

## **Journalling Challenge 'Letters to the Soul', Level 2 Day 3**

- Self work

### **Story, Message, Container Story.**

Our Story through the structures and systems being aligned with our Joy.

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 of exercises for your future journaling work:

- Time log: changing/adjusting/transforming your morning choices
- Practicing choices reviewing systems and structures in your life
- Number 3 and Personal Years 3: what started to transpire as a theme of the current cycle
- Challenges, comforts and fresh choices with the Number 3
- Practicing choices with decluttering - aligning with joy, fun, pleasure, contentment, fulfilment, comfort: physical space + emotional patterns/automatic reactions/habits.

The keywords for Number 3 is expression and creativity, fun and joy, and *choices*. Today we are going to review and revise our choices starting from a micro-level - your daily choices (beginning to work with your time log) all the way to a macro-level - systems and structures in our life while focusing on various hues of joy (fun, pleasure, contentment, fulfilment, comfort) as a criteria for decisions.

Joy is a signal, a 'green light' from the life within, our vital force, our Spirit.

Sometimes, there is what we call 'joy' in our life, but we are simply too busy with our everyday tasks or worries for the future (or burdened by the past) to stop and notice, to feel and smile and stay at it.

When times are difficult, we find it hard to focus on joy, find joy or even allow ourselves to connect with the meaning of the word joy. If you are going through a challenging life period, you may choose instead to focus on 'pleasure' (a relaxing bath; a refreshing hike, a nice meal) or 'comfort' (a good book; a chat with a friend; a comfortable outfit); or simply 'contentment' (a planned/advanced/completed project; a cleaned kitchen; feeling internally content, peaceful and pain- and conflict-free).

And if there was nothing in your day to make you feel joyful/comfortable/content, make it happen!

Joy is our inner, 'in-built' compass, our Spirit's North Star: joy shows us the direction we need to take as at our lightest, brightest, most joyful, comfortable and fulfilled we make for a happy and balanced human being who radiates all this wonderful energy into immediate surrounding and this ultimately translates into most organic worldly contribution.







**Personal Year 3 Journaling**

- Looking at your most recent Year 3, what started to really transpire, what have you been either exploring or engaging into around some creative development in your Y3 (which you started in your Y1 or even back in your Y8 of previous cycle; and carried on with in Y2)?

Looking at your recent FULL 1-9 years cycle, trace your path from any new beginnings in your personal Year 1 into choices you made in your Year 3.

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 3 where you were invited to creatively and freely express yourself and make choices which align with your joy.

- 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 3.

Exploring your response to the Year 3 invitations, expand on the following as you journal:

- Potential challenges and balancing plans needed in Y3
- Energies to embrace and explore in Y3
- Year 3 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 3 of this current cycle:

- how can you best work on combining those having analysed/looked back on your previous Years 3? If this is your current Y3, just work on Y3 energies reflecting back on previous Y3.

Please use an extra page or as many pages as you need to attach to this Day 3 for further journaling exploring your Years 3.

HW: Do some initial open search/key words journaling on all Years 3 that you can remember.







