

THE 7-DAY

# Grounded Spirit Journal

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A gentle beginning to your Feminine Spiritual Awakening

*Lisa Northstar*

# Welcome, lovely woman.

I'm so glad you're here. Over the next seven days, we're going to take one small, grounded step each day — a short teaching, a moment of practice, a question to sit with, and an affirmation to carry into your day.

This isn't about doing more. It's about feeling more — and trusting what you feel. Each day builds gently on the last, and by day seven, you'll have a real taste of the work we go so much deeper into inside the full Feminine Spiritual Awakening course.

There's no right way to do this. Go at your own pace. Come back to a day if you need to. This is your journey — and you have not found this by chance.

Have the most truly wonderful day.

*With love, Lisa x*

## DAY ONE

# Your Awakening Begins

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Something in you has been waiting to wake up. Not to become someone new — but to remember who you were before the world taught you to doubt yourself. This is the beginning of your Feminine Spiritual Awakening: seven days to feel, not just think, your way home.

### TODAY'S PRACTICE

*What drew you to this journey? What are you hoping to feel differently by the end of this week?*

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***“I am ready to come home to myself.”***

## DAY TWO

# The Palms-Open Practice

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This is the heart of everything I teach. Sit quietly. Rest your palms open on your lap, facing upward. Keep your attention there — not thinking about what you should feel, just feeling. Many women notice a coolness, a light breeze, a gentle tingling. That is your divine feminine energy responding to your attention. This is the exact practice you'll deepen across all four weeks of the full course.

### TODAY'S PRACTICE

*Sit like this for two minutes today. What did you notice in your hands, your body, your mind?*

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***“My divine feminine energy is awake within me.”***

## DAY THREE

# Living in the Present

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So much of our suffering isn't happening now — it's a memory we're replaying, or a fear we're rehearsing. Thoughtless awareness means gently returning, again and again, to this moment. Not forcing your mind to be quiet — just noticing when it has wandered, and coming back to your breath, your hands, right here.

### TODAY'S PRACTICE

*What thought have you been replaying lately? Can you let it rest, just for today?*

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***“I release the need to overthink. I trust what I feel.”***

## DAY FOUR

# Your Intuition & Your Vibration

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Think of a time you just knew something — before anyone told you, before there was proof. That was never luck. That was your intuition, your own vibration, speaking to you in a whisper. The more you live in the present, the louder that whisper becomes — and the more your days will feel like they're unfolding at exactly the right time.

### TODAY'S PRACTICE

*Recall a moment your intuition was right. What did it feel like in your body, in that moment?*

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***"I trust my inner knowing."***

## DAY FIVE

# Your Feminine Qualities

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Compassion. Wisdom. Sensitivity. Intuition. These qualities live in your subtle system — and they have been overlooked by a world that rewards logic over feeling. They were never weaknesses. They are, and have always been, some of the most powerful qualities in existence. Their time has come.

### TODAY'S PRACTICE

*Name three qualities in you that the world has never fully recognised as powerful.*

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***“My feminine qualities are my power.”***

## DAY SIX

# Boundaries & Self-Respect

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For so long, I found it hard to stand up for myself — people-pleasing, always saying yes, apologising for things that weren't even my fault. A boundary is not selfish. A boundary is self-respect — and self-respect is one of your most powerful feminine qualities, ready to be used.

### TODAY'S PRACTICE

*Where in your life do you need a gentler, firmer boundary? Write the sentence you've been afraid to say.*

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***“A boundary is not selfish. It is self-respect.”***

## DAY SEVEN

# Becoming Your True Self

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This was never about becoming someone new. It was about remembering who you already are — the version of you who trusts herself, sets boundaries without guilt, and knows what to do because she feels it. Seven days was only a taste. Four weeks, guided meditations, live calls, and a community of women can take you all the way home.

### TODAY'S PRACTICE

*What would your life feel like if you trusted yourself completely? Let yourself imagine it fully.*

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***“I am becoming — and remembering — my true self.”***

# This Was Just the Beginning

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If these seven days felt like coming home, even a little — imagine what four weeks could do.

Inside the Feminine Spiritual Awakening Course, you'll go deeper into everything you've tasted here: the palms-open practice, living in the present, your intuition and your feminine qualities, and setting boundaries without guilt — supported by weekly live calls with me and a beautiful community of women walking this path beside you.

[Join the Feminine Spiritual Awakening Course →](#)

Have the most truly wonderful day.

*With so much love, Lisa x*