

## Journaling Challenge 'Letters to the Soul', Day 9

- Live call, 7pm UK

### Self, Life, Sharing

#### Sharing,

Giftng the world: Self realisation and True Path.

During Days 1-8 we focused on reflecting on who we *are*, clarifying what we *want*, the 'who' and the 'what' - including what it is that we want to share with the world as our life's work. Today we will focus on the 'how to' do what we want to do sketching some initial action plan based on all of our writing.

It's a final day of Level 1 and so it's all about completion, reflection, celebration, and action (including what to let go of; wrap up; complete; where to tie loose ends; what to take to the next cycle) and generally *what to do next*.

Please share how you're feeling, what transpired? Here is a theme/mood/focus for today:

- **Joys** (pleasant surprises, exciting discoveries; we'll deal with problems, doubts, stumbling blocks in Level 2). Free write, go back to read and highlight, continue as a homework.
- **Action** (focusing on what you *can* do, even if a minimal action; micro-breaks becoming micro-habits for our life's work, resource building and everything we worked on in Level 1; we will deal with obstacles to action in Level 2). This can be a List Journaling and a HW.
- **Communication** (who do you need to ask for support; who *you* can support more; going through your current support list, building new networks). Free write 'I can...give/receive'.
- **Your personal next step/going deeper/broader/further** (next Journalling step: **Level 2; Dreamwork** for going deeper and letting know yourself better; repeating the Level 1; plenty of practice supported by accountability; completing all the exercises; your own ideas. Please share with us if you feel like it; list or free write.
- **Sharing** (here; with your family; in your blog; in your life's work).

Here is a plan for today and an index:

- There is something which you are holding that wants to see the World
- 'You are Here', the WHAT (to do)/where are you going from here
- Did you get an answer to your question/objective from the Day 1/Prep Day?
- Tuning into and embodying incoming future energies
- Empowering your Inner Self (Acupressure practice)
- Letter to the Soul, Day 9
- Your Theme as Reflected in your Level 1 Journaling, Days 1-9
- Completion of the Level 1 Journaling: your food for the Soul
- Homework Day 9
- What's next?
- Resources
- Level 2 preview, questions and sharing.

There is only one journaling exercise for today; we will start with it and the rest is going to be reflection and exchange - and celebration.

**There is something which you are holding that wants to see the World....**

This is a pure visual exercise, this may translate into something very obvious and tangible or something totally abstract or even something which is hard to describe but you can feel it as some field of energy, a vision or a feeling.

So...imagine yourself, from the moment you were born till this moment of time...this moment of time is basically a check-in time with yourself through several days of focused and intentional journaling exploring various part of your being and your life.

So...imagine yourself, from your very childhood till this moment of time...imagine that *you were being given something* all the way; there was some 'input' - gifts, talents, resources, support, information, love, challenges, opportunities - including any special skills you may have and any special people you met, personally and professionally. Imagine this as a flow...a flow of energy coming to you, an inflow of many different things coming to you: as a response to your questions to life, your prayers to God, and simply because you are a living human on Earth and some things like sunshine, air and nature are being given to all of us unconditionally.

This flow of energies has been coming *to you* and *through you* and *you are holding some of these energies* as in your hands/your head/your energy field - such as you are holding your family, you are holding people in your care, your home, your profession - everything which feels like you are 'holding' these things; you embrace and envelope them with your love, care and attention; many of these you are holding temporarily; some shorter, some longer.

And at the end of the day, all these energies which have been given to you and through you during your entire life, will have to return to the Source...to where they came from, some global information or energy field, however you see it... And you will need to let them go, set them free into the world as we set free all our creations, as we let our grown up children to leave home and make their own way in the world and so on.

So, imagine all these things which have been flowing to you and through you and which you are holding - out of all of them, connect with something what you feel is ready and wanting to see the world, or connect with something what you want to see the world, the ones you want to set free, the ones you want to return to the same information energy field from where they came to you, through you to help you and others through you.

So you *need to help these things to come back there* and be there in the best form you can provide for them while they are still in your care, so they can live on - outside of you and without you, touching everyone who needs them when they need them.

- When you feel you have some vision - vague or clear - please open your eyes and start journaling. Your vision may or may not relate to what you've just heard, whatever it is in your field right now, please journal on it.

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Please continue your stream writing on the next page, keep the flow and let any new associations come...





- Check your writing with 'Reconnection, original plan and gifts' (Day 5)
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## **Reality check, zooming in: 'You Are Here'; what (to do)/where are you going from here?**

*Final review of Level 1 work, Days 1-9: reading what you have written*

Every day of the challenge we worked on a set on questions and a Letter to the Soul. On Day 5 we did a mid-way review adjusting the course. This is our final summary for the Level 1 journaling, a review and an open field for your further work, planning, thoughts and sharing.

- Read/look at everything you have written from Day 1 to Day 9 in an overview
- If you highlighted some important notes for yourself, look at those
- Highlight the main *themes* you identified at the end of each day's writing
- Make a list of 9 entries using these themes .....going retrospectively (good practice); please share if you feel like it; we will make notes and then discuss
- Use these 9 words/phrases as journaling prompts: stream write arriving to the Aha! or/and finish with the question: what is my next step/what needs to happen/*what is wanting to happen* here? Share your findings with us + take them as a prompt for your journaling practice tomorrow
- Go back to Day 1: does your journaling journey feel complete for now?
- Look at your Letters to the Soul from each day: is there any theme/pattern/hidden longing here, are there any new connections or any Aha! moments?
- Looking now at this mixture of your own notes, day's themes and Letters, find the ideas and thoughts which you would like to take into practical application
- Decide what you can capitalise on, complete, develop, and share with others.

Developing on your Big Picture, Wishes, Needs, Reality Check, Concluding Questions ...

- Going back to the exercise above, highlight the *talents and gifts which you want to share with the world* (just the 'what', don't worry about the 'how').

*Finally, going retrospectively back to before the journaling challenge: did you get an answer to your question/objective from the Day 1/Prep Day?*

Go back to Day 1 hopes and goals as per your steam of consciousness journaling. There you write something along the lines: '*My problem/desire is.....*': an obvious problem; dilemma; a conflict; a Soul pain of some sort; general life 'fog'; a difficult situation which you need to decide how to manage; an emotional or psychological discomfort - or: a long held wish, a deep need, a special dream.

Reassess your current state, after 9 days of journaling journey:

- How does this problem feel now - do you see a solution already?
- If it was a question, did the answer/several options/a path to an answer transpire?
- If not, how can you make some in-roads into a solution: what help you can enlist, whose support do you need?
- What else became apparent - which was *not related* to a question on Day 1 but was the biggest surprise discovery?





## Letter to the Soul, Day 9

'Hey Soul,  
What a ride!

Today it became apparent that .....

I feel inspired, ready and motivated to.....  
I'm a little anxious (if you are)....

I'm so happy that.....

The question remains....(if there is any at the moment)....

Thank you for going on this journey with me, Soul.  
I hope our conversation will continue. Yours, Self.' Please add more pages if you need.

## Your overall Theme/Tune/Flavour of Zeitgeist as Reflected in your Journaling, Days 1-9

This can be your current and/or overall (Life) theme; a theme of today or all the Days 1-9, or something which just transpired after you reached this page: you choose. This is a stream journaling exercise where you can just free write or/and attempt a conscious analysis of what this journaling challenge has been about - all of it, any notes and surprises you circled, highlighted or put a question or and exclamation mark next to....  
Especially we look at our daily Letters to the Soul.

- Choose one of stream techniques and do a stream with a prompt: 'a current *theme/keyword/an overall feeling of my life* as it was reflected in my journaling during this challenge is...'
- Highlight the Aha! if it comes easily as you write; alternatively, go through all the days 1-8 to find these Aha! highlights; new Aha! will arrive when you now can look at your Day 1-8 already from the hight of Day 9 perspective
- Schedule to work with your notes from this challenge at some point: tomorrow; after a couple of days or a couple of weeks - when you feel you took a good break from this journaling journey and settled back into your (now fine tuned) routine: re-read everything you've written and highlight any connections, associations, thoughts and plans. *Read all of your notes in one go as you would an exiting novel and trace an evolution and blossoming of the main character which is you :)*
- Choose One Thing to work on *in practice* in relation to the theme of your current journaling journey: is there anything to be done, accepted, embraced, understood, actioned out, celebrated?
- In relation to this One Thing, make a plan and share it with somebody who you are close to if this is to just share and discuss together; or with somebody who will hold you accountable if there are actions to be taken

- At some point, sit with your writing and highlight all things from all days; just highlight and leave them focusing on One Thing. There will be natural developments from there, for now just acknowledge everything which was important.

This is like a summary of page before the previous + the Letter; the summary of the summary if you wish.

### **You completed Level 1 Journaling!**

This has been a massive amount of food for the Soul :) While you were feeding yourself all the way, there is still a lot left for your to enjoy by completing all the exercises, doing different versions of them and generally practising the tools you learnt or revised. 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 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 actually doing the work. Stop at it, see it, feel it: *you fed your Soul today.*

### **Homework Day 9:**

- Review all your Level 1 work and and complete the parts which you may feel need some more attention
- Do a full time log between now and Level 2
- Practice your plans, engage in the Yang of action! By the time we meet for the Level 2 which is all about *you as a part of systems you belong to in your life* and a bird eye view, you will already have an initial experience of working on your intentions, goals and dreams so we can make a practice based adjustments.

### *What's next?*

Upon reflection....looking at all these pages in front of you which you filled with your writing, your questions to the Soul and your answers to your Self..your energy, your love and your passion, what this journaling journey over last 9 days brought you to? What doing all this work made you want to do, to be, to experience?

- a new project in some area of your life,
- a new collaboration,
- a new network connections,
- a writing project,
- a holiday??

Please log into your **Day 9** resource page for more ideas and links to other resources.

Till Level 2,  
Irina xx

### Resources

**Hara center:** half-way between navel and a top of pubic bone on the vertical midline of the belly.

**Zone of Power:** middle of the palm, left and right hand.

- [Zone of Power: Choosing Colour](#)
- [Zone of Power](#) (easy Acupressure, Crystals, Colourpuncture for more power in body and Spirit)