

Journalling Challenge 'Letters to the Soul', Day 7

- Self-work

Self, Life, Sharing.

Sharing,

Dreams, wishes and reality checks.

Welcome to Journalling Challenge 'Letters to the Soul', Day 7!

In the first third of our journey we focused on Self-discovery, Self-realisation and Soul feeding through journaling.

The middle part of the challenge had our Path in focus: creating a simple structure for our memoir-to-be (if you wish to develop in this direction), tapping into an original blueprint for our life, healing and reframing difficult patches on our timeline and generally making sense of our life experience - to reach inner peace, develop better self awareness and gain a clearer perception of our Path.

The final third of our journaling journey will be about gifting the world by sharing our knowledge, talents and skills from our realised Self, naturally and comfortably as a part of our Path. You may or may not feel the calling to serve the world at large; but whatever you choose to do will be about your unique, natural, richer and more conscious and intentional contribution.

Today we will focus on our wishes - the very roots of our practical plans and preparations - and attempting a reality check.

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

Here is our plan for today and an index:

- Dreams, wishes, resolutions and plans: orientation
- Reality check in various areas of your life
- Centering: Acupressure practice
- Reality check: big picture + broad strokes: 'The Story of my Life, a Default Sequel'
- The Story of my Life, as I want to create it: 'A Letter from the Future'
- Five Wishes
- Letter to the Soul, Day 7
- The theme of today
- Homework: tips for your journalling practice
- Pause and acknowledge
- Day 7 resources.

Please feel free to ask for support and make all exercises suit you.
Take a fresh look at any familiar exercises or add to your existing writing.

Happy journalling; please use coloured pencils to add liveliness and creativity to your pages!

Dreams, wishes, resolutions and plans

These are really just different parts of the same family of 'dreams' *in order of becoming practical*. To start making better aligned plans - on a very simple level, please gather together anything you already have written on dreams, wishes and resolutions; put them all in one folder and review them after your Day 7 work. This is your homework for tonight or the next weekend.

- If you tend to have night dreams, remember some parts of the dreams and keep a dream diary, you can work with your dream diary
- if you make New Year Resolutions or Birthday 'resolutions'; if you write down your goals and your wishes, you can work with your recent lists to see where you are and where you are planning to go (please collect them together and refresh as a homework)
- if you don't have any of the above or just want to start afresh after your 6 days of 'immersion' journaling, there will be a space on p6 to write down your current wishes.

Ideally, you need to bring all (or most) of them together for a good look. Ultimately, your long term night dreams insights; your wish lists; current year's resolutions and how you are feeling about your goals and wishes right now (p6 exercise) all represent different depths of your being over various lengths of time. Bringing them together will let you to cross check on your dreams and wishes with the focus on most important, recurrent, most relevant and deeper *needs*. These will form a foundation of better aligned, inspiring and practical plans.

But first, a reality check

Mental hygiene: reality check

One of most important factors for inner serenity, general resilience, stable mental health, worldly success and life satisfaction is a habit of keeping our fingers on a pulse of 'what is' at all times. Denial of reality of a current situation can cause anything from simply losing track of where we are going, all the way to a full blown distortion of reality. This can happen simply due to habitual denial of reality going on for a long time or/and a gross divergence between reality and perception of reality in the first place.

Sure, there are times and events which absorb us so much and demand so much focusing of our energy on just one life's area that we temporarily lose our touch with reality as an adaptive response (going through a severe challenge such as a serious illness, separation, war, big challenging events in the family or at work, a loss of any kind including a loss of job).

This is when *in our perception the stress of a current situation far overweights our available resources* needed to deal with it adequately. Some of us are so predisposed for life: to overly focus on just one thing (money, career, relationships, family) at the expense of other life's areas - which inevitably leads to accumulation of problems in those 'other' areas.

A tendency to inhabit a fantasy world a lot of the time may also be a character trait of highly creative people for example who tend to live half in a real world and half in imaginary - and they are naturally attuned to the imaginary so much so that there is a temptation to fully slip into it...however, we all do have a physical body, jobs, connections and life to take care of.

So from time to time a good mental health hygiene would be a full reality check. Think of it as your annual MOT or a health check. This can include anything and everything, starting from your life goals, important projects and relationships all the way to important details of your bank balance and a financial forecast.

It's important to do relevant reality checks at least once a year while preferably also checking in and sharing your results and thoughts with your family, business partners or other important people in your life.

A little exploration of reality checks in your life

- What do you *think* about a practice of reality checks - is this something you learnt to do early in life (if yes, what type of checks; in which area of life)?
-

- What kind of reality check (and in which area) do you think you may *need* right now?
-

- Is this something you are *doing already* in some areas?
-
-

- What's your choice of *time* (around your birthday; New Year; end of month; before your holidays)?
-

There are many ways to do a reality check in any area of life; all of them are good; all of them are important - you can see the real situation and your progress and any adjustments you need to make: you are fully present in your life and have a relevant degree of agency.

Both an overall direction and the details are important in some areas at some points in time (such as finances for important projects or contracts). However, most reality check tools tend to focus on just several practically important and fully measurable parts of life and so may not form a full picture.

Here is a very simple way to do a quick reality check - *in very broad strokes* first.

It's also a fairly radical one :)

I do this one with my Clinic patients and it really works. I believe it's important as it's not something our culture actively supports and rarely mentions; we have to understand the importance of it ourselves, and take a full responsibility to take care of this, ourselves (with relevant support if needed). First, centering; supporting our inner vision.

Centering

Acupuncture point *Yin Tang* - inner vision. Yin Tang promotes tranquility, insight; calms the mind and clears sensory pathways. Yin Tang is located on face's midline in between eyebrows.

Acupressure: gently press or just connect with the point with your fingers, stay still or circle it

Colourpuncture:

- Blue for sleep, de-stress, relaxation
- Orange for energy, motivation, joy
- Violet for spiritual attunement; to overcome consequences of trauma combine Yin Tang in Violet with Du20 and Du19 also in Violet and Kidney1 in Red.

Dream Zones: Fear Zones (front, over shoulder joints) + Tiphereth (solar plexus), Oil Relax.

- Identify things which you wish would rather not happen, highlight them in your writing
- Which One thing you *really wish to be different*? Circle it
- What can you do for a different, better outcome in future for this one thing which you really wished would've been different?

- Find One Thing which you expect to become *better* even as you age and explain why

- What is your overall feeling from this reality check: satisfied? worried? full of insights?

Do some more stream writing on your default sequel (or develop on things you'd rather change for the better) if you wish to develop on some thoughts. Add more pages if needed.

Take a break - have a cup of tea, go for a walk, listen to some music, water your flowers, stroke your pet - disengage in some way before the next exercise.

Let this picture of a default sequel of your life shape up better, settle and fully filter in through layers of your consciousness.

This is an important visual: in order for something you want *not to happen* you will need to take some conscious, intentional and concerted action. And, feel the joy of some things getting better! For now, you just need to see clearly that this is the way you are actually going.

- from your 'ideal future life' vision, find most important keywords (highlight them as you go along) describing *activities* or *states of being* (these will usually appear as *verbs*). These keywords will be your individual building-blocks-of-life (playing music; being in nature; a regular meaningful communication with people close to you; working a couple of hours every day toward your worldly contribution; cooking new meals; taking a short trip every month; going on a long journey twice a year; early part time retirement, a random strawberry and champagne party on the roof of your house or coffee and cake party on a tree top...). We will work further on 'building blocks of life' in Level 2.
- These can be as simple and usual or as quirky and extravagant as you like: we are all different, we need different things and experiences in our life. No judgement! Let yourself be a child here.
- If you find it hard, imagine that this list is not yours but your best friend's; your child's; your patient's - would you stop *their* imagination running free?? Don't worry, your daily Self will resurface and make a practical arrangement out of this wild and exciting creative chaos....as soon as you stop your writing :)
- Which One Building Block of Life is most important? Circle it.
- Now, give a word to your daily Self: the one who manages your life, the decision maker: what can you do towards this vision? Stream journal, add pages or make a list - as needed.

To complete our reality checks - our unconscious current direction and our intentional 'dream life' vision:

- What planning or actions do you need to take in view of these insights?
- Do you feel you will need any help with that?
- Who can support you?

Wishes

Here we will briefly visit our invisible but very real creativity treasure chest and do some planning. All our creative ideas, past, present and future, big and small, personal and collective are stored somewhere in layers at the depth of our subconscious - with some closer to the surface.

Deep level things are called dreams and wishes and surface level things are called plans and projects :)

Inspirations, inklings and everything belong here too as do any unfulfilled plans and dreams and not fully identified or clarified (or denied) wishes.

This is a big and honest list of what you really-really want! Or what you wanted in the past and what didn't fully happen - and these are still stored somewhere and clutter the 'what is' picture of our here and now, weighing down on our self perception and self esteem.

Here is a really simple exercise to clarify our wishes and dreams - it's so simple and basic that we often dismiss it! Resist the temptation to see it a simple and just do it. It takes 5-10 min initially to complete and the wishes - and the order of their priorities will tell you a lot about yourself, in all its versions: current, past and future.

- Be fully honest: sure, you want to save the world; sure you want your family to be happy. But...here we talk about *your* wishes as an individual human being, outside of all our roles and responsibilities (remember the Land of Self?) and if you find that your priority wish concerns something or somebody else and not you, please do the exercise again! Think of that proverbial oxygen mask rule in the flights; be practical. The rest 4 wishes can go for saving the world, caring for the family, being a pillar of the community and generally fault-free, exemplary, exceptionally virtuous human being. But tap into at least One Self-centred desire. Don't wish on behalf of others. Let the planet spin as it does. Be human. *Be real.*
- Drop both restrictions and expectations: drop your default self image (good or bad) and imagine that everything is possible and you will have a full support. Only from this point of knowing exactly what you would want if you had all the resources, you can eventually come up both with a cherished wish and a practical plan - not the other way around! Coming from a 'reasonable' point of view first will lead to your Wild Individual Self (aka Inner child or Inner Self or Soul) feeling betrayed even more so than before the exercise - as now you would add a betrayal to the ignorance. Again, the daily Self will soon resurface to manage :)

With this in mind, let's make a wish!

- Imagine... if everything were possible (go wild and impossible).....what would you wish for right now? Let's make 5 wishes to start; in your homework, go for as many as you want!

1 _____

2 _____

3 _____

4 _____

5 _____

- If only One Wish would be 'granted' which One would you choose? Circle it.
- Make the One Wish into n1 on the list and rearrange the rest in order of priorities
- Are you happy with the list or would you like to make any changes?
- Did you include any impossible wishes? If not - why not?

Letter to the Soul, Day 7 (write in your own words or use the prompts below)

'Hey, Soul!

*I've traveled along a simple extrapolation line...and if things will carry on as now, I'll be/feel...
I know that there are certain things for which I wish to happen differently in my life so I'm
going to address these by....*

*And I'm going to practice taking an ownership of my life by practicing being more of an Author
when I tap into the flow...*

*I'm taking seriously my Letter from the Future: I created a vision - I know it's possible. God
willing and if I apply myself to it...*

My Building Blocks of Life are....

*I'm going to put my 5 wishes list to/on.....so they are easily visible. I know that simplicity is
deceptive here, this is the essence of my needs.*

I'll look at this list often and I will take at least one as an intention for my day - every day.

Thank you Soul for sharing the journey...

I'm here, I'm listening to your voice...

I'm paying attention. I love you.

Yours, Self'

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.....'

You fed your Soul today

Now pause for a moment and close your eyes to reflect on all 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, stay with it a little longer: *you fed your Soul today.*

Please log into your [Day 7](#) resources page for more ideas and details.

Till tomorrow,
Irina xx

Summary of Resources Day 7

- Yin Tang (between eyebrows): Acupressure massage or Colourpuncture in [Blue](#), [Orange](#) or [Violet](#) depending on what you would like to achieve
- Zone of Fear (front, over the shoulder joints): massage with [Oil Relax](#) and/or in [Yellow](#)
- Tiphereth (solar plexus): massage with Oil Relax and/or in Yellow or Blue
- [Letter from the Future](#)
- [Facilitating your New Year Resolutions](#)
- [Midsummer New Year Resolutions](#)