



Planting Seeds of Light

A 30-Day Journal for
Conscious Creation

By HOLLY MATSON



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About the author:

Holly Matson is a holistic business communications consultant focused on supporting the metaphysical, spiritual, and holistic communities. She combined her many years of corporate business expertise with her love of all things Spirit to create *Lightseeds by Holly*, providing proofreading and editing, marketing communications, text-to-video and more, for those popularly called "lightworkers" – so they can spread their light to empower and enlighten others.

"I have used the processes outlined in this book to effect major change in my own life and was guided to share with others. My wish for you is that you learn how powerful a creator you really are. If I can come 'up from the ashes' of some serious challenges to create a life of abundance and happiness, then most certainly, YOU CAN TOO!"

~ Holly Matson

Introduction

I am so glad this e-book found its way to you! Or you to it, depending on your viewpoint. What you focus on grows, as anyone knows who understands the basics of quantum physics. Our mere observation of an energy changes the characteristics of that energy. And this book is ALL about changing energy!

This guide is intended to help steer you on the journey of your choice. I'm not going to tell you what to do or how to do it – only YOU know that. But we all benefit by road signs along the way, and those little information stands here and there to tell you that something interesting happened here, right at *this* spot. My intent is to offer you some “thinking points” to help you live an awake and aware, consciously-created life.

These points will cover the main categories of an examined life:

Body



Mind



Spirit



Relationships



Work



Each page offers you a topic of the day. Take a few minutes at the start of your day, before you get caught up in routine, to think about the idea presented to you, and make some notes about how you can consciously create your day around that topic. Then at the end of the day, right before you go to sleep, look back and think about how your creation went. What did you learn about yourself? What success or triumph did you experience? What would you like to change tomorrow?

How to use this e-book

I recommend purchasing a nice bound journal for these exercises, something that will add to the pleasure of the co-creation. You may instead wish to use a pad or other notebook. Grab your favorite pen and reserve the time morning and evening to sit quietly, undisturbed, to focus on your desired creations.

You could, of course, type your thoughts into an online journal, however I find that the physical act of writing by hand adds to the focused energy on the topic.

Be sure to review your thoughts after the 30 days have passed, noticing what has changed in your life. And of course, since you have this journal downloaded, you may wish to go through the process again in the future and create from your new vantage point. After all, we are constantly creating anew!

Above all, have FUN with this. The energy of FUN is closely related to the energy of love, and no force on earth is as powerful a creator as love.

Day One

Body

Do you start your day in hurrygottarunhurrygonnabelate mode? That's exhausting! Stop right now and BREATHE. Take a very deep breath for 5 beats, hold it for 2, let it out for 5. And another. One more time. Now, what one thing do you feel (key word: *feel*, not think) you want to start the day with? Do that. There, feel better?

As you go through your day, check in with yourself and repeat this breathing exercise, especially when you feel rushed or tense. You'll gradually train your body, mind, and spirit to go through your days with ease and gratitude.

Notes:

Day Two

Spirit

Who (or what) is the most meaningful spiritual teacher to you? Jesus? The Buddha? Mother Mary? Abraham? An Archangel? Someone else? With whom do you feel the most connection? Take time right now to connect on a very deep level, whether through a book, a meditation, journaling, or even speaking to the being out loud.

In our rushed lives we often feel disconnected from Spirit. Taking a few minutes several times a day (in the bathroom is ideal!) to talk with your "spiritual best friend" will help you stay calm, connected, and aware.

Notes:

Day Three

Mind

Take a load off – delegate! Make a list of tasks you simply do not have time for, cannot do, or just don't want to do, and match each item with someone to do it for you. Coworkers, family members, friends, hired help, neighbors... there's always someone! The relief you feel as you release the need to remember, focus on, and plan for these tasks will be so healing. This leaves you the time to do things that only you can do or that you love to do.

Ask these contacts to spread the word about your needs – word will reach just the right person in no time.

Notes:

Day Four

Work

When you get to work today, whether that's at home or outside of the home, take a look around you. What do you feel? Not think, FEEL! Do you feel cramped, cluttered, pressured? Or do you feel excited, free, connected? If the former, do something about it right now: 5 minutes of filing, or dusting, or de-cluttering, or clearing email, or making a list, is like eating that elephant...one bite at a time!

Make sure your surroundings reflect the way you want to feel, and you're more likely to feel that way!

Notes:

Day Five

Relationships

Think about your “significant other” and deeply feel gratitude for this person. Write out, or better yet speak out loud, five things you appreciate about the person. (Doing an “action” like this puts more energy into the Universe.) Then express your gratitude to your partner for who they are, what they do and what they bring to your relationship. We all need to connect on this deep level.

And remember...what you focus on grows. As you think and feel more gratitude in the context of your partner, you will witness more and more things to feel grateful for!

Notes:

Day Six

Body

Are you at your ideal weight? Many of us are not. Do not judge “ideal” by others’ standards. What is ideal for YOU? At what weight do you feel most powerful, healthy, energetic? What one action can you take today for even just a few minutes that could lead to that goal?

Make your walk 5 minutes longer. Roughhouse with your kids or dog. Start your day with a very healthy breakfast. Do yoga or dance like a wild thing! And drink LOTS of water!

Notes:

Day Seven

Spirit

Take a look around where you do your work. Does it reflect your spiritual beliefs and feelings? If not, make a change now – move items with inspirational meaning into your workspace, print out your favorite motivational quote, purchase a print that speaks to you. Lovely music or incense will also add to the atmosphere.

You spend a great deal of time and energy, your personal essence, doing your work, and the space in which you do it must feed all parts of you! These physical reminders of your spiritual being will help you stay connected with Spirit, with those you serve, and with *yourself*.

Notes:

Day Eight

Mind

You know that what you focus on grows, right? When you know what you don't want to experience, you have a starting place for what you DO want. Think of the most important thing you would like to change about your life. How do you *feel* about it? Try changing your perspective 180°. Instead of "I feel like my business is stalled," say "I am excited to watch as my business grows by leaps and bounds."

Write it down, speak it aloud to the Universe! This is the kind of practice that will change how your subconscious mind works and will amplify your intention.

Notes:

Day Nine

Work

How do you organize your daily schedule? Come up with a great plan to organize your precious time!

Here's how I do it: I have a master to-do list of every task for my clients and for myself, and as my last task of the day, I number 4-5 of them in order of priority to be done the next day. I note those that can wait just a bit longer with which day I intend to tackle them (just as a reminder), which varies depending on appointments or other commitments. As new tasks are added to the list, I continue to note goal completion dates so I never drop the ball!

(Bonus tip: I have an email folder marked "followup" into which go any emails regarding these tasks. As the work is done, the email is deleted.)

Notes:

Day Ten

Relationships

Who is the first person that comes to mind when you ask, "Who is overdue for a long talk?" Take time NOW to contact that person and make arrangements for a long chat, or a catch-up lunch. These relationships are precious, and deep friendship is critical to our well-being. Don't let an important relationship go by the wayside just for a perceived lack of time: make time!

Notes:

Day Eleven

Body

We all change shape with age and level of activity. Up or down a few pounds, certain areas traveling a bit southward. Do you have an entire closet filled with clothing you have not worn for years? Let it go! Pull out some items you have not worn in at least a year and choose a charity that would make great use of them.

If you find it hard to let go of an item, put it on and look at yourself – really *look*. You'll probably notice it doesn't fit your body, or your lifestyle, or your age any longer. And that's just fine – every lovely tree changes shape as it grows!

Notes:

Day Twelve

Spirit

List as many positive traits about yourself as you can – set a timer if you wish. Here are some words to get you started: talented, attractive, smart, creative, happy, eager, ambitious, loving, loveable, funny, kind, generous, resourceful. Write them down – writing has power! Here's a great list of possibilities:

<http://positivewordsresearch.com/list-positive-adjectives/>

The more you love about yourself, the more you will find to love about others. It all begins within!

Notes:

Day Thirteen

Mind

During what time of day are you the most productive and alert? Early morning? Late afternoon? Pay attention to your calendar and to-do lists today. Reorganize if necessary so that the items needing the most of your attention occur during your productive times and leave more mindless tasks like cleaning or filing for when you're not as alert.

Over the next couple of weeks, if you watch for patterns in your energy level, you'll find you're getting more done because your energy is being used productively.

Notes:

Day Fourteen

Work

Take a few moments today to connect by phone, social media or email with someone you admire in your field. Thank them for an idea they presented, comment on something you read, or otherwise show your appreciation for their leadership. Be genuine, without trying to "sell" the person on you and your business.

The goal is dialogue...genuine connections.

Notes:

Day Fifteen

Relationships

Your primary relationship is with yourself. Right now, before you start your day, come up with a list of ways to reward yourself today for being YOU! A fragrant bath with essential oils, a bouquet of fresh flowers, a nap, a fun \$5 purchase, a fancy lunch, a kiss for your lover, a smile at yourself in the mirror...Think of more!

Throughout your day, take a quick minute to smile at yourself in the mirror (don't laugh – it works!) or take a deep breath, look within, and feel immense gratitude for who you are.

Notes:

Day Sixteen

Body

Stop what you're doing right now. (Yes, I know, you're reading this assignment.) STOP! Stand up and strettttccchhhh. First to the left, then to the right, then backwards (careful now!), then touch your toes. Reach your hands to the sky and take a deep cleansing breath. Better now?

Especially if you work on a computer (as I do), it is critical to your mental and physical health to use your body. Take a moment often during your day to stretch, walk, dance, do yoga, or perhaps some Tai Chi moves. You'll notice as your health and productivity improve.

Notes:

Day Seventeen



Take a look out of your window. What is the first thing you notice? Make it positive: a bird chirping, blue sky, soothing rain, wind in the trees. We are deeply connected with the rhythms and cycles of nature. Tune in to that energy.

Keep a bit of nature with you in your work space, and certainly in your home. Even if you have a black thumb, you can find a relatively kill-proof plant, or perhaps cut flowers, to bring nature indoors. At the very least, allow your spirit to soar by gazing at the sky and appreciating the beautiful world we live in.

Notes:

Day Eighteen



Consider how to take a load off... a list! Don't cringe – a checklist or to-do list allows you to stop trying to remember everything; use your brain to think and not to remember! At the beginning of each week, write down everything you can think of you need to do this week. Put a star beside the most time sensitive and start with those.

This allows you to focus on the priorities of the day without getting stuck on, "There's too much to do today!" Tomorrow will bring its own opportunities and joys!

Notes:

Day Nineteen

Work

Take a look around your work area – is it a mess? Start your day with a quick tidy-up. File five papers, empty the trash, straighten the piles, and put away what you're not working on. *Poof* – in five minutes you can start fresh!

It's a really good idea to get in the habit of doing this at the *end* of each day as well. Closing your work day with the energy of "clearing" will help you start again tomorrow with less physical, mental and spiritual clutter.

Notes:

Day Twenty

Relationships

Who is your favorite client? If you don't have clients, think of your favorite co-worker. Write down ten reasons they're your favorite and focus on attracting more with those characteristics. The act of writing by hand puts more *oomph* into that energy than typing does.

Then look at the work style (i.e. methodical, organized), communication style (i.e. clear instructions), and services or support you offer that person that totally jazz you.

Throughout your day, continue to focus on both sides of that equation and over time, watch more clients with those characteristics come to you, so that you can do more of what jazzes you!

Notes:

Day Twenty-One

Body

Pay attention today (and every day) to your body's rhythms. When do you need to eat? To rest? To play? Is there a time of day or day of the week when your body wants the most attention? Make note of those times in your journal.

Note when you get distracted, sleepy or groggy, impatient, or restless. Our bodies speak clearly, but we often ignore them. If you get caught up in working all day, schedule breaks when you know your body speaks to you.

Notes:

Day Twenty-Two

Spirit

How open are you with family and friends about your spiritual beliefs? With whom do you feel completely safe discussing your views? Reach out today and connect with someone who shares your beliefs or overall attitude about life. Connect on social media or an email, make a phone call. Find a community online or in Facebook that shares your religious or spiritual beliefs and share an idea now and then.

Your belief is **YOURS** and cannot be "wrong." Whatever path you choose to the divine is just fine, regardless of what anyone else says.

Notes:

Day Twenty-Three

Mind



Are you predominantly left-brain (strategic, linear, analytical) or right-brain (creative, big-picture)? Do you try to force yourself to tackle tasks that don't fit into your model? My brain is basically balanced between analytical/logical and intuitive/creative, so I am good at a variety of tasks. But I most enjoy those that are creative and serve a purpose.

Try this fun quiz to see where you land:

<https://testyourself.psychtests.com/testid/3178>. What is your score? What can you shift in your life to take better advantage of your mind's best skills?

Notes:

Day Twenty-Four

Work



Stop complaining! What is one thing you've been complaining about that you have the power to change? Where your desk sits? How you schedule appointments? Filtering your emails? Write down some aspects of your work environment, systems and tasks that you could improve. It only takes a few minutes to chip away at the "don't like" to reveal the "that's better."

Change one thing now and notice how you feel, and how more smoothly your day flows.

Notes:

Day Twenty-Five

Relationships

Are you a loner or do you thrive in groups? Do your social life and work life reflect that part of you? If you work alone at home but are a social butterfly, you may feel stifled. And conversely, if you work in a noisy, busy environment when you're an introvert, you may feel stressed and defensive.

Think of ways to take immediate action to improve this situation. If you feel stifled, take a lunch break away from the quiet and interact with others. If you need crowds, visit a mall for lunch or plan to meet a group of friends.

Notes:

Day Twenty-Six

Body

Do you feel bored or dissatisfied with your appearance? Are you pleased when you look in the mirror? Understand I am not talking about society's obsession with appearances, but with your own acceptance of, and pleasure in, your physical body.

A quick pick-me-up might be a change in hairstyle, a new accessory, learning some tai chi or yoga to improve energy flow, or practicing smiling. Yes, that sounds silly, but it's been proven to shift your mood to regularly smile, even when you're alone!

Notes:

Day Twenty-Seven

Spirit



Where do you feel most connected to Spirit / God / Universe (or whatever name you have for the Highest Power)? In nature? Quietly meditating or praying? In church or synagogue? Doing rituals? Noticing signs from nature? How often do you make this connection?

We are all plugged in to that universal energy flow, regardless of the name we give it. Some choose to ignore or block that flow, and others embrace it. Be sure to notice this connection today, and stay plugged in. The more you notice it, the more you'll notice it!

Notes:

Day Twenty-Eight

Mind



What is your usual mindset? Are you overall a positive person, or are your usual thoughts fearful and negative? You can find out by noticing your thoughts. A handy trick: keep a recorder in your pocket for a couple of hours and verbalize your thoughts or record your conversations with others. Notice the frequency of positive or negative thoughts and words.

Here's a quick turn-around if you learn you're predominantly negative (and remember, "negative" just means less light). Write a list of the things you are truly grateful for and appreciate in your life. Really FEEL the emotion of thankfulness as you write. Before bed and as you arise, read the list aloud, add to it, and feel it. Over time you'll notice a remarkable change in your life.

Notes:

Day Twenty-Nine

Work

What tools do you need to do your work? Whether you're the boss or someone else is, inventory your tools and equipment. What items are obsolete and need to be upgraded? What can be donated? What can be thrown out? What needs to be purchased?

From paperclips and pens to computer equipment, it is important to have on hand what you need to serve your clients and yourself. Make a list now and take action to obtain what you need so you can improve efficiency and productivity, as well as ease in completion of the work.

Notes:

Day Thirty

Relationships

Is there a past relationship that is hanging over your head, unresolved? Someone who you perceived wronged you, or that you wronged? What emotions do you feel about that situation? Embarrassed, angry, resentful, ashamed? Holding onto the situation causes you to hold onto these less-than-pleasant emotions.

Forgive. Start with yourself. Forgive yourself for your ignorance – you didn't know another way at that time. Forgive the other for his or her ignorance – he or she also did not know a better way. And now you do. Remind yourself of how loved you are – FEEL it.

Notes:

And now...

The end!

We've come to the end of the journey – this time anyway.

Go back over your observations from the daily “lessons.” In what categories did you feel the most motivation for change? In what areas do you feel content as you are? Use these creative questions to continue to make changes to your life.

Remember, YOU have the power – use it wisely!

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