

## **Journalling Challenge 'Letters to the Soul', Day 2**

- Self-work

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

#### **Self:**

#### Reflexions.

Welcome to Day 2 of Journaling Challenge 'Letters to the Soul!'

We hope you have had an insightful Day 1 journaling work discovering pure, unadulterated, wild and un-apologetic YOU. Today we will continue this journey to Self through *reflexions*. We hope you will enjoy the experience. Please express your needs, share your impressions and ask for clarifications if needed.

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

- Self-reflection through 'witnessing'
- Peeling the layers: the '.....why?' or/and 'because.....'
- Peeling the layers: 'so it will lead to.....'
- Peeling the layers: pause.
- Centering, body
- Peeling the layers, 3 pages, 'Me in my usual routine and habitat'
- Some more about me...upon reflection (with Day 1 references)
- Letter to the Soul Day 2
- Homework: cross checking with energy levels + planning to read your writing
- The theme of today
- Day 2 Resources.

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

Happy journaling!

NB: remember to have your coloured pencils or felt tips handy for any creative drawing or doodles :)







## Reflection on your stream writing: which 'invitation' worked best

Have a look at 3 pages of your stream of consciousness writing - 3 different ways to 'peel the layers', which you practiced to uncover a deeper truth using short focused sentences and an 'invitation' to the next layer: link words 'why/because'; 'so it will lead to' or taking a simple pause:

- which one felt *most natural* to you? Highlight it in your 'most natural colour' which you chose on Day 1
- which one brought you *most insight*? Highlight it in your 'fresh idea' colour which you chose on Day 1
- compare 'most natural' and 'most insightful': which one you would like to use in your further journaling, today?
- if the same linking word was most natural and most insightful, that's great - if not, that's fine too; please just chose which one you would like to practice more (just circle it).

## Witnessing writing practice

'Witnessing' technique - which we will practice in a written form - is a real eye opener, a true reflection into a deeper you. This is as if you are holding a "show me the truth" mirror for yourself.

- A 'witnessing technique' in a nutshell is when *you are observing yourself* - your own emotions, reactions, thoughts, behaviour, intentions, motivations etc in a particular setting, through a particular situation
- It is as if you are creating an 'energy double' of yourself: your energy double will be in the same room - observing, 'witnessing' you as if from a distance, despassionality
- The witnessing is done with an attitude of pure curiosity (bordering on compassion) but with no emotion, and no judgement; *you are trying to understand this person*, not to attach any meaning to your observations
- To expand on this technique in future, mirrors are actually helpful! You can briefly observe yourself looking at a mirror - as if you are looking at somebody else. We will do an extended version of it in Level 2. For now, every now and again you may just have a quick glance at the mirror to catch an overall impression of the energy signature of this person who is you. The 'observer' part of you may say: 'I see you; I'm here; I'm present'.

Today, we will be focusing on *you with no external inputs or influences*. This will be your purely internal landscape, as natural and as 'basic' as it gets in a safe and familiar environment.

## Centering:

Please use your own practices or Acupressure points/Dream zones related to 'life-source':

- Ren 8 (navel) and the point opposite (place one hand over the navel and another hand over the point opposite to the navel on the spine).

While optional, this step will create a deeper experience with your journaling.

- Close your eyes and connect with a point/zone
- Stay still breathing deeply for a minute or two, feeling yourself in your body in this moment of time
- Open your eyes; note down any insights or images or body felt senses











## Letter to the Soul, Day 2

Take an essence (a word, a sentence) from any exercises you did today to start; use the prompts below if you wish and then carry on free writing on whatever else comes to you to complete your Letter 2.

*'Hey Soul...*

*On Day 1 we practiced creating some supportive time-space-Aha! structures/boundaries to the flow of our writing...today we played with putting some 'stones' in a shape of linking words into our journaling stream to make the flow interesting...deeper...more revealing...*

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*Peeling the layers and getting deeper with my journaling I discovered....and I feel that ....*

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*Observing myself as from the distance with a keen interest I noticed that I'm .....*

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*How do you feel, Soul?  
Tell me.*

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*I'm here, I'm present, I'm open, I'm listening.  
Yours,  
Self'*

## 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: practical tips for your daily journaling

To make more realistic plans and to-do lists we have to *honour our needs* and *energy levels* on the day. This helps to you organise your journal as a support tool for your inner life and practical actions. We need to observe our natural ebb and flow of energy to create a daily plan and prioritise considering our needs, aligning our activity with our energy levels. You may already know some patterns; do practice 'witnessing' to observe your energy levels and fluctuations throughout your day over some days.

- After you finished your daily journaling, read it and highlight any new (or forgotten) plans/wishes/needs which surfaced in your writing
- Add them to your pre-planned to-do list
- Adjust the order of priorities in your to-do factoring in the urgency and the (real!) importance
- Cross check your need-to-do and want-to-do with your daily energy levels pattern
- Choose to start with the hardest/most 'profitable' task (on a good day) or with the 'minimum effort/maximum impact' task (on a less than wonderful day) depending how you really feel; especially if this varies considerably from day to day
- Make a plan (and schedule it in your calendar) on when you are going to re-read your notes: sometimes we write very quickly before work in the morning and don't have enough time to even edit - let alone read - let alone 'read between the lines' - let alone act upon things surfacing in our writing
- Practice your reading now: re-read everything you have written in this journaling challenge over these first two days; edit, proof read, tidy, organise, transfer into your to-do if necessary, make some plans with your insights and ideas etc.

## You fed your Soul today

- Pause for a moment before finishing off your Day 2 journaling .... close your eyes to reflect on your writing: embrace the flow of insights and ideas triggered by this day's work and leave 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 and fun company, please join us at the 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 good things... 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!

