

# How to Use Your SoulArt Frequency Journal

## ■ Welcome to your SoulArt Frequency Journal ■

This journal is designed for digital use on iPads and tablets, especially with apps like:

- GoodNotes
- Notability

Here's how to use your journal:

1. Download the PDF journal file to your device.
2. Open your chosen journaling app (GoodNotes or Notability).
3. Tap the '+' icon or 'Import' option and select the PDF file.
4. The journal will open as a digital notebook.
5. Use your Apple Pencil or stylus to handwrite directly into the journal pages.

## ■ Tips for a Beautiful Experience:

- Use the daily space for your emotional check-ins, reflections, art, or colour journaling.
- Let your intuition guide you. There's no wrong way to explore frequency.
- Add SoulArt stickers, affirmations, or colour splashes if desired.

■ Your journey begins with 'Be Courage' and flows through other frequencies such as Love, Joy, Peace

## ■ Want to go deeper?

- Visit the SoulArt Temple for meditations, frequency tools, and live activations.
- Explore our wearable art, colour resonance cards, and digital snapshots at [www.soularttemple.com](http://www.soularttemple.com)

With love and high frequency,  
Soraya ■