

Journalling Challenge 'Letters to the Soul', Day 5

- Live Call **7pm UK**

Self, Life, Sharing.

Life:

Reconnection, Resources, Sharing.

Day 5 is a half-way point on our journaling challenge journey and it calls for a mid-way review and any adjustments in the way we are making our journey which may feel needed. Day 5 is also a first attempt at the integration which may be described as: the Self on the Life Path or: *a panoramic view of you on your path weaving together various life experiences.*

- We'd really love to know how you are feeling at this mid-way point

Here is a plan for today and an index for your future work:

- Sharing our impressions and needs (Sunday homework)
- Centering, Acupressure practice
- Reconnection exercise (original Plan and Gifts)
- Resources exercise (treasure chest)
- Current Resources (practical list)
- Landscape of your Path exercise
- Sharing
- Letter to the Soul Day 5
- Theme of today
- Homework: tips for your journaling practice
- Pause and acknowledge
- Day 5 Resources.

Please express your needs, ask any questions, share your experience and make all the exercises suit you.

Happy Journaling!

NB: don't forget your coloured pencils and let your creativity run free especially when making an actual drawing for the *Landscape of your Path* (p 8)

Current Resources: finding, activating and using resources

Now please make a purely practical list of your current resources, the 'here and now', readily available type (this is another list writing practice). Recognising and *activating* our resources is an important awareness and support for our daily health, wellbeing and fulfilling life. We will start with simple and obvious resources and then progress to discovering our true talents. You may choose to focus on any life area in your search for resources: people; skills; the roof over your head and any useful material things you own such as cloths enhancing your sense of Self; places which makes you feel alive...and so on. This is especially important exercise if any of your reflections from p4 felt well...sensitive. Being 'in a resource' gives us hope and strength!

- Which resources have been with you throughout your life (strong health, good looks, mental power, great friends, inspiring profession, able body, clear mind, loving family, access to nature), what is it that you feel you were gifted with, which stays with you on your life journey, more or less unchanged?
- Make a list: aim for at least 10 now but 20-50 is ideal as a homework
- If you feel that something is missing, incomplete or could be greatly improved, which resources you feel you need and can *create*?
- Which discovered resource is most important/you need right now? Circle it
- Which resources that you currently need, you are going to activate, optimise and use: today - or tomorrow/this week/this year/this project you are currently working on?

1 _____

2 _____

3 _____

4 _____

5 _____

6 _____

7 _____

8 _____

9 _____

10 _____

Sharing: expanding on our awareness of existing resources

- Which resources that other people shared today in this group that you also have (or can easily activate), but forgot to list here or didn't see as a resource
- If there is anything on this list which you may also benefit from right now? Please circle it

Please draw a Map of your Life's Landscape here

Letter to the Soul, Day 5

Please write free style and let your Letter be as long or as short as you want (you may use the following summary of today's exercises as prompt ideas).

'Hey Soul :) We are half-way there - and I feel.....'

And look what we found in our treasure chest!!!.....

Resources (abundant!): I especially needfor today/this week/month/time in my life.

And here is what I have been sharing with others - often without realising it fully, Soul:

And... I'm fascinated with what transpired on the Landscape of the Path.....'

What do we need for the second part of the journey? I'm here, I'm listening.'

- Please continue as a free style writing

The theme of today

- Please have a look at everything you've written
- If there was an overarching theme, a certain pattern or a main keyword to sum up your journaling, what would it be?
- Please write it down: 'The theme of today is _____'

Practical tips and homework

- Please finish your Resources list (from p4): 20 is minimum but at least 50 is ideal

Decluttering:

- Clutter clearing in any area of your life and home will also reveal a resource, without a fail (hidden under the mess....) which we already have; built but forgotten or never actively used...
- Here your Day 2 exercise can come in for a practical resolution if you haven't already done so: you can plan and schedule (and enlist help if needed) to clutter clear and transfer the space you least liked in your house
- Alternatively, make a list of areas in your home which need decluttering.

Structured stream writing - finishing with a question at the end of a free write stream:

- Which resources do you have right now, related or not to the 'treasure chest'?
- What is your resource which you need for today and how you can use it best?
- Do the 'resources' exercise with somebody close to you (spouse, family member, friend) to have a discussion and share the lists of resources for more ideas.

You fed your Soul today

Now pause for a moment and close your eyes to reflect on everything we did today: embrace the flow of insights and ideas triggered by this day's work and leave room for deeper exploring and putting things in texture and colour to shape up and be finally translated into practicalities of your daily life.

If you feel like having a supportive and fun company, please join us at the Cafe Self. Making a pause and acknowledging that we did something good for ourselves may be equally as important as actually doing the work. Stop at it, see it, feel it: *you fed your Soul today.*

- Please log in to your [Day 5](#) Resources for links to related articles and videos

Till tomorrow,
Irina xx

Brief Summary of Day 5 Resources

- Memory Zone: connect with the [Zone of Memory, Inner Light](#) (area of the upper sternum)
- Acupressure: alternatively, tap or press the points at the end of Kidney meridian as pairs
- Colourpuncture: [colour Red](#) over the entire area
- Dreamwork: massage with the [Oil Relax](#) over the entire area.