

# ❧ Inner Guidance Journal ❧

## *32 Daily Journey Themes*



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## **An Introduction to Journaling with Art Guidance Cards**

This Inner Guidance Journal has been designed to enhance the process of working with the Art Guidance Cards. The journal can be used as an active guide for every day self-discovery. It can be used on a day-to-day basis or whenever insights or inspiration are needed.

In this journal you will find self-coaching type questions that compliment all thirty-two cards.

I wrote this book to help you release your own creativity, freeing yourself to be truly, uniquely you. Allow yourself to just dream and have freedom for being imaginative, joyful, introspective and aware.

By using the journal every day for thirty-two days, you can tap into the true nature of your creative and intuitive self. You can also use this journal for self-discovery and exploration to gain powerful ideas and insights. The questions in this journal are meant to be deep and thought provoking to give you an opportunity to express your own essence and core.

### **Process of Using the Journal with the Art Guidance Cards:**

Ask a question you would like an answer to or think of a situation you want a new perspective on. Then randomly, draw a card out of the Art Guidance Cards deck.

View the image on the card and take note of what stands out for you. Notice anything?

Rotate the card on to its side, clockwise, and take note of what you see in the image. Has anything changed?

Rotate the card again, clockwise and keep letting your intuition interpret the image.

When you have viewed the card from all angles, read the back of the card.

You can find the appropriate page in the journal by the title of the card. Once you're on the page, start writing! Use the questions on the sheet to guide your journey. Make notes on what you discover about yourself. Allow yourself to express your answers honestly. Go ahead and write anywhere in the journal including the back of the pages. Enjoy the journaling process!

## About the Author



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Karin Bauer is a Life Coach, counselor, writer and artist. She received a Bachelor's Degree in Social Work and graduated from the Coach Training Program at Coach U. Karin has coached clients internationally in her practice. She uses unique and alternative counseling and coaching techniques by helping others to discover their own creative expression.

The "*Art Guidance Cards*" and "*Inner Guidance Journal*" were created as exploration tools to free the inner spirit and inspire personal growth.

Karin lives in Kelowna, British Columbia, Canada. She owns and operates an Equine Facilitated Counseling practice called *Horse Journey*. For more information visit her websites:

[www.ArtGuidanceCards.com](http://www.ArtGuidanceCards.com)

[www.HorseJourney.com](http://www.HorseJourney.com)

[www.ArtistKarinBauer.com](http://www.ArtistKarinBauer.com)

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## ☞ *Angel Light* ☞

Today, I want to receive inner guidance on my question or perspective of ...

While viewing today's image on the card, I see ...

My intuition tells me the colours, shapes and movement in the image symbolize ...

When I turn the image and view it from other angles, I now see...

Imagine the core of your being.... What colours do you sense?

Who are the angels present in your life?

How can you let the angels be more present in your life?

Today, what will you do to allow your angel light shine brightly?

After reading today's card, I realize

## ☞ *Balance* ☞

Today, I want to receive inner guidance on my question or perspective of ...

While viewing today's image on the card, I see ...

My intuition tells me the colours, shapes and movement in the image symbolize ...

When I turn the image and view it from other angles, I now see...

Breathe calmly. How do you feel when you breathe?

In which areas of your life is there already balance?

If you were to create perfect balance starting with your breath, which colours would your breath be?

Today, what new thought or action will guide you to experience balance?

After reading today's card, I realize ...

## ❧ *Conscious Surrender* ❧

Today, I want to receive inner guidance on my question or perspective of ... While viewing today's image on the card, I see ...

My intuition tells me the colours, shapes and movement in the image symbolize ...

When I turn the image and view it from other angles, I now see...

At which times throughout your day are you aware your ego got involved by saying things or acting in certain ways?

To heal means to let go of your ego. Which of your thoughts have been ruled by your ego?

If you were to let go of pushing yourself and just surrender, how would your life change?

Today, when listening to your heart and soul what do you need surrendering to?

After reading today's card, I realize ...

## ❧ *Core Feeling* ❧

Today, I want to receive inner guidance on my question or perspective of ...

While viewing today's image on the card, I see ...

My intuition tells me the colours, shapes and movement in the image symbolize ...

When I turn the image and view it from other angles, I now see...

Let yourself feel the emotions in your whole body. Write down the feelings you have. Name and claim your feelings by writing them down.

Without judgement, inhale fully, exhale fully. Just feel. Keep writing your feelings.

Today and right now, which feelings do you need to connect with?

After reading today's card, I realize ...



## *🌀 Devine Spirit Connection 🌀*

Today, I want to receive inner guidance on my question or perspective of ...

While viewing today's image on the card, I see ...

My intuition tells me the colours, shapes and movement in the image symbolize ...

When I turn the image and view it from other angles, I now see...

What does connecting with spirit mean to you today?

If spirit were to communicate with you today, what would spirit want for you?

When did you feel spirit connecting with you today?

Today, what new possibilities inspire you to connect with spirit?

After reading today's card, I realize ...

## ❧ *Dynamic Manifestation* ❧

Today, I want to receive inner guidance on my question or perspective of ...

While viewing today's image on the card, I see ...

My intuition tells me the colours, shapes and movement in the image symbolize ...

When I turn the image and view it from other angles, I now see...

If you made a wish today, what would it be?

What possibilities are open to you today to manifest this wish?

Today, what life long dream do you want to start manifesting?

After reading today's card, I realize ...

## 🌀 *Emerging Self* 🌀

Today, I want to receive inner guidance on my question or perspective of ...

While viewing today's image on the card, I see ...

My intuition tells me the colours, shapes and movement in the image symbolize ...

When I turn the image and view it from other angles, I now see...

What first step can you take today on your journey of discovering yourself?

What mask have you been hiding behind that you are ready to remove?

Imagine freeing your old self. How would this feel?

Today, as your self emerges, what do your eyes see?

After reading today's card, I realize ...

## ☞ *Energy and Light* ☞

Today, I want to receive inner guidance on my question or perspective of ...

While viewing today's image on the card, I see ...

My intuition tells me the colours, shapes and movement in the image symbolize ...

When I turn the image and view it from other angles, I now see...

Which positive energy do you carry that is truly yours?

What light of yours would you like to share to transform a life?

If you allowed your eyes to radiate your light today, whom would you like to share it with?

Today, how can you share your light with yourself and with others?

After reading today's card, I realize ...

## ☞ *Enlightenment* ☞

Today, I want to receive inner guidance on my question or perspective of ...

While viewing today's image on the card, I see ...

My intuition tells me the colours, shapes and movement in the image symbolize ...

When I turn the image and view it from other angles, I now see...

Which pure intention do you want to focus on?

Which answers are you meant to have today?

How can you acknowledge the clarity your higher self has today?

Today, what would living an enlightened life feel like?

After reading today's card, I realize ...

## ☿ *Fear or Fire* ☿

Today, I want to receive inner guidance on my question or perspective of ...

While viewing today's image on the card, I see ...

My intuition tells me the colours, shapes and movement in the image symbolize ...

When I turn the image and view it from other angles, I now see...

When you look at the image what does it remind you of?

To move forward, how can you change your perspective?

This week, how will you feed your own fire?

Today, what new belief or action will feed your fire within?

After reading today's card, I realize ...

## 🌀 *Flow* 🌀

Today, I want to receive inner guidance on my question or perspective of ...

While viewing today's image on the card, I see ...

My intuition tells me the colours, shapes and movement in the image symbolize ...

When I turn the image and view it from other angles, I now see...

What activities did you do today where you felt your natural energy emerge?

When did you feel a total lack of resistance in your day? What were you doing?

If you were to go with the flow today, which activities would be naturally flowing?

Today, what will your life look like when you are flowing freely?

After reading today's card, I realize ...

## ☞ *Free Your Mind* ☞

Today, I want to receive inner guidance on my question or perspective of ...

While viewing today's image on the card, I see ...

My intuition tells me the colours, shapes and movement in the image symbolize ...

When I turn the image and view it from other angles, I now see...

What does your own spirit song sound like?

What is your desired destiny today?

What will give you courage to live your own truth?

Today, with your mind free and your heart peaceful, what is your real inner truth?

After reading today's card, I realize ...



## *☞ Healthy Boundaries ☞*

Today, I want to receive inner guidance on my question or perspective of ...

While viewing today's image on the card, I see ...

My intuition tells me the colours, shapes and movement in the image symbolize ...

When I turn the image and view it from other angles, I now see...

Which boundaries will help you shelter your heart and soul?

What can you say or do to show others what your boundaries are?

In which areas of your life do you need to allow yourself to be respected?

Today, how will having healthy boundaries improve your life?

After reading today's card, I realize ...

## *Heart and Soul Dance*

Today, I want to receive inner guidance on my question or perspective of ...

While viewing today's image on the card, I see ...

My intuition tells me the colours, shapes and movement in the image symbolize ...

When I turn the image and view it from other angles, I now see...

If your heart and soul connected, what would you feel?

Which painful thoughts can you unhook today?

What actions show the truth of your spirit and inner guide today?

Today, what thoughts allow your heart and soul to dance?

After reading today's card, I realize ...

## ❧ *Inner Communication* ❧

Today, I want to receive inner guidance on my question or perspective of ...

While viewing today's image on the card, I see ...

My intuition tells me the colours, shapes and movement in the image symbolize ...

When I turn the image and view it from other angles, I now see...

What thoughts and feelings are you willing to communicate fully today?

What words can you gently express to touch someone's heart?

How can you allow communication to be your gift today?

Today, which insights can you share with someone?

After reading today's card, I realize ...

## *Inner Gremlin*

Today, I want to receive inner guidance on my question or perspective of ...

While viewing today's image on the card, I see ...

My intuition tells me the colours, shapes and movement in the image symbolize ...

When I turn the image and view it from other angles, I now see...

As you observe your mind's chatter, what does it say?

What would it feel like to not engage in your mind's chatter, to just be an observer?

What is your heart's passion? What would it be like to focus on your heart's passion with a child's delight?

Today, when you observe the inner gremlin, is what it says really true?

After reading today's card, I realize ...

## ❧ *Inner Light* ❧

Today, I want to receive inner guidance on my question or perspective of ...

While viewing today's image on the card, I see ...

My intuition tells me the colours, shapes and movement in the image symbolize ...

When I turn the image and view it from other angles, I now see...

Which journey of self-discovery would you like to begin today?

What are your roots and what helps you stay grounded?

Imagine opening your soul and letting the sky uplift you. What does this feel like?

How can you let your inner light shine more brightly to guide you?

After reading today's card, I realize ...

## ❧ *Inner Peace* ❧

Today, I want to receive inner guidance on my question or perspective of ...

While viewing today's image on the card, I see ...

My intuition tells me the colours, shapes and movement in the image symbolize ...

When I turn the image and view it from other angles, I now see...

What does it feel like when you radiate a peaceful core?

What allows you to let your heart be peaceful?

What has been helpful in guiding your mind to restful states?

Today, what thoughts will give you peaceful feelings?

After reading today's card, I realize ...

## *Inspiration*

Today, I want to receive inner guidance on my question or perspective of ...

While viewing today's image on the card, I see ...

My intuition tells me the colours, shapes and movement in the image symbolize ...

When I turn the image and view it from other angles, I now see...

What ideas are you attracted to the most today?

Without judgement, what can you do today to act on that idea?

Which ideas born by your soul can you embrace freely?

Today, what new belief or action will set your inspiration free?

After reading today's card, I realize ...

## ☞ *Life Energy* ☞

Today, I want to receive inner guidance on my question or perspective of ...

While viewing today's image on the card, I see ...

My intuition tells me the colours, shapes and movement in the image symbolize ...

When I turn the image and view it from other angles, I now see...

Which actions can you take to let your roots be grounded and your branches free to reach?

What is the source of your happiness?

When do you want to give birth to the life energy with you?

Today, what actions allow you to increase your life energy?

After reading today's card, I realize ...



## ❧ *Open Heart* ❧

Today, I want to receive inner guidance on my question or perspective of ...

While viewing today's image on the card, I see ...

My intuition tells me the colours, shapes and movement in the image symbolize ...

When I turn the image and view it from other angles, I now see...

What is the innermost core in your heart?

How does your mind become a barrier to your heart?

How can you let your love radiate beyond the barriers of your mind?

Today, what does your heart truly want right now?

After reading today's card, I realize ...

## ☿ *Soul Fire* ☿

Today, I want to receive inner guidance on my question or perspective of ...

While viewing today's image on the card, I see ...

My intuition tells me the colours, shapes and movement in the image symbolize ...

When I turn the image and view it from other angles, I now see...

What will ignite the fire in your soul today?

What truly excites you?

Which doubts can you burn today?

What will make you feel truly passionate today?

After reading today's card, I realize ...

## ☞ *Soul Talk* ☞

Today, I want to receive inner guidance on my question or perspective of ...

While viewing today's image on the card, I see ...

My intuition tells me the colours, shapes and movement in the image symbolize ...

When I turn the image and view it from other angles, I now see...

What is your soul whispering to you?

When do you know you are connected with other souls?

What does it feel like to speak the language of soul talk?

Today, how would speaking with your soul change your life?

After reading today's card, I realize ...

## ☿ *Spirit Energy* ☿

Today, I want to receive inner guidance on my question or perspective of ...

While viewing today's image on the card, I see ...

My intuition tells me the colours, shapes and movement in the image symbolize ...

When I turn the image and view it from other angles, I now see...

What sound or sights make you feel spirit is present?

Which miracles have you witnessed lately?

When do you strongly sense spirit is with you?

Today, what signs of spirit energy have you seen?

After reading today's card, I realize ...

## ☞ Synchronicity ☞

Today, I want to receive inner guidance on my question or perspective of ...

While viewing today's image on the card, I see ...

My intuition tells me the colours, shapes and movement in the image symbolize ...

When I turn the image and view it from other angles, I now see...

Can you sense the connections between events today?

If you believed these events happened as they should, what would that change in you?

How can you invite awareness of synchronicity in your life today?

Today, what synchronicity events are happening in your life?

After reading today's card, I realize ...

## ☿ *Third Eye: Intuition* ☿

Today, I want to receive inner guidance on my question or perspective of ...

While viewing today's image on the card, I see ...

My intuition tells me the colours, shapes and movement in the image symbolize ...

When I turn the image and view it from other angles, I now see...

When you close your eyes and focus on your inner eye, what do you see?

In which part of your body do you feel your intuition vibrating?

Which wisdom did your intuition share with you today?

Today, what path does your intuition want you to travel on?

After reading today's card, I realize ...

## ☿ Transformation ☿

Today, I want to receive inner guidance on my question or perspective of ...

While viewing today's image on the card, I see ...

My intuition tells me the colours, shapes and movement in the image symbolize ...

When I turn the image and view it from other angles, I now see...

How far have you come from where you have been?

What can you do to celebrate your transformation?

What is on your horizon that goes beyond your wildest expectations?

Today, what part of your life are you ready to transform?

After reading today's card, I realize ...

## ☞ *Transition* ☞

Today, I want to receive inner guidance on my question or perspective of ...

While viewing today's image on the card, I see ...

My intuition tells me the colours, shapes and movement in the image symbolize ...

When I turn the image and view it from other angles, I now see...

Which pain do you want to let go of?

What hooks do you keep grabbing on to that imprison you?

What old skin can you shed and how can you nurture yourself today?

Today, what does your transition symbolize?

After reading today's card, I realize ...



## ☞ *Truth Unveiling* ☞

Today, I want to receive inner guidance on my question or perspective of ...

While viewing today's image on the card, I see ...

My intuition tells me the colours, shapes and movement in the image symbolize ...

When I turn the image and view it from other angles, I now see...

Which truth can you allow to rise to the surface?

Which mask can you take off that you no longer need?

How can you embrace your beautiful truth today to set you free?

Today, what is your truth you need to be unveiling?

After reading today's card, I realize ...

## ☞ *Unity* ☞

Today, I want to receive inner guidance on my question or perspective of ...

While viewing today's image on the card, I see ...

My intuition tells me the colours, shapes and movement in the image symbolize ...

When I turn the image and view it from other angles, I now see...

If you were to release all negative energy through exhaling, how would your body, mind and soul feel?

If you were to breathe in positive energy to recharge your spirit, how would your mind and body feel?

When did you feel unity in body, mind and soul today?

Today, what new belief or action creates positive energy in your body, mind and soul?

After reading today's card, I realize ...

## *Universal Creative Force*

Today, I want to receive inner guidance on my question or perspective of ...

While viewing today's image on the card, I see ...

My intuition tells me the colours, shapes and movement in the image symbolize ...

When I turn the image and view it from other angles, I now see...

Which past creative activities made you vibrate with enjoyment as a child, teenager or adult?

What sounds or sights stimulated your creativity today?

Which of your senses long to be stimulated with rhythm?

Today, what creative pursuit are you intuitively drawn to?

After reading today's card, I realize ...

## *Universe Within*

Today, I want to receive inner guidance on my question or perspective of ...

While viewing today's image on the card, I see ...

My intuition tells me the colours, shapes and movement in the image symbolize ...

When I turn the image and view it from other angles, I now see...

What mission are you gravitating towards in your life?

Which new opportunities do you want to attract today?

How can you create more spaciousness within you?

Today, how will you connect with your true universe within?

After reading today's card, I realize ...