

## **Journalling Challenge 'Letters to the Soul', Day 4**

- Self-work

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

#### **Life,**

Your Life Experience, organised: the Self through space and time.

Welcome to Journaling Challenge 'Letters to the Soul', Day 4!

Remember, our Self is a noun, our Path is a verb?

We hope you had some good insights while journaling with a focus on Self, and emerged after your Days 1-3 work in a refreshed version of Self: renewed, authentic, shining brighter, reflecting more truthfully and experiencing life more joyfully (or least comfortably). Today we are moving on to our Life Path (Days 4-6). We are going to see our Path as a big picture, in broad strokes first. This is a very start of 'organising our life experience', a fascinating personal journalling project.

Please express your needs, share your impressions and ask any questions.

Here is our plan for today - and an index:

- A reflection of Self through space: immediate environment (least liked space)
- Centering: Acupressure practice
- A reflection of Self through time: Chronological Autobiography
- A reflection of Self through time: Retrospective Autobiography
- Who is writing your Life's Story?
- Letter to the Soul, Day 4
- The theme of today
- Homework: tips for your journaling practice
- Pause and acknowledge
- Day 4 resources.

Please feel free to ask for support, come up with questions and make all the exercises suit you.

Practical tip:

- If you did any of the following exercises in the past, you can do them again now as if for the first time: life is dynamic and your perception changes - as do things in the external. But even if your life is extremely uneventful and static, you will reach a deeper layer of awareness by repeating these exercises at different times
- Alternatively, *add* to your existing writing (for example, if you already did an extensive work on autobiography).

Happy journaling - and don't forget your coloured pencils to support your writing with creativity!





## Centering

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

- Acupressure: Du 26 (midway between the upper lip and the nose): 'revives the Spirit'; balances emotional/rational; left/right; above/below
- Colourpuncture: Du26 (Yellow/Turquoise) or/and Acupressure/grey colours on the Maxillas (the area where we 'collect' our life experience: emotions, feeling, patterns of life)
- Dream zones: Zone of Memory: Inner Light; Hip Problems and Full Potential (Zone of Individual Program); Zone of Spiritual Hardening (opposite Fear Zones).

## A reflection of Self through time

After we explored our *Self through space* starting with our immediate environment, let's explore the *Self through time*...and start on making sense of our life experience. This is your life experience as you know it, just organised!

Revising the perception of our life experience we can restore/create some order. This exercise shows our Path as an unraveling landscape; it also shows our Self in a process of *becoming*.

Writing our Life's Story will also become a starting point in organising our life experience - an ongoing personal journaling project. In Level 2 we will continue on it by looking at *different categories* of life experience creating 'horizontal' connections. Today, it's a scroll :)

There are two main, simple ways to write your life story and today we will start on both:

- Chronological Autobiography (aka traditional memoir)
- Retrospective Autobiography (remembering our life experience in a reverse order)

You can continue with the exercises below at your pace and in your time depending how interested you are in looking at your life experience in general and if you will become interested in this type of journaling in particular. An interesting side project is *Capturing the Zeitgeist* which we will look into on the Level 2.

So, to our Life's Story :)

### 1. Chronological Autobiography: 'the Story of my Life'...or 'My Life as I remember it'

You can be as brief as you want as today you only need an outline. Here are some prompts to get you started (the space to write is on the next page).

- Write up a 'A Short Story of My Life' as you remember it, up until this point in time
- Around 2 pages is a good idea but it's your call (attach more of you wish)
- Be free. Feel supported. Have fun. Reach for the Wishes Basket. Stay curious.

*My name is...I was born in ..... year into a family of ..... in the country .....which was at the time .....*

*My neighbourhood was.....*

*My first childhood memories are.....*

*The most important person is my childhood was .....My most loved toy/game was.....*

*My primary school experience was .....*

*My high school/college experience was .....*

*I went into Uni/started working/started a family/started my own business/started living independently when I was .....years old as a .....at a.....and worked there/stayed home until.....and here I am in this year of my life.*

You get the idea. Be brief. This is like an aligned elevator pitch from your Inner Self when you meet somebody for the first time but are fully open to tell about your life experience.









- Choose one challenging time, preferably starting not with the biggest problem but with a more defined one (this is just better for initial practice): time when you/somebody close to you were in hospital; a defined time period of a intense, stressful, hard or unpleasant work when you bent and exhausted yourself in a process; when something happened which you still feel uneasy about; or when something didn't happen and you finally realised that it's never going to happen
- Circle it
- Now remember what this less-than-wonderful time period/problem/conflict eventually led to: what good/constructive/fresh/new came out of it at the end
- Journal on these linked events and highlight the findings in your happy colour (Day 3).

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Now let's unearth some true gems which you are noticing started sparkling (even if faintly) after your broad-strokes initial memory sweep:

- find the happiest; the richest in interesting experience; most meaningful time of your life (which will feel like: *my life is happening!!*)
- Describe it in more details in your journal
- Go back in your mind and *feel* into those times more: recall the experiences with sensory details if you can (maybe you have pictures, or your diary notes; or some letters or some keepsakes from that time); place them close to your heart and observe how it is making you feel now
- Finally, read all you have written and highlight in your happy colour anything which happened to the plan, happily or was a personal achievement or a joy for you.

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*Retrospective Autobiography: My Life as I remember it, in a reverse order*

To use this tool as journaling for healing, you can expand on it later going as far back as you remember yourself; you can also then go second time, third time and so on: with every Journaling Challenge or your DIY work, any time you wish. Your memory will always lift something new to the surface; the beauty here also is that this something lifted to the surface will always be relevant to what it is going on in your life right now and so will help you in a present moment by providing some solutions, insights or keys to resolving a dilemma or a conflict.

- Write in the years on the page going from this year backwards (example below)
- For the current year, start a list with describing the months, retrospectively
- To make a start, for each year/month write in Just One event of the year which you remember - say for the last 5-10 years or so
- Keywords are enough, even just one: the idea here is to jog our memory in a way that we only remember key events for the month or for the entire year as this highlights our perception of what is important to us
- A-keyword-per-year look will provide an initial 'net' structure which your unconscious mind will be eager to fill in every time you look at it
- Make a start today: it's a tiny start and that's OK; use extra pages if you feel you would like to do more at this time: potentially you can go back to the year you were born! Even though you may not remember your early years, you may have heard some stories about what went on in the family when you were little: you can include those here but even if you only go back a couple of months and a couple of years that's a great start
- When you're finished (for now), read and highlight in your happy colour anything what you described which happened to the plan, was a happy surprise or was a personal achievement or a joy for you. We will continue working with this tool in Level 2.

NB: Pattern Tracker (Numerology) is something you can then overlay to organise your list as you go along working on lifting each Year themes as you need. We will do this in Level 2.

**Current Year: 2024**

April 2024 \_\_\_\_\_

March 2024 \_\_\_\_\_

February 2024 \_\_\_\_\_

January 2024 \_\_\_\_\_

Early winter 2023 \_\_\_\_\_

Autumn 2023 \_\_\_\_\_

Spring 2023 \_\_\_\_\_

Late Winter 2023 \_\_\_\_\_

2022 \_\_\_\_\_

2021 \_\_\_\_\_

2020 \_\_\_\_\_

2019 \_\_\_\_\_

2018 \_\_\_\_\_



## Letter to the Soul, Day 4, ideas of the prompts

*'Hey Soul....you know...I think we are having an interesting lifetime...*

*I found that in my environment, I'm.....*

*We exchanged messages, the space and I....here is what we said to each other.....*

*Looking at my life story written as an outline from my childhood onward, my first memories were.....*

*growing up and into my adulthood, the main key word/phrase which comes up is.....*

*with the messiest/most powerless/difficult time of my life was.....*

*however, that time ultimately brought me to a point of becoming.....*

*and my happiest/most meaningful time was.....*

*Looking at my life in a retrospect was.....*

*and I can see.....*

*I feel that sometimes I'm writing my story from a 'life happens to me...' perspective and sometimes I'm very clearly a Designer.... many times I have been an Observer and I regret to say that at some times of my life I felt like I was a Passer-by....as I was so preoccupied with/trying to survive/worked on/felt no energy to move to a better place....*

*In any case, even as I'm writing to you today, I feel, I'm aiming ultimately to be a co-Author: I act and react and I make choices to the best of my understanding and resources and I'm adjusting my plans and actions based on current situations and energies including those which are beyond my control.....*

*How do you feel about it, Soul? Is this a truthful reflection of my life and my role in it?*

*I also feel that I'm ready (or not ready, you choose!) to practice seeing/planning and experiencing my life as a Designer more...when it feels right and when I'm in the flow of energies around me... At times though I may choose to take a back seat and step into my Keen Observer role.*

*What do you say, Soul?'*

## 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.....!'

XOXO

Now....today you did a very important and not so easy work, so please go and reward yourself with at least one of the activities you listed yesterday as JOY :)

**Thank you for showing up for yourself today, big time!**

## Practical tips

- To organise your journaling better for practical purposes, use daily reminders: write your goals before or after your stream: align them with your own plans; somebody else's plans (if you are an employee or a parent), the phase of the the Moon... or anything else meaningful to you personally (we will do a Numerology Pattern Tracker in Level 2)
- Choose whatever works for you to make your journaling entries more organised, engaging, joyful and helpful for later reading: this is your treasure chest of memories
- Retrospective Autobiography: start with listing months of current year and a year before; then 4 seasons of the year; then just years, whatever works best
- Start it as a big project 'Years of my Life' and have it organised neatly in one file. Plan; schedule this work; be accountable to somebody. Every Journaling challenge you can add to it and discover more with each and every dive. Even if you put just One Word for every year of your life, this will already form a structure of a personal memoir - but as you start doing you will find that you will like to do more than just one word!
- If you keep a diary over the years, don't be tempted to do your retrospective memoir simply by looking into it; this will take a lot of time and will dilute the focus which is *what you remember right now, in this moment of time* about a particular month of a current (or previous) year or each year of the past decade; this first draft is important because you will see directly what your memory is lifting - it all will be somehow linked to the problem or a conflict or a dilemma which you are currently preoccupied with, and this is where the keys for healing will be found. After this first draft you can go and do a full cross check with your diary any time you wish; and then with the Pattern Tracker you will see it all anew :)

## 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 supporting and fun company, please join us at the Cafe Self. Making a pause acknowledging that we did something good for ourselves is equally as important as actually doing the work.

Stop at it, see it, feel it: you fed your Soul today.

Till tomorrow,  
Irina xx

## Summary of resources

Please log in to your Day 4 resources for links to articles and videos

Acupressure/Dream Zones suggestions for the Day 4 relate to 'revival of the Spirit' and accumulated life experience:

- Acupressure: Du 26 (midway between the upper lip and the nose): balances emotional/rational; left/right; above/below
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