

Journalling Challenge 'Letters to the Soul', Level 2 Day 1

- Live Call: **7pm UK**

Story, Message, Container Story.

My Life, My Energy and Me in the flow of time.

Welcome to Journalling Challenge 'Letters to the Soul' Level 2!

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:

- You: A man/woman in the mirror
- Your Energy/Time: time log - where your energy tends to go day by day
- Your Life: the structure, what has been repeatedly given to you
- Number 1 and Personal Years 1
- Challenges, comforts and fresh choices with the Number 1.

The Story and the Writer: who is writing and what is the story?

Every life is a story which is weaved into an overall tapestry of this world; we don't necessarily see where Our Story belongs; we don't necessarily objectively tell the story or assess the significance of it; and it may not be up to us to judge.

Our journaling exercises and other deep inner work is an attempt at a conscious comprehension but ultimately our Story becomes complete only after it was fully written...

Our job is to write this Story the best we can; by the 'best' we don't mean efforts or worldly accomplishments but rather how we best align ourselves with and receive the underlying energies which are constantly present - though not visible - in our life, recognising and acting upon *what has been repeatedly given to us*.

Externally, there are good times and bad times; easy times and difficult times; joyful times and sad times but internally, this is a constantly unraveling journey we are on: the scenery maybe changing but the Hero walking the Path remains the same. Level 2 Journalling is an attempt to see the Hero and the Path better (and so continue what we started on Level 1); for now we are focusing on *prevailing energies* from a bird-eye view with a simple yet profound system of Numerology.

Our Story in numbers - this lifetime as per Numerology system - is just one way to write our story and this way is well-structured and meaningful.

- What are your hopes and expectations for today and for the Level 2 Journalling?

A man/woman in the mirror

Have a quick but good look in the mirror preferably a full length one.

The look should be a little detached and totally friendly.

No judgment, no expectations; just a keen curiosity and observation, focusing on *what is*.

Observe your reflection as if this is somebody else - and you are just curious.

Go with the first impression and then look at some details: wrinkles (reflect our emotions); darker skin under the eyes (reflects our energy), 'fighter folds' reflect stress etc.

Look at the hair and see if the hairstyle flatters this person.

Look at jewellery and cloths: size, colours, style, state and overall combination.

- What do you see? Go with the first impression, a bodily *felt sense* and an *overall feeling* not necessarily 'logical' words. Pay attention to overall energy signature:

- How can you describe this person in 3 words? Well-looked after? Natural? Original? Loving themselves? Style-aware? Neglected? Worried? Happy? Confused? Sad? Joyful?

- Which One Thing you like about what you see?

- Which One Thing would you like to change?

- Which One Thing you would like to accept?

Your Time: time log where your energy tends to go day by day

We only really ever have One Day. This is the day we live in as per our awareness.

We can't go back to our yesterday and we can't predict how many more days we will have and how they will turn out to be. So, our energy can only be felt, accepted, directed and dedicated within this One Day - the day we call 'today' - that's why we need to see clearly where our energy goes: repeatedly; maybe on an autopilot, but this is something we can work with, this is our 'You are Here' sign at the start of the journey, a springboard for any changes.

- Looking at your time log, what is your overall impression and a feeling?

- Where is the main part of your energy resides?

- Which entries feel like 'breathing in' and which feel like 'tensing up'?

- What are the surprises? Good, bad, any - something you didn't expect to find out?

- What are your first decisions for fresh choices and change?

Please continue doing a full time log for all 9 Days of the Challenge.

No expectations, no judgement, no big changes needed - simply objectively enter the times and activities which are happening.

Pattern Tracker

Your Life: the structure - one way to write your Life Story. If you are to write your Story...

- You can start from your childhood memories and write it as a novel mentioning most significant memories and interesting details and this is how most people would write
- You can organise your Story by Categories: places you have lived in/visit; family/ community structures you belong to; professions you did etc. We will do this more in L3.

Numerology describes the energies which are given to us to support particular side and stages of our life journey. These energies are not tangible, but we tend to *sense* them - they come in as strong urges. Whether or not we act upon them, receive them with gratitude, use them, recognise them, resist them or don't notice them is another matter - but if we are to pause and sense, we will feel them. Every day, every week, every month and every year is described by a number based on your date of birth.

Running from number 1 to number 9 the energies follow a predictable cycle which we can use to structure our Story and discover a deeper meaning of external events in our life, our own actions and our reactions and our perception which colours the days of our life and our Self image. We can use Astrology: Saturn cycles; Jupiter cycles etc but this is more complex as we will have to take into account many (literally) moving parts and it requires specialist knowledge for interpretation. We can use Human Design with stages of life but this also requires specialist knowledge. So, Numerology it is for a start but you can also use any other system you are familiar with. Within Numerology, we will start with the 9-years cycle.

General Numerology: in fact, all L1 was numbers-based so you already have some experience.

- Year 1: a new start (the final year of a transition: Years 8-9 of the previous cycle + Year 1) or *important adjustments* to the same path if it's a part of a longer cycle (example: my Colourpuncture journey)
- Year 2: reflection, deep inner work, other people, relationships
- Year 3: creativity and choices, the theme of a current 1-9 cycle starts to shape up
- Year 4: building foundations of this new path/getting all the detail in place
- Year 5: integration and change of the direction, adventure and freedom
- Year 6: likes and dislikes, marriages and divorces, healing and beauty
- Year 7: sabbatical, spiritual search, deeper research on a particular subject
- Year 8: culmination of the cycle, harvesting the fruits of your labour and beginning of transition period Years 8-9-1
- Year 9: completions; letting go; serving the bigger whole; sharing the beauty of the world.

Here is another way to look at the whole cycle of 9 Years:

Year 1-4: sensing, dreaming up, choosing, building a new path

Year 5: integration, change, transformation; venturing out of your comfort zone

Year 6-9: unravelling of what you have built in years 1-4 with an integration/adjustment/ change during the Year 5.

Some details: odd numbers indicate a *change/adjustment* of some sort; even numbers indicate *building* on something which you experienced or worked on before.

Today's focus: Number 1 in your life: the beginnings, a new direction, pioneering.

Today is the Day 1 Journalling. We will start getting more familiar with Numerology system by exploring the energies of numbers through the Day number of this Level 2 journey.

Please enter your current year number (your month + day of birth + 9) against 2025 and go back to Y1 of this current cycle. Please then turn to p7 and p8 to complete the work for today.

2025 = Y

2024 = Y

2023 = Y

2022 = Y

2021 = Y

2020 = Y

2019 = Y

2018 = Y

2017 = Y

2016 = Y

2015 = Y

2014 = Y

2013 = Y

2012 = Y

2011 = Y

2010 = Y

2009 = Y

2008 = Y

2007 = Y

2006 = Y

2005 = Y

2004 = Y

2003 = Y

2002 = Y

2001 = Y

2000 = Y

Personal Year 1 Journaling

- Year 1: a new start (the final year of a transition, Years 8-9 previous cycle + Year 1) or *important adjustments* to the same path if it's a part of a longer cycle

Looking at your recent FULL 1-9 years cycle, trace your path from any new beginnings in your personal Year 1 which then developed going through some stages and steps, twists and turns as you experienced the energies of Years 2-9.

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.

After you explored your 1-9 years path, look back at your Personal Year 1 where you were invited to welcome new beginnings, make bold steps in an exiting yet unknown direction and become a pioneer of some kind.

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

There is no going back in time but recognising the invitations and learning the lessons of answering - or not answering - them we can plan, experience and work better with the energies of our *next* Personal Year 1.

Exploring your response to the Year 1 invitations, expand on the following as you journal:

- Potential challenges and balancing plans needed in Y1
- Energies to embrace and explore in Y1
- Year 1 is an odd number and so is a number of change: what did you *keep* from previous year/previous 1-9 cycle which worked (our life is a continuous journey)?

Looking at your current personal year number and the Year 1 of this current cycle:

- how can you best work on combining those having analysed/looked back on your previous Years 1? If this is your current Y1, just work on Y1 energies reflecting back on previous Y1.

Please use an extra page or as many pages as you need to attach to this Day 1 for further journaling exploring your Years 1.

HW: Do some initial open search/key words journaling on all Years 1 that you can remember.

