

## **Journalling Challenge 'Letters to the Soul', Level 2 Day 5**

- **7pm: Live call**

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

The Guidance by Life to decipher the Message by experiencing freedom.

Plan for today and an index of exercises:

- Revision and update on the Reconnection exercise
- Freedom meditation: 'Don't want to/Want to'
- Feedback and exchange on our Personal Tracker insights
- Feedback and exchange on our L2 Journalling work: your needs for the rest of the journey
- Personal Year 5 Journalling
- Number 5 Journalling

Number 5 in Numerology is a special number in a sense that it marks a mid-way point and so an integration. On the journey of Personal Years 1-9, Year 5 is the year where we take stock of what we sensed, reflected upon, chose and built in our Years 1-2-3-4; we make adjustments and changes to our course as needed, we are welcoming adventures and experience freedom.

Today's focus on a live call is on exchange of our experiences and figuring out *our needs for the rest of our Level 2 Journalling journey.*

One of important keywords for Number 5 (and Personal Years 5) is *freedom*. Very often, our lesson of finding and experiencing freedom starts with the opposite: we are feeling not being free to choose or to act. We may find ourselves feeling restricted by our 'have to-do' activities; our responsibilities, and our daily schedule - even if we chose these ourselves at some point in time.

Now we have this desire for freedom and making different choices - or doing the same thing in a different way: creative, eclectic, daring, unique, more 'our own', on a whim or just somehow *differently*.

This need for adventure and freedom is strong and after a methodical and duty-bound Year 4, our Year 5 energies may feel very appealing and at the same time we may feel very unsure as we sense that things are in a process of rapid change and we don't know at all where we are going to land.

Today we will focus on a 'freedom meditation' - a guided visualisation followed by stream of consciousness journaling. If you missed today's live call, please read the 'freedom' text and do the meditation in your own time. This is an important step in transitioning from our 'building the foundation of something new' with Numbers 1-4 into working on/observing 'unfolding of the rest of the construction' with Numbers 6-9.





### **Personal Year 5 Journaling**

- Looking at your most recent Year 5, what started to really shift and change taking you on an exciting but maybe just a little stressful or busy adventure as soon as you started to feel the Year 5 energies?

Looking at your recent FULL 1-9 years cycle, trace your path from any new beginnings in your personal Y1 through reflection, choices and building the foundations and into your Y5.

Do some stream of consciousness writing on what you can see at this moment of time. As you recall and add more details later (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 5 where you were invited to embrace change, adventure and freedom.

- 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?

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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 5.

Exploring your response to the Year 5 invitations, expand on the following as you journal:

- Potential challenges and balancing plans needed in Y5
- Energies to embrace and explore in Y5
- Year 5 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)?

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Looking at your current personal year number and the Year 5 of this current cycle:

- how can you best work on combining those having analysed/looked back on your previous Years 5? If this is your current Y5, just work on Y5 energies reflecting back on previous Y5.

Please use an extra page or as many pages as you need to attach to this Day 5 for further journaling exploring your Years 5.

HW: Extend this work to 2 or 3 previous Years 5 if you wish.

