

## Journalling Challenge 'Letters to the Soul', Day 6

- Self-work

### Self, Life, Sharing.

#### Life,

#### Healing our Life Experience.

Welcome to Journaling Challenge 'Letters to the Soul', Day 6!

All the journaling tools we practice will ultimately have a healing effect, just as any clutter clearing, planning our time and organising any space in our life - and generally making sense of our life experience - would. However, there are also more targeted journaling tools for healing; in fact, we started on our Journaling for Healing on the Day 4 with our Autobiography; on the Day 5 with our Resources and Reconnection; today we will enrich and complete our basic journaling for healing toolbox to *heal the Self through healing our life experience*.

Journaling was shown to be of a great support for mental health overall and any journaling tool will get you there - even a simple daily stream writing. Journaling strengthens your mind and even your immune system; it decreases anxious thoughts and stress; it gives you control and a feeling of agency; it can change *the messaging in your head*, improve your self-compassion and good connections with others: [review](#).

All our diseases can be broadly divided into *acute* and *chronic*. In any natural healing system the strategy is to make chronic processes acute by unraveling things back to the origin and then treating the core of the problem to return to health. We will work on both chronic and acute, current and past, challenging and unprocessed life episodes with journaling for healing.

**NB: journaling for healing is a self-help tool and a support for healing requiring full awareness, agency and mental stability; it is to be used for minor-to-average life's dramas which we all have had throughout our life. If you had a particularly traumatic life experience, please seek appropriate help and work with a professional to support you.**

Here is our plan for today - and an index for the future:

- Centering: Acupressure practice
- Processing a challenging situation (short and recent pain); details journaling
- A promise to Self: an overview of difficult times (broad and long pain); list journaling
- Feeding your Soul; list journaling
- Letter to the Soul, Day 6
- The theme of today
- Homework: tips for your journaling practice
- Pause and acknowledge
- Day 6 resources.

Please express your needs and share your impressions; ask for support, come up with questions and make all the exercises suit you.

Practical tip:

Deep hurts linger...so chances are that you already sought some healing; if you did any similar exercises in the past, please do them here as if for the first time. You will find that what comes will either highlight and reiterate the same core problem and a similar healing pathway or you will reach a deeper layer of both understanding of the core issues and the healing pathways.

Happy journaling - and don't forget your coloured pencils to support your writing with colours, drawing and doodles which feel healing to you!

## Acupressure

Ren 17 relates to 'Freedom'. Ren17 'opens the chest' and is used when there is a sense of unease or tightness in the chest related to physical or psychological causes. Here we use it to connect with our inner freedom and ability to breathe in fully, without anything restricting us (which is the effect that something like a secret or a deep long held hurt, tend to do).

Ren 17 is on the midline of the body, about half way down the sternum. Please palpate this area looking for most sensitive point.

- You can simply massage Ren17 as in Acupressure massage or you can touch the point with both middle fingers, stay there for a while - still or gently massaging - and then taking a deep breath spread your arms horizontally as if your arms were your wings...symbolically giving yourself freedom from anything which restricts you in your journey through your life
- Colourpuncture: colour Violet. Tune in asking yourself what the word 'freedom' means to you; how does it feel if you are feeling being free. Violet relates to our spiritual freedom
- Crystalpuncture 'tattoo' is excellent to use on this point, you can attach it and massage Ren 17 with the tattoo on several times a day
- Element crystal (Fire, Earth, Air or Water): wear on a pendant over Ren17/18 area if you would like to support a particular Element.

## 'Details' Journaling

This is a version of a basic 'flow' journaling for healing when the upsetting event is not too far back in time (so you remember the details well) or when the event isn't long in time; so: recent and short. Details journaling also works for 'acute' situations so this is a good tool for 'in the moment' processing and can be used regularly in your daily journaling: to digest, 'take in' and accept/process minor to medium upsets.

This tool also heals any denial or dissociation which may have happened - when the events were too overwhelming for us to 'be simply present' with the experience. It's true that most of the time, when we are simply fully present at the time of a difficult event, a traumatic experience doesn't hold a long term power over us.

However, sometimes we may need an extra help, especially with the events from the past where we were not fully present because the experience was too overwhelming while we didn't have adequate personal resources, full understanding of the events, body-mind strength to cope or support. This will 'complete' the process bringing a resolution of some sort.

- Describe an experience (recent; short; mild/moderate intensity) which was unpleasant/challenging: from the beginning to an end *in great details*, describing everything which happened and anything that had any connection to this particular experience
- try to focus and describe *every little detail* forming a sequence of related events leading up to a particular event/experience which you want to heal - your perception, which may or may not reflect a 100% 'objective' reality (often this is either hidden or just not perceived)
- describe the event itself
- describe how you are/were feeling
- as you are journaling - this is also best done as a 'flow' journaling - give as many big or little details as you can remember even if they seem insignificant or silly
- you may choose to complete your writing with: '*and this led me to....*'.

Details are the key here; there is some real magic in how even little, seemingly insignificant or unrelated *details anchor us in our reality and in our body through our senses* and so helps us to fully process and integrate the experience in our body-mind.

- You will get to 'XYZ happened; this is how I felt at the time; this made me to learn/understand/draw conclusions/make decisions/develop a skill etc'
- You will experience a distinct feeling of 'done, filed away/released and moved on from'.





### **A Promise to Self: 'the string of pearls'**

This is an opposite approach to 'details' - a broad and long view, on what may be well left in the past; today, this is just a start and an overview. 'The string of pearls' is:

- An elegant metaphor: every difficult experience, a pain maybe - gets covered with a layer of protection forming a beautiful pearl
- Another metaphor is that if you only cut a string of pearls in one place (here when you learn and practice dealing with just one pain, big or small) then the whole string dissipates
- And yet another analogy which in our work symbolises the transformation is that we can see our every action as a pearl; step by step adding to the string thus taking every pearl (a painful episode) and working on it transforming it with healing, making it into a stepping stone on our Path in life, path to Self, and path to God.

This will likely take several journaling sessions; the key is to make a start - today - this is why we call it 'a promise'....work to be continued, an ultimate healing tool. Be patient. Stay curious.

- Close your eyes and remember long, 'chronic' time periods in your life when you felt suppressed, unhappy, sad, hopeless, lost, confined, not heard, ill, confused, alone etc - the key here is *long*. This can be a month, a year or a decade or even a couple of decades.
- Open your eyes and list 5 of these here
- As a homework go back to re-read your Day 4 work and take another 5 from there.

#### Practical Tip:

If you can't get 10 items, you are either very lucky and have had a good life so far :) or you are not zooming in enough. A 'long' unhappy time in life can be the entire school - or just a high school or just a two-week intense and stressful exams times. This may be a week in a hospital away from parents/family - or a year long test/medications time. This may even be a week long school trip where you felt utterly homesick and somewhat trapped. Just write these experiences here for now; we will continue working deeper on these in Level 2 (these are not going to go anywhere..) or you can use them as prompts practicing your journaling for healing.

- 1 \_\_\_\_\_
- 2 \_\_\_\_\_
- 3 \_\_\_\_\_
- 4 \_\_\_\_\_
- 5 \_\_\_\_\_

To be completed with the Day 4 as a homework

- 6 \_\_\_\_\_
- 7 \_\_\_\_\_
- 8 \_\_\_\_\_
- 9 \_\_\_\_\_
- 10 \_\_\_\_\_





## Letter to the Soul, Day 6

Write in your own words or use these prompts:

*'Hey Soul...what a day of healing - full of surprises - we have had.....*

*My deepest exercise was.....*

*To make my healing more sustainable/deeper/more insightful I plan to.....*

*Soul... I would like to balance, feed, nurture and nourish you today with.....asking and appreciating a loving support of .....*

*I hope you will feel the healing and like the Soul feeding - let me know if you do!'*

### Practical tips and homework:

- Extend practicing feeding your Soul by finishing your daily journaling with these questions from 'Feeding your Soul' exercise (page 7) for 2 weeks to tap into further layers with your journaling for healing (schedule it in your calendar now please).

### 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.....!'

### I fed my 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 exploration 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 and acknowledging that we did something good for ourselves may be equally as important as doing the actual work. Pause, see and feel it: *you fed your Soul today.*

Please log into your [Day 6](#) page for resources.

Till tomorrow,  
Irina xx

### Summary of resources Day 6

Acupuncture point Ren17, 'the Freedom', treatment options:

- Acupressure massage
- Colourpuncture [Violet](#)
- [Crystalpuncture](#) + massage
- [Element crystal](#) to wear over Ren17/18 area if you would like to support a particular Element (more on healing with the Elements in Level 2)
- Connect, massage, breathe, spread your wings!
- [Any Dreamwork](#), DIY with Oil Relax or guided such as '[Dream Yourself Together](#)'
- [Dreamwork Made Easy](#) will give you an idea on dreamwork for healing (more in Level 2).