

## Journaling Challenge 'Letters to the Soul': Level 2, Day 2

- Self work

### Story, Message, Container Story.

Reflexions: 'Please hold a mirror for me'

We hope you will enjoy the experience and we are here to answer your questions. Please express your needs, share your impressions and ask for clarifications if needed.

This is our plan for today and an index with the names of exercises for your future journaling work:

- Reflections through other people in our life: 'Please hold a mirror for me'
- Integration of reflexions
- A fresh look at Self..
- Numerology Pattern Tracker, N2 personal years
- N2 journaling: other people; inner work; deep reflections; the Moon.

A very quick, simple - and sharp - way of looking at our Self, becoming more self aware, and seeing more of our internal, Soul life is by *observing our relationships with people* around us, analysing *impressions other people have on us* and so in effect noticing what we see reflected back to us through these people. Here we are not going into deep psychological explorations and these are often not even needed: what is needed is simply a keen observation of what kind of people inhabit your daily interactions.

People come in and go out of our life as we move through our life stages, change place where we live, place where we work, and generally as we grow, develop and change. The quality of our relationships with people evolves and often our social circle gradually changes.

If we are on a 'fast-track' personal development journey of any kind this is often more dynamic change. On the other hand, any new relationships in our life offer an opportunity to a fast-track personal development.

Seeing yourself through the prism of our interactions with and our impressions of other people in our life will have more or less significance for different people but it is always a deeply insightful exercise.

Practical tip: Sometimes it's easier to start by analysing our interactions with/our impression of people in our life *in the past*. You will often see the whole story much clearer (you see the beginning, the story unraveling and the end of the story) than if your connections with a particular person started/changed very recently and you didn't have enough time to fully observe yourself in these interactions. It's also true for new situations in a process of rapid development: a new relationship; moving to a different place; starting a different job etc.

**Please hold the mirror for me...**

In Level 1 we held a 'show me the truth' mirror for ourselves going through various exploration of our own inner life. With people in our 'outer' life we tend to see our interactions with/ impressions of them as a natural 'resonance' or associations and so now it's going to be

- 'show me what I don't want and refuse to see' and
- 'show me what I'd love to see but I'm afraid to see it'.

Before we start..be open minded and non judgemental. What unites you with people in your life who you will write about is the fact that we are all humans and as such we have some common traits: all typical human traits are present within each of us, it's just the degree that varies. Maybe somebody you are going to describe will have a 90% of a certain characteristic which you see in them and you will have 5 or 10%.

With that in mind, let's embrace the following exercise which if done with a good measure of humility and curiously, will really open your eyes on many possibilities and will give you a sense of inner peace, acceptance and freedom.

We either have these traits or there is a potential for us to develop them.

We all have fears and doubts; equally we are all open to practice greatness in the area specific and available to us.

This work is good to compare with your Day 1 and Day 2 work in L1 for a better picture of Self as now we are moving into how we observe our Self in interactions with other people and see ourself in a reflection.

- Please write down a focusing statement: '*This is how I reflect people around me and how they reflect in me*'. We are not going to use this phrase as a prompt; this is just to focus our attention on a principle of reflection.

Close your eyes, sit comfortably and take a deep breath. Think of one most successful/ kind/cool/amazing and one of most difficult/challenging/hard-to-relate to person with whom you have (or had in the past) any kind of meaningful or long term connection. This can be your spouse; family member; your teacher or your student; your neighbour or co-worker/client - anyone. The key is: there is some degree of *energy exchange* between you two, even if this is more one-sided: you feel strongly about them.

We are going to make 2 x 2 lists - the worksheets for this will be on the next page.

- Most amazing person n1 in my life is \_\_\_\_\_
- Most challenging person n1 in my life is \_\_\_\_\_

After you are clear on who these two are going to be, take another deep breath, close your eyes and think of 2 more people: one amazing and one difficult. The degree of intensity may differ and that's OK.

- Most amazing person n2 in my life is \_\_\_\_\_
- Most challenging person n2 in my life is \_\_\_\_\_

If you know that you learn a lot about yourself through your relationships feel free to develop on the idea, but a keen and detached look working from the opposites is often enough to produce a lot of interesting insights.

Tip: sure, 'most amazing' and 'most difficult' people may turn out to be your close family members. However, it's better to start with somebody who you are not in a close contact with. This is because when we interact with/see somebody on a regular basis we become too close to them losing the ability to see objectively their character traits as we tend to do things together with these people as well and so the everyday interplay of our *roles* may overshadow the essence. Start with somebody a little further for your first practice - or even somebody from the past.









***A new look at Self as seen through a reflection in others***

Please write here all the words from previous four pages in any order. Have a good dispassionate, curious look. See if these words describe you, in your most and least resourced state. Repeat/similar words for character traits amplify the picture.

- Is there any trait/traits which is *the same or similar* for both people in 'amazing lists'?

---

---

---

- How do you feel about it? Is there anything here to accept, work with, improve upon, transform?

---

---

---

- Is there any trait/traits which is *the same or similar* for both people in 'difficult lists'?

---

---

---

- How do you feel about it? Is there anything here to accept, work with, improve upon, transform?

---

---

---

If you managed to fill previous 4 pages with clear, honest, objective words - great job! This is enough for the first practice. You now can accept and work with these newly discovered character traits or potential traits of yours which other people reflected back to you and also, every time there is a new meeting with amazing or difficult human being....you know what to do.

I found this simple exercise extremely helpful for many, many people even though some initial resistance to it is inevitable. Every time I find myself excessively frustrated with/ fascinated by somebody I haven't work with in this way before, I know it calls for a new list...

Please pay particular attention if both people on 'amazing' or 'difficult' lists share similar character traits.

HW: You can add more people (present or from the past) as you expand on your journaling practice: the idea is to stay open, curious, objective and notice *themes* and *patterns*.



## **Personal Year 2 Journaling**

- Year 2: other people; relationships; inner work; deep reflections; the Moon.

Looking at your Year 2 of recent FULL 1-9 years cycle, trace your path from any new beginnings in your personal Year 1 into your Y2 energies emphasising relationships; inner work; deep reflections.

Do some stream of consciousness writing on what you can see at this moment of time. As you recall and add more details later as your homework (looking up any old journals you may have kept, any pictures you took, any letters written to you or by you to somebody else, asking your friends and relatives for any clarifications when you can't quite remember), you will see layers and layers of further meaning and it's a fascinating process! For now, just go with the flow of your first Aha! moments as you look at this section of your life path, a recent fully completed nine-year cycle.

Look back at your Personal Year 2 where you were invited to focus on relationships, inner work and deep reflections.

- Did you take the invitation fully? If you trusted the process, what changed in your life?
- Looking back on how things have developed, is there anything you would have done differently?

---

---

---

There is no going back but recognising the invitations and learning the lessons of answering and not answering them we can plan, experience and work better with all the energies of our *next* Personal Year 2.

Exploring your response to the Year 2 invitations, expand on the following as you journal:

- Potential challenges and balancing plans needed in Y2
- Energies to embrace and explore in Y2
- Year 2 is an even number and so is a number of (often slow) development and building: which beginnings did you take from the previous year into development and growth?

---

---

---

---

Looking at your current personal year number and the Year 2 of this current cycle:

- How can you best work on combining these having analysed/looked back on your previous Years 2? If this is your current Y2, just work on Y2 energies reflecting back on previous Y2.

Please use an extra page (or as many as you need) to attach to this Day 2 for further journaling exploring your Year 2.

HW: Do some initial open search journaling on all Years 2 that you can remember.

