grounded people?
7. What environments help me feel most coherent and connected?

Synthesis Page

This is your space to synthesize the thoughts you've had about the Field into a coherent whole.

Let your presence be enough.

Blessing

May the coherence within you silently bless the spaces you move through.

Ripple of Coherence Journal

1. Have I ever felt deeply affected by another person's calm or grounded presence?
2. What kind of energy do I bring into the spaces I enter?
3. How does my inner state affect those around me?
4. How do I feel knowing that my state of presence can ripple out to create a peaceful world?
5. What happens when I see coherence as something shared rather than personal?
6. In what ways might small moments of presence create larger ripples in the world?
7. Awareness and presence can heal the world. What changes would I make knowing this is true?

Synthesis Page

This is your space to synthesize the thoughts you've had about the Ripple of Coherence into a coherent whole.

The ripple continues farther than we can see.

Blessing

May the calm within your heart ripple gently outward into the world.

Cosmic Heart Journal

1. When do I feel most deeply connected to life as a whole?
2. Have I ever experienced a moment of profound unity or Oneness?
3. What happens within me when I remember that I belong to something greater?
4. What does the phrase "The Cosmic Heart" awaken within me?
5. How might coherence change the way I experience my relationship with the Universe?
6. How do I connect to the vastness of the Cosmos? How does it make me feel when I do?
7. What does Love calling to Love mean to me

Synthesis Page

This is your space to synthesize the thoughts you've had about the Cosmic Heart into a coherent whole.

The Universe breathes quietly through the heart.

Blessing

May you remember that the rhythm within you has never been separate from the rhythm of the Cosmos.

Divine Heart Journal

1. When have I experienced moments of deep peace, clarity, or knowing that seemed to arise from beyond ordinary thought, times when I felt guided, supported, or gently led by wisdom greater than my own thinking mind? What did those moments feel like, and how did I respond?
2. What roles, identities, beliefs, or self-images do I most strongly identify with? Who might I be if these were allowed to soften, even briefly?
3. When I imagine my Higher Self, what qualities come to mind? How do these qualities differ from the habits and reactions of my personal self?
4. What does "living from the Higher Self" mean to me personally? How would I recognize it in my daily life?
5. Recall a recent challenge or difficult situation. How might my Higher Heart have perceived, understood, or responded to that experience differently?
6. In what areas of my life do I most often react from fear, control, judgment, or limitation? What might it look like to bring the coherence of the Higher Heart into these areas?
7. If I fully trusted the wisdom of my Divine Heart, what is one change I would make in the way I live, choose, love, or serve?

Synthesis Page

This is your space to synthesize the thoughts you've had about the Divine Heart into a coherent whole.

What if the longing you've felt throughout your life has not been a search for something missing, but the Higher Self inviting you home?

Blessing

May you trust the wisdom that lives within your Divine Heart.

May you remember the Self that has always been present beneath every role, every fear, and every striving.

May coherence become your natural rhythm and Love your way of being.
And may your life become a living expression of the One who lives through you.

A Gentle Closing Synthesis Page

This is your space to synthesize the thoughts you have about the Closing of this experience into a coherent whole.

The Coherent Heart

Blessing

May you return gently to the heart, again and again,
with softness, trust, and love.

Breathe.
Enter the Stillness.
Feel the rhythm of your heart.
You are home.