

# Journey of the Heart Journal

A guide to unlocking your  
heart's desire and finding joy.

## ONLINE CLASS

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*Journey of the Heart Journal:*  
*a guide to unlocking the heart's desire and finding joy*

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# About the Author

From chubby to chic  
From sad to sassy  
From lost to found  
From hurt to loved...

Kathryn Costa (also known as the Collage Diva) shares her stories of transformation on her websites, **TrueNorthArts.com** and **CollageDiva.com**. Her stories about losing weight, finding love, and pursuing her dreams have inspired people from around the world to make positive changes in their lives. Kathryn takes her readers on a Journey of the Heart with stories, affirmations, and reflection questions that gently guide the reader as they gain clarity, let go of fear, and embrace their dreams. Kathryn combines her background as a web professional, graphic design teacher, and SoulCollage® facilitator with her personal success to bring you tutorials, workshops, books, and inspirational gifts. Kathryn's a writer and artist who captures the beauty and grace in everyday living. She resides in New England with her Brazilian husband Fernando.





# Opening the Door

*I have plenty of time for this journey.*

## **Welcome to your journey.**

You have just arrived at a door. It is a big, heavy, wooden door with a lovely handle. This is no ordinary door, it is a magical door that only you can open. Are you ready? I know you are excited to see where this journey will take you. I'm excited too.

Let's begin by creating a space where you can listen to your heart.

It is important to shut off any distractions when you work in this journal. This includes turning off the phone, shutting off online distractions, and putting up a sign on your door letting your loved ones know that you are taking a "Journey of the Heart." Take a moment now to tend to these details and meet me back here. You'll need your journal or notebook and a pen.

Now, get comfortable. It's time to hunker down. I check in regularly with my body while doing

this work. It helps me to listen to what I need. How does your body feel right now? Is it tense, tired, or wired? Is your mind all wound up?

Let's soften.

Take a slow, deep breath. Breathe in through your nose slowly allowing the air to fill your lungs. Hold your breath for a couple of seconds, then release. Exhale out of your nose and feel the tension leave your body. Close your eyes and repeat a few more times, making each breath a little slower than the first and allowing your body and mind to relax ever more deeply.

Continue this soft, deep, rhythmic breathing. If the concerns of the day are still taking hold, allow the thoughts to surface and breathe into them. Say out loud, "I can take a break from the busy details of my day. Now is the time for me to place my attention on something that lies deep within my heart." Then slowly take another cleansing breath.

## *I am right where I need to be.*

No matter where you are in your life and what brought you here today, I want you to know that you are exactly where you are meant to be. Every experience, every thought, every step you've taken in your life has led you to this moment. You are ready to take the next step.

Amazing things happen when we place our attention on something we want to change in our lives. What we think about influences the choices we make in our daily lives. When we approach life with an open heart and a positive outlook, we begin to recognize new opportunities. It feels like magic as we attract the right people in our lives or read a passage in a book that connects with what we've been thinking about. These "coincidences" are actually signs that we are aligned with our purpose and are on the right track.

If however, our thoughts are negative, we get



## *“What change would I like in my life right now?”*

stuck behind a closed door that we can't see. While we can't see the closed door, we can feel it. We feel it as resistance. It is really hard to make positive changes when we are stuck in our negativity. If our attention is on negative thoughts: excuses, criticisms, and complaints, then we are taking energy away from doing what we need to do to make good things happen in our lives.

In the next six weeks, you will embark on a journey that begins with a desire, a wish, a longing in your heart. As we continue on this journey you'll gain more clarity about this wish and you'll begin to see your life transforming. We'll look at some common roadblocks and ways to move through them. We'll hear from six women who have inspired my journey. I made heartfelt connections with their books, blogs and Facebook posts. I've been inspired by their online shops and classes. Each interview is packed with so many ideas and practices that will help you on your journey, just as it has helped mine.

By the end of the six weeks you'll be prepared to continue your journey and the transformations you have started.

When you signed up for this course, you arrived at a door that has been invisible to you before now. To open it, you need to begin by opening your heart and naming your deepest desire. You may have many desires and wishes. Take a moment to write a wish inventory. Now is the time to list all of your wishes, without censoring, without judgement. As you pull out your journal and write your list, be sure to repeat the deep cleansing breaths, especially when you feel any tension, anxiety, or resistance.

Now turn to your journal and make your list. Ask yourself, “What change would I like in my life right now?”

Feeling stuck? There may be times when we feel lost, even with this simple question. A fear of commitment or feeling overwhelmed can pre-

vent us from brainstorming freely. This has happened to me. I know what it is like to stare at the blank page, feeling empty. A good starting point is to pull out your journal, or better yet an ordinary notebook, and begin by writing about how you feel. I like to use an ordinary notebook for these exercises as I don't feel any pressure to write beautiful sentences. I'm not distracted by any effort to use lovely penmanship, for no one but me will look at these notebooks. In fact, I scribble and babble in my notebooks, and when I feel like it, I tear the page out and crumple it up without any hesitation. A simple notebook accepts you right where you are at, without judgement, without any pressure.

Turn to your journal or notebook and write about how you are feeling and explore those areas in your life that you want to change.



*“Open wide your hearts.” ~ 2 Corinthians 6:13*

Here are some words that might trigger a response in you:

- relationships
- health
- work and career
- finances
- self-image
- home
- happiness
- fulfillment
- creativity

Write a simple statement that sums up how you are feeling in this moment. Here are some examples:

- “I feel bored and restless with my job.”
- “I feel lonely and want to share my life with someone special.”
- “I feel heavy and have no energy.”
- “I want to feel beautiful, vibrant, and happy.”
- “I miss my mother who died 2 years ago.”
- “I’m ready to heal a painful relationship.”
- “Who am I? I’ve been taking care of others for

so long, I don’t know who I am anymore. I want to rediscover myself.”

“I don’t know why I’m here. I just feel restless and anxious. I know I want a change.”

### **Selecting One Wish**

In order to open this door, you’ll need to select one area to focus on for the journey. You may find in the weeks to come that your focus changes. This is okay. But to get started, you need a singular focus.

About five years ago my list resembled most of those examples that I just shared. I had been a single mother for many years and feeling lonely. I was making enough money to get by and pay my bills. I was terribly bored in my job. I was overweight and my energy was really low. My wish list was long and it covered so many areas. Summed up it included desiring a loving relationship, a career using my creativity and artistic skills, and losing weight. I knew I wasn’t ready to tackle all of these areas at once. This is how I

decided where to start:

I asked myself, “Am I ready to welcome a man into my life right now?” The answer honestly was no. I was scared. I felt like I needed to first feel better about my body.

I then asked myself, “Am I ready to launch a new career?” The answer honestly was no. Again, I felt scared and not confident about my body image. I wasn’t ready to put myself “out there.”

I looked at my third desire and asked, “Am I ready to get healthy?” The answer was YES! It was clear that my first step was to feel better about my self-image before I could feel prepared to enter into a healthy relationship and a new, exciting career. To my surprise my first step was not to go on a diet or join a gym. The first area that needed my attention was my oral health. I had avoided dentists for so many years and developed gum disease. I had teeth shift-



*An intention is a vision that guides your thoughts, attitudes, activities, and choices.*

ing and chronic bad breath. My smiles were only grins as I was so self-conscious. The shame I felt about not taking care of myself had such a grip on me that I couldn't even say the word dentist without crying. It became clear to me what my first step would be and it scared me. My positive intention was, "I'm ready to have a healthy smile."

I share this story with you to help you discern your core desire at this moment in time. I hope your dreams are not as scary as mine had seemed to me, but if they are, I want you to know that you are in a safe, loving place to explore your desires and take brave steps. I have to tell you that the people I met at the dentist's and periodontist's office were so nice, helpful, and encouraging. Today, I can smile confidently and I no longer have that embarrassing bad breath. I started with getting a healthy smile and this in turn gave me the confidence and courage to pursue my other dreams. I feel so amazing and I want YOU to feel just as amazing too.

This is just one of many stories of how I named a desire and made it happen.

### **Are you ready?**

Look over your list and ask yourself with each item, "Am I ready to..." Think about this desire. On the surface you might be ready and eager, but look a little closer. Is there anything holding you back? What areas need your attention first? Don't forget to breathe right about now if you are feeling stressed.

You may need to spend more time writing out your thoughts in your journal. Maybe you need to get your body moving? I've found that going for a walk helps me to work out my thoughts, feelings, and ideas, and to relax my body and mind.

### **Set your intention.**

Your positive intention will be your guide on this journey. An intention is a clear, positive statement of an outcome you want to experience. It

is a vision that guides your thoughts, attitudes, activities, and choices.

One way to approach writing an intention is to turn a current problem into an invitation for something new. For example, the problem, "I am disappointed by the many years I spent in an unhealthy marriage and I'm feeling lonely," can be reframed as, "I am ready to welcome a healthy and loving relationship."

### **Visualize and feel what you desire.**

Once you have identified what you want and set your intention, go lie down on your bed or couch. Focus on your breathing to relax your body. Allow your mind to drift. Take delight in imagining the details of your dream coming true. How will your life be different when this intention is realized? What does it look like? Who is part of it and most importantly how does it feel? Allow yourself to really feel the experience of what you desire. Experience it from all of your senses including the sights, sounds, smells, etc.



*A vision board will help you to work out the details of your dream in a non-verbal way.*

Sometimes we may feel some resistance when it comes to dreaming. Feeling guilty, not worthy, or a lack of self esteem may show up in the form of worry and judgemental thoughts. When this happens, focus on your deep cleansing breaths and release those unnecessary thoughts. Now is a time for dreaming and savoring what you desire. It is about feeling how wonderful your life can be. Allow your focus to rest on the “what” and not the “how.”

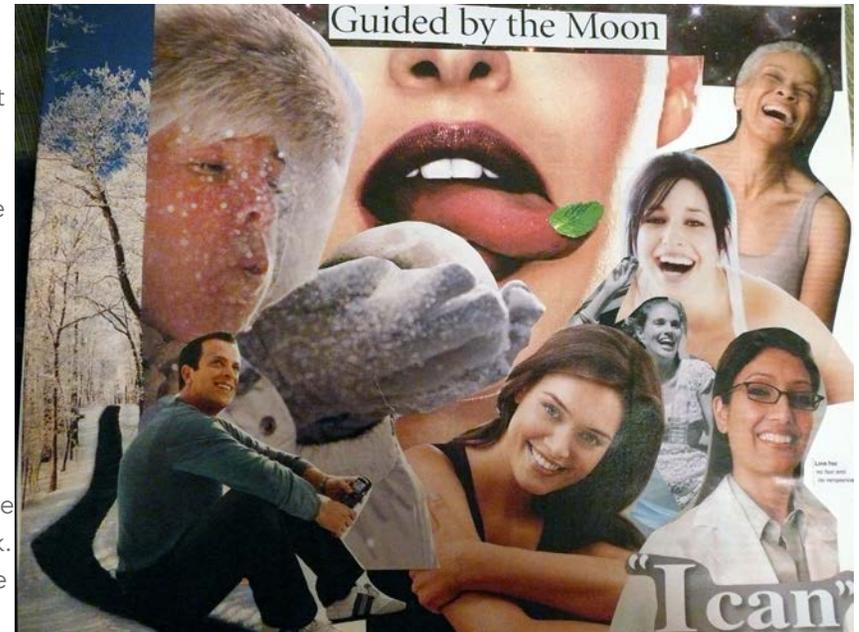
### **Activity: Vision Boards**

Vision boards have helped me to clarify what I desire and have even given me clues as to how the dream will happen. I created a vision board to go with my “healthy smile” dream and it gave me the courage I needed to go to the dentist. I selected photos of people to represent the dentist, hygienists, and other professionals who were happy to help me and were experts in their field. I found a photo of a gorgeous mouth and on the tongue was a mint leaf on the tip representing fresh breath. I added photos of women with big, toothy smiles and I imagined these were me and my friends having fun and laughing with ease.

To help you with visualizing your desire, make a vision board. It can be any size that works for you. I like working large, as there is room for many photos. Pick up a large piece of poster board. Grab a stack of magazines, and quickly flip through and cut out photos and words that catch your attention. All you need are a pair of scissors and a glue stick. Don't feel like you have to complete the vision board in this first week. You might start with a couple of pictures or words. Hang your vision board in a spot where you can see it. Over the course of the class continue to add to the board.

### **Trust**

Take a moment to close your eyes and watch your breath as it travels in and out of your body. Repeat these affirmations, “I am right where I need to be. I am ready to open the door and step through.”



**Pictured above is the vision board that helped me to work out my fear of going to the dentist. It was the first step in many transformations.**

L A M O

L O V E

