

## **Journalling Challenge 'Letters to the Soul', Level 2 Day 4**

- Self work

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

The Message from Life on what we have been building all along.

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:

- Revision of your Soul Space and Wishes Basket
- Filling in the rest of the Pattern Tracker
- Zeitgeist, list journaling (optional exercise)
- Decluttering, step 1: orientation (optional exercise)
- Personal Year 4 Journaling
- Foundations of your future writing.

The keywords for number 4 are organisation, structure and methodical work. We are invited to build foundations for this new path for years to come and get all the details in place - based on what we sensed, started, reflected upon and made a choice about in our Personal Years 1-3 - and that was what we have reflected upon in the Days 1-3 of this L2 Challenge.

By the end of our Personal Years 4 we usually find that we indeed built a foundation of some sort for a new path. This foundation will stay with us in about the same shape until at least the end of that cycle; in Y5 we will adjust the plan/details of our 'building works' and then we will see the rest of 'construction' unfolding throughout our Y6 and 7, culminating in the Y8 and completing/transitioning to a new level in Y9.

Translating the methodical energy of 4 into our Day 4 of Journaling Challenge Level 2 which is centred around our Pattern Tracker, we are going to complete the work which we started in Days 1-3 continuing getting some keywords in place as we did with our Personal Years 1, 2 and 3 - now for the rest of the cycle: Y4, 5, 6, 7, 8 and 9.

This is a big project and quite possibly one of most insightful personal reflection experiences: what we are really tracking here is *which energies, invitations and openings were repeatedly given to us by the Universe - and how we responded to these calls.*

As any big project your Pattern Tracker will take some time to shape up so today we are only going for broad strokes, keywords and approximate dates in place, but for the whole Story. As long as you keep these pages, you can come back to them and fill in more details or correct the timeline every time you read your old journals, look at your photographs and talk to people who have been your companions on the path. This is a beginning of a fascinating work-in-progress - you will now start seeing your life path in a completely different light.

**A reflection of Self through the Soul Space**

*(Revision of the Soul space and Wishes Basket if you did both exercises in the past)*

Now we are zooming in on a particularly important space in your life: a space in your house which is personal to you: either your 'hobby' or leisure space or space for your 'life's work'. It can be described as your dedicated *Soul space*. This can be a room, a corner, a drawer, a folder, anything.

- This may be a space which you *currently* use for your Soul play time but the space isn't as tidy or inviting or functional or beautiful or special as you would like it to be
- This may also be a space which you would like to create to use as a Soul Space, so the space is *in a process of becoming*: at any stage, from a dream or a project to a nearly finished but not quite so as the 'becoming' stalled at some point for some reasons
- You may have a beautiful Soul-feeding space already! In this case, pause for a minute to feel its nurturing energy and extend gratitude to your Younger Self for creating it :)

This may be your library of files and notes for a particular project (if you are a keen creator), your garden (if you are a keen gardener), your back yard/garden room if you like to relax, grow plants or entertain in the garden; your kitchen (if you are a keen cook); your knitting/sewing/jewellery making corner. This may be your dedicated space for regular journaling, painting, sorting out your photos or yoga and exercise space.

Choose your topic and scale of the project depending on what feels right. Close your eyes, visualise this space and connect with it. Is there anything/anything else which is wanting to happen here? When you are ready, open your eyes and do some stream writing *conversing with your Soul space*:

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Practical tip:

- Check the state of your Wishes Basket and update as needed
- Start on/update your Wishes Basket if you currently don't have any Soul space.

You may want to include a conversation with your Soul space in your Letters to the Soul:

*In my Soul play space I'm.....*

*We exchanged messages, the space and I....here is what we said to each other.....*

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***Filling in the rest of your Pattern Tracker***

Continue till it feels right for today - as agreed: in broad strokes, just main memories, no pressure - and plan to continue with it each day until the end of L2 Journaling Challenge.

**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**

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**1976 = Y**

**1975 = Y**

**...and so on until your year of birth.**

If you have a good memory please continue until you remember events (ideal); then list your year of birth. Sure you won't remember much of your childhood; but if you recall family stories or talk to your older relatives, they may remember some events around your childhood years; these events likely affected you even if through your parents, family or community even though these didn't register as your conscious personal memories.

This may provide a valuable background which will be a discovery for you.

### ***Capturing your take on the Zeitgeist***

Capturing the Zeitgeist or “spirit of the times” is optional but interesting exercise - see if it resonates with you. Here you set yourself a task of describing a particular time in your life which was important from a point of view of rare/specific events in the collective: in general or/and where those events in the collective somehow resonated strongly with you or you were either an active participant in those events or were subjected to their forces (a nearly forgotten now Covid lockdown time as an example...).

These are kinds of times on which younger generation will likely ask you: “And how your life was in times when...” referring to significant events or interesting time periods.

While an accurate historic evidence will be finally (hopefully) collected and restored and will form an official history, first-hand accounts are always going to be important, providing a unique and often previously unknown view.

This is where you weave your authentic personal voice into a much bigger choir - and any historic event described from a perspective of multiples solos of witnesses or participants will always carry enormous value.

Just because we happen to live through certain times in history and *'this is just what it was...'*, we tend not to see immediately the value of our personal accounts of the events. Chances are, we were simply too preoccupied with surviving or navigating the storms on a level of our family or community.

Being a part of a bigger whole, we can't correctly estimate the value of our experiences as they are reflected in a personal memoir. And yet, this is important.

This doesn't have to be a detailed account unless you want it to be; at the very least this will also help you to organise your own life experience; and will count towards a general energy clutter clearing: in intense or difficult times we usually don't have enough time and space to take everything in, digest and process it so it's an important healing tool as well.

However..if this is to be, your descendants may decide to publish your writings and your memoir will go down in history. Don't judge your experience: simply feel if this resonates.

- If you are to choose Just One particular Zeitgeist you experienced and want to describe what feels important, which one would you choose?

Capturing your take on the Zeitgeist, you will leave an incredible legacy for your family (and possibly a wider world) which can reach people far outside of your circle, have a life and value of its own and have an impact you never envision. Both for your family and potentially a wider audience, this is a beautiful contribution which you can make. And, because this type of writing is also journaling for healing - it will absolutely make you feel good too!

*Zeitgeist stream writing or the start of the list: 'I lived through some interesting times'....*

Make a list or stream write (you can then also see where it fits into your pattern tracker):

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- Looking back on how things developed, is there anything you would have done differently?

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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 4.

Exploring your response to the Year 4 invitations, expand on the following as you journal:

- Potential challenges and balancing plans needed in Y4
- Energies to embrace and explore in Y4
- Year 4 is an even number (and also a stable *square*) and so is a number of (slow) development and building: which beginnings did you take from the previous Years 1-3 into development and growth?

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Looking at your current personal year number and the Year 4 of this current cycle:

- How can you best work on combining those having analysed/looked back on your previous Years 4? If this is your current Y4, just work on Y4 energies reflecting back on previous Y4

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Please use an extra page or as many pages as you need to attach to this Day 4 for further journaling exploring your Years 4.



