

Whispers Within:
*Journal Prompts for Deep
Intuitive Listening*

By Emily of Earthbound Divination

Seeker...

Welcome, and thank you for choosing this sacred inward path.

This collection was created with love and intention to help you attune to the subtle, powerful wisdom already alive within you.

Whether you are just beginning to trust your intuition or seeking to deepen your relationship with the unseen, this space is here to meet you exactly where you are.

There's no "right way" to listen inward—only your way. Trust that. Inside these pages, you'll find:

- Gentle prompts to open the channel to your inner knowing
- Space to explore the whispers, visions, and nudges that guide you
- A sanctuary to practice sacred listening with yourself

Let this guide be your companion — part ritual, part conversation with your soul, part mirror for your truth.

Let it evolve with you, just as your intuition will.

With gratitude,

Emily

Earthbound Divinations

How to Use These Prompts

This journal is a blend of guidance and freedom.

Use the prompts within this freebie whenever you're seeking reflection, clarity, or deeper self-awareness.

Use the blank pages of your journal however you feel called — to dream, to explore, to simply be.

Let your intuition lead.

Let this journal support your trust in it.

Using the Prompts:

- Choose a prompt that resonates with your current energy or curiosity.
- Let your thoughts flow freely — there are no wrong answers.
- Return to favorite prompts over time to notice how you grow and change.

Other Ways to Use Your Journal:

- Write daily reflections, dreams, intuitive nudges, or gratitudes.
- Create your own spreads, rituals, or affirmations as you feel inspired.
- Sketch symbols, signs, or visions that come through during meditation or quiet moments.
- Simply hold space for your evolving story — even when no words come.

Tips for Deepening Your Practice:

- Set aside a few quiet minutes each day or week to journal intentionally.
- Revisit earlier entries and notice patterns, growth, and new layers of wisdom.
- Allow this journal to evolve with you — part ritual, part mirror, part sanctuary.

Intuition Journal Prompts

- When do I feel most connected to my inner voice?
- What does my intuition sound like — a voice, a nudge, an image?
- How do I distinguish fear from intuition?
- What signs, dreams, or symbols have been showing up for me lately?
- What truth have I been resisting because it feels uncomfortable?
- What happens when I follow my first instinct?
- Where in my body do I feel "yes" and "no"?
- What sacred guidance have I ignored in the past — and what did it teach me?
- How can I create more space for sacred listening in my daily life?
- What message does my highest self want me to hear right now?

Art Journal Prompts:

- Create an abstract painting representing what "intuition" feels like.
- Draw or collage symbols that frequently appear in your dreams.
- Illustrate a conversation between you and your higher self.
- Paint a doorway or portal — what's waiting on the other side?
- Use watercolors to express the feeling of a "whispered truth."
- Sketch a visualization of your inner sanctuary — where your soul feels heard.
- Create a mandala intuitively, without planning — just letting your hand flow.
- Illustrate the first vivid image that comes to mind when you think "trust."
- Make an "intuitive map" — lines, colors, and shapes representing how you move through decisions.
- Draw or collage a listening figure — human, animal, or mythical — that represents sacred listening.

Thank You

From my heart to yours — thank you for choosing to listen, to trust, and to honor the sacred voice within.

I hope these prompts have helped you hear your inner wisdom more clearly and deepen your connection to the guidance that's always been yours.

Your energy, presence, and intuitive practice matter more than you know.

It's a true honor to be part of your sacred unfolding.

If this journal resonated with you, I'd love to hear about your experience! Your feedback helps me create even more tools for soulful, intuitive living.

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Let's keep rooting, rising, and blooming together.

With deep gratitude,

Emily

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