

## **Journalling Challenge 'Letters to the Soul', Day 1**

- Live Call: **Zpm UK**

### **Self, Life, Sharing.**

#### **Self:**

A pure, unadulterated, wild and unapologetic - You.

Welcome to Journaling Challenge 'Letters to the Soul'!

We hope you will enjoy the experience and we are here to answer your questions. Please express your needs, share your impressions and ask for clarifications if needed.

This is our plan for today; this is also a useful index containing the names of exercises for your future journaling work with this file:

- Yin and Yang of Journaling
- Basic Stream writing practice: time, space, and Aha! moment-bound journaling
- Reflection on your stream writing: natural vs insightful
- Centering, Acupressure practice
- Prompt writing practice: One Important Thing
- Prompt writing practice: the Daily Self, the Inner Self
- Prompt writing practice: The Land of Self
- A Letter to the Soul, Day 1
- The theme of today
- Homework: tips for your journaling practice
- Pause and acknowledge
- Day 1 Resources.

Please feel free to reach out with any questions and make all our suggestions and exercises suit you, including choice of wording, length of the exercise etc.

Happy journaling!

NB: for best creative results, please have your coloured pencils or felt tips at hand when you write; on some pages you may feel like adding a simple drawing or a doodle :)







## Reflection on your stream of consciousness writing: natural vs insightful

Look back at your 3 pages of stream of consciousness writing: time, space and Aha! moment bound:

- which one felt most *natural* for you? Please highlight it in the colour which feels most natural, familiar colour for you - which colour is it?
- which one brought you most *insight*: time-bound, space-bound or Aha!-bound journaling? Please highlight it in a colour which you like or intrigued by but this colour isn't quite part of your life right now, it's a fresh idea for you - which colour is it?
- compare 'most natural' and 'most insightful': which one will you use in your further writing for today or for the duration of the challenge?
- if the same practice felt both natural and insightful, that great - if not, that's fine too, just choose which one you will use for now: please circle it and use it in further exercises.

## Prompt writing practice

Prompt journaling is a really good practice if:

- you don't like the idea of an empty page
- you would do with some initial little push or/and
- you want to go deeper into a particular topic
- you want to focus on a more specific question (why; when; what for; where)
- you want to do something really specific such as explore the body-mind connection and journal focusing on names of your Acupressure points, Reflex Zones or Dream Zones or/ and if you use journaling as a tool to process your body therapy practice.

We will be prompt journaling a lot during the entire challenge.  
Today, your prompts will be focused on YOU.

## Centering

Before we start, to better connect with yourself, you may use one of the practices you use for centering yourself (such as mindfulness, breathing) or use an area of the body which is close to an Acupressure point and a zone in the 'Tree of Life' system related to 'the Self':

- in Acupressure this is the area around an Acupuncture point Ren 12 (midline of the body, midway between end of sternum and navel)
- in the 'Tree of Life' this area around the Solar plexus relates to the 'Tepheres'
- in Colourpuncture the area *opposite* to Ren 12 (on the back) is called Vitality or Life (you may also try to connect with one hand to the Solar plexus area/Ren12 in the front and with another hand to the Vitality or Life area on the back).

This is an optional step but it will make your whole experience much deeper and more 'anchored' on the body.

- Please place both hands over the Solar plexus area, close your eyes and feel yourself in your body in this moment of time
- Breeze deeply for a minute or two
- Open you eyes and if there were any insights/images or body felt senses, write them here

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## Letter to the Soul, Day 1

Here is an example of some prompts for the Letter if you need them. Writing the Letter to the Soul, remember that just the same as in the Land of Self, there are *no roles and no rules*; we aim to arrive at and reconnect to *our very essence* observing ourselves with a keen interest: as an imperfect but a totally unique human being; a work-in-progress; on a quest, exploring this uncharted landscape - in this body, in this lifetime. Choose your style, your words and what you would like to include in your Letter, below is just an example and some generic prompts.

*'Hey Soul! (or Inner Self, choose your word from page 7) This is Me....  
I'm inviting you to a dialogue/let's sit down for a talk (be as formal or as casual as you like)  
I'm willing to share and I'm willing to listen.*

*The 'Important thing about Me' today turned out to be related to the past/present/future (choose one); and it is real/imaginary (choose one).* Please include your description as per Important Thing about me (page 6) if you wish and/or expand on it.

*This is who I truly am....* Please include your description as per your solo journey to the Land of Self (page 8).

Please carry on with your stream writing (time, space or Aha-bound; once again, the Aha - practiced and mastered properly - tends to be the shortest and most to the point) as the Aha can be just one word; one image; one feeling; one sentence - just One Thing which we can immediately connect with and feel into as soon as the question is asked with a prompt; and then we can easily translate this into our writing.

Here are some more generic prompt ideas for the Letter. Please choose your own words which will resonate with you as you write:

*'Soul...now you know who I truly am...*

*And here is something I never really understand myself/told you before but I'm telling you now...*

If you feel like something is clear enough to write from here in your own words, please do - or use some more prompts:

*I'm feeling you: all your hurts, self-blame, doubts and inconveniencing....*

***Please understand*** that in order to navigate some hard life patches (some imposed, many self-created: I sometimes do (example: do too much - do at the expense of feeling and being and even reality checking OR procrastinate and doubt what I know to be my life's work and what needs doing) - insert your favourite self-inflicted pain/un-constructive behaviour here)....

*I sometimes make less than wonderful choices....  
I sometimes choose less than wonderful words to communicate with people and with myself....  
I know that sometimes my less than wonderful words and choices spontaneously surface as a re-enactment and an unconscious attempt at reframing....*

*Hey Soul....I'm sorry I left you in tears so many times as I was trying to put on a brave face and carry on....*

*I'm sorry for the intermittent communication....*



## The Theme of Today

- Please have a look at everything you've written today
  - If there was an overarching *theme*, a certain pattern or a main keyword to sum up your journaling, what would it be?
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## Homework: simple tips to practice in your journaling

Here is the simplest, most obvious and immediate outcome of your daily journaling no matter how brief or fragmented: use your stream of conscious writing to make better plans and fine tune your to-do lists, honouring your needs as they surface in your journaling.

- After you finished your daily stream of consciousness writing (15 min/A4/Aha!), go back to read your entry 1) for interest and 2) to use your notes to create or improve your daily to-do list. You can either go back to read - or, with some practice, even as you are writing - highlight everything to do with your plans for the day ahead (or the next day if you write in the evening). Choose an appropriate colour or bold the words which can be used for your to-do. I personally use **bold red underscore** so I see the to-do easier in a long text.
- What would be your preference to highlight new/better aligned daily plans as the transpire in your journaling notes?
- If you do a rather big or busy (or a strategic and monumental) write up, you can then slot in these to-do items into other days of the week, month or year. I journal on my computer, in Pages and currently aim to plan my days about a month ahead so any outstanding to-do can be transferred on as needed. My next aim is a (seasonal) quarter plan so I can easily use my daily stream journaling to get my to-do into a Calendar, to make Zoom links etc.
- What would be your preference to log in your to-do items for future days?
- What was on your to-do list for today/tomorrow? Cross check your planned to-do with your inner, more real and better aligned 'want-to-do' as per your journaling entry
- Plan to keep your journaling tidy - ideally daily; then it's easy if needed to look through it weekly; monthly; yearly for 1) interest and 2) completed or overlooked entries. Play with it.
- What is the best time of the day/day of the week/day of the month/day of the year for your daily, weekly, monthly writing? Reading? Analysing? \_\_\_\_\_

Trust your journaling insights. If your work day is flexible *do not be afraid to change the whole flow of your day* especially if you are a naturally an overly-orderly person.

Carve out some Soul play time in your day by including just one need/longing/joy/pleasure/comfort for yourself, as these appear in your journaling.

## You fed your Soul today

- Pause for a moment before we complete our Day 1 journaling ... close your eyes and reflect on your writing: embrace the flow of insights and ideas triggered by this day's work and leave some room for deeper exploring
- Let things shape up in texture and colour to be finally translated into practicalities of your daily life
- If you feel like having a supportive, motivating and fun company, join us at [Cafe Self](#)
- Making a pause and acknowledging that you took time to do something good for yourself is *equally as important as actually doing the work*
- Dwell on the positive...pause, see it, feel it - stay with it a little longer: you fed your Soul today - and your practice today will support you for years to come when you journal!

Notes

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Please log into your Day 1 for ALL Resources (links to related reading/videos).

Till tomorrow,  
Irina xx

#### Brief summary of Day 1 resources

These are Acupressure based suggestions for the Day 1; this is optional but will make your whole experience much deeper and more 'anchored' on the body.

#### *Acupressure*

- Du 20 or 'Kether' (midline on the top of your head, in line with tips of your ears)
- Ren 12 (midway between end of sternum and navel) or/and the point opposite OR Tephères (Solar plexus area)

#### *Colourpuncture*

- 'Magic Triangle' (Ren 12 + Li13 (tips of 11th ribs) bilateral) in Yellow
- Du20: Blue to relax, Orange to Energise, Violet for trauma (to combine with Ki1 in Red)
- Spinal Stroke or/and Microsystems Spinal Stroke (hands and nose reflex areas)

#### *Dream Zone (massage or/and Oil Relax or/and Colourpuncture)*

- Zone of Power
- Zone of Joy
- Solar Plexus Zone or/and
- Zone of Vitality (opposite)

#### Advanced Colourpuncture:

- Aries and Leo chapters protocols
- Prenatal and Birth therapy
- Bardo therapy.