

Journalling Challenge 'Letters to the Soul', Level 2 Day 6

- Self work

Story, Message, Container Message.

The Message from your Pyramids of Needs.

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.

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

- Emotional reservoir
- Your Pyramid of Needs
- Healing the system
- Likes, dislikes and values
- Energy Exchange - social circle
- Personal Year 6 Journaling
- Number 6 Journaling.

The keywords for number 6 are: likes and dislikes, caring and responsibility, love and friendship and human interactions in general, balance and beauty. In our Year 6 we are invited to focus on home and family, nurturing and healing, relationships and our social circle and achieving harmony - based on what we sensed, started, reflected upon, made a choice about, built and adjusted in our Personal Years 1-5 - and that was what we have reflected upon in the Days 1-5 of this Level 2 Challenge. Number 6 is rules by Venus.

Translating the nurturing energy of 6 into our Day 6 of Journaling Challenge Level 2 which is centred around our Pattern Tracker, we are going to complete the work which we started in Days 1-5: looking back at our path through repeat cycles Y1-Y9, we are lovingly and responsibly figuring out the patterns, the messages and the invitations from our Self and Path.

If we combine love and nurturing, caring and human connections, balance and harmony, we are naturally arriving at a concept of *emotional reservoir*.

Number 6 energies are revolving around various aspects of human connection and so filling in our personal emotional reservoir and constructing our 'pyramid of needs', we naturally extending all this into the family, social circle and any other system we are a part of.

It's next to impossible to be a happy part of a generally dysfunctional unit and so thriving to heal and nurture the entire system we belong to, we ourselves can ultimately feel happiness and belonging, contentment and calm. This isn't a simple task and a full success isn't guaranteed: any system has its potential and its limitations but our actions fuelled by love and a clear intent create a potential for optimal resolution. Love here is unconditional; we give ourselves to the systems we are a part of with full intention and without expectations.

Emotional Reservoir

An 'emotional reservoir' is about recognising and fulfilling our needs and building up our inner resources: emotional, psychological and spiritual. We all have different needs and we have to recognise and respect ours as well as other people's; we have different physical needs and emotional signatures, different temperaments; also our pre-history matters...

If we habitually maintain a somewhat empty emotional 'reservoir' (due to overwork; lack of support; self-neglect), this can manifest as inadequate self-care; unmet needs; fluctuating health, poor quality free time in general and time for yourself in particular, lack of Soul feeding habits, a feeling of disconnection and lack of belonging and so on.

We need to get to know our emotional reservoir, check in periodically to see if our Soul-feeding choices are still valid and keep it full by all means necessary.

Emotional Reservoir

Filling our Emotional Reservoir and Meeting our Needs

- Imagine that you have an emotional reservoir - an invisible but almost tangible space deep within your Soul where you collect and keep anything which heals, feeds and supports you
- The capacity and quality of your reservoir is individual
- A very simple introduction to a concept and a tangible physical representation of an emotional reservoir would be your Wishes Basket. This will give you an idea of where to start, what we are looking for, what feeds our Soul and after you assembled your first wishes basket, you can reach deeper layers of inner awareness.

Here are some questions on needs and longings related to an emotional reservoir:

- What are your most vital inner needs (freedom, comfort, love, adventure, belonging)?
- Start with at least 5 items and then circle the needs which are adequately met and underscore those needs which are not met, double underscore any pain points

Take a deep breath, close your eyes and visualise your emotional reservoir in any way you want and sense into a full/empty ratio.

Full: you feel fullness of purpose, energy, motivation, peace, joy, creativity, strength, hope and connection, belonging and safety, naturally supported by life

Empty: you feel emptiness of overwhelm, lack of motivation, low energy, fatigue, depression or anxiety, reliance on stimulants, feeling alone, hopelessness, apathy, tiredness, burn-out.

- How full or how empty do you feel right now on a scale of 1 to 10: 10 being very full and 1 being very empty? Please circle: 1, 2, 3, 4, 5, 6, 7, 8, 9, 10.
- What is emptying your emotional reservoir?

- What is filling up your emotional reservoir?

- If your emotional reservoir doesn't feel comfortably full - or your needs are unmet - what can you do to fill it, right now and on a daily basis? Make a list of at least 5 items first, you can top it up later:

Human connection which let you experience safety and belonging, nourishing food and beautiful surroundings, reflective solitude and nurturing silence which repairs and comforts your energy field, creativity, meaning and purpose, seeing the results of your efforts, living out your talents and true potential, contributing, having fun - all of these can top up and keep your emotional reservoir full.

What is your version of other fuel for your emotional reservoir - not necessarily from all the above, and if it is please add your personal take on it?

You can also assess how full your reservoir is by being aware of your unconscious self-medication attempts: coffee, alcohol, comfort food, sensual indulgence, overwork, immersion into virtual reality, lack of action needed (for example, you receive a therapy: this is a very constructive step but if there is no Yin-Yang receiving/acting upon insights, then in time this can also be counterproductive as we can end up in a bigger conflict: now we know what we need to do but for whatever reasons we are not doing it).

Instead of condemning our 'bad' habits, it's vital to recognise an underlying *need*. Reflect on the habits you have which you feel are not constructive; which you developed in an unconscious attempt to feed your Soul or numb the Soul pain: sweets, gossip, alcohol, news reading, social media overdose?

The key word here is over-indulge: some quality dark chocolate with your cup of morning coffee is probably fine, the bar of sugary chocolate and multiple coffees in your day are probably not...

When and *why* you developed them and which need do they serve: temporary relief of the Soul pain; losing yourself in a virtual reality to escape decision making in a real life; avoiding taking steps to solve your own problems and making your life better while focusing on things you can't directly influence? Please work with the list on the next page.

Here is a typical list of underlying needs based on my work with people:

- Coffee, the need: energy
- Alcohol, the need: relaxation or/and to forget reality
- Comfort food; the need: to feel comfort, relaxation, bodily comfort - PNS activation
- Sexual indulgence; the need: connection, touch, bodily feeling of satisfaction, love, safety
- Overwork; the need: to be accepted; to belong, to prove worth, to create safety and stability
- Virtual reality; the need: to forget reality, to know maybe important information, to have a feeling that you have a companion; with SM: beauty and dreams
- 'Laziness'; the need: support and guidance, trust in your own abilities.

Please come up with a list of your *habits* which you feel are going against you (with *needs*):

- Can you see a good decision/options to *address these needs* adopting better habits?

Please also check if you need to make any correction to your 1-10 score after looking at your self-medication attempts with self-compassion, curiosity and some detachment - while acknowledging the needs? List the *needs* and ideas for *better habits* to address them.

After finding some solutions to mend the leaks in your emotional reservoir let's reflect on what is actually going for you:

- What do you nourish your Soul with - which habits you developed in search for inner comfort: morning journaling; evening reading; daily meditation; a regular walk; meeting your friends for dinner; a special time with family; time in nature?
- Which Soul nurturing habits that you adopted you *want to keep* or develop - the most recharging, relaxing and revitalising?
- Which new habits that you want to practice are easy to start on and which ones will require a major lifestyle change? If it's the latter, what you can do to facilitate the change? Who can help you? *Please journal and also enter all these in your regular diary as plans.*

I found that some simple Colourpuncture treatments are incredibly helpful, easy to learn and quick to do; they give consistent results and are hard to beat when you feel out of your resource; need to support or manage a generally weak spot; when you feel tired, stressed, overwhelmed and lost in some vague inner conflicts.

If you practice Colourpuncture, you can make a list of your weak points throughout the day and see which treatment you can choose for self-care. Any of them will make a big difference to your health and fullness of your everyday's emotional reservoir. For example:

- If you feel tired in the morning you can do a simple 'Zone of Power' in Colourpuncture or even with a Rose Quartz crystal (absolutely nurturing and you can do it while still in bed, gently arriving into your day with a softly increasing energy. Zone of Power is probably the easiest new habit to develop: quick, simple, and Soul nurturing. You can add C10 or C1 (or both with your Zone of Power) if you wish.
- If the afternoon energy dip is your problem, you can try lying on the floor, or sitting leaning in your chair with Activator crystal.
- If you feel stressed in the evening and can't relax, you can do the same C10 in a calming Blue or add C2 or a wonderful auricular relaxation protocol in Blue.
- If you are feeling uneasy not understanding your repeat dreams, do some simple Dreamwork with Reflex massage and Oil Relax.
- If sleep is generally a problem, try classic Acupuncture points treated with Colourpuncture.
- If you feel anxious before important meeting, exams, interviews or travel, treat your Fear Zones with massage, Colourpuncture or Yin-Yang crystals and so on.

List times in your day when you typically feel weak; stressed, tired, overwhelmed or otherwise out of your resource; any emotional reservoir draining points (and how you can address them with Colourpuncture; if you are not sure, ask me, I'm happy to help):

We created a good focus on emotional reservoir for a reason: it's central to both your daily self-care - managing your wellbeing starting from your inner world - and generally. Yet it tends to be a poorly understood, not well defined and a vague concept.

Now, fully in line with Number 6 energy of healing, caring and compassion, you may also want to contemplate on how you can share this concept with people you care about.

- Letter to Soul prompts:

'Thinking about my emotional reservoir...I'm more self-aware.... I'm feeling self compassion. I feel my big unmet needs are:.....and I'm going to do..... ..to mend this'.

Your Personal Pyramid of Needs

We all know Maslow's pyramid of needs. Working with patients I can see it in action - we just can't reach what we want (no matter how strong our wish and will power) unless the lower, more foundational levels are satisfied and these go well beyond food and shelter. Some argue that women have a different structure to the pyramid. Here we build your *personal pyramid*.

Please draw a simple version of a pyramid shape for a good visual; your pyramid (inner needs) has 3 main parts: the foundation (the absolute must, your basic Soul food: meditation, journaling, walking, social connections, creative work); the main part (as many layers as you need) and the top (the thing which you really really want but which can only be achieved by practicing activities from a stable foundation and basic middle layers upward).

Here is a real example from an aspiring writer:

Top:

- Creative writing
- Spiritual connection

Middle:

- Love
- Sensual experiences: food, hugs, massage, body therapy
- Reading = feeding the mind
- Social connection = belonging and safety

Foundation:

- Spiritual practices: meditations, mindfulness, witnessing, embracing joy + therapy.

Please draw the pyramid and fill in the layers (in pencil, to correct as needed). This will be a work in progress over some days. It will need brainstorming, contemplating, reflecting, filtering in and revision. It will create clarity, self-awareness, focused action and joy.

Likes, dislikes and values

Here we are going back to our reflection of Self Day 1 'woman in the mirror' and it can also greatly support our decluttering efforts from Day 4. We need to find a simple *category* to practice clarifying our likes and dislikes - and through these, our values.

My suggestion is to work with your cloths (I found this category to be the easiest to start with both for my patients and myself) but please come up with your own idea on categories.

Wardrobe...

- What is most well-worn item in your wardrobe? Give it a short description: comfy blue jeans; glamorous red dress; smart charcoal business suit; fancy beaded jacket.
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- Are you happy with the style/colour of this well-worn item or something has to change?
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Is it still good to keep wearing these comfy but shapeless jeans everyday or is it time to change them for an equally comfy but elegant dress?

Is this the time to decide on the low heels because walking, driving and housework or child care is what you do a lot of?

Do you really feel that florals do you favours or you need to accept that well, no, a classic monochrome dress does look better?

Regardless if you decided to keep the item or change it for something you always wanted but never quite came to buying/wearing, take it into your hands and have a look and a feel for it before you put it back to your wardrobe/a recycling bin or go shopping.

The questions to ask while holding the item are: What *need* has this item been serving? Style? Comfort? Aspirations? Budget friendliness? Can't-be-bothered-I'm-fine as it is tiredness?

This step is vital as it sharply reflects your values. If you go shopping for a different item, the new one should have *this same or better capacity to serve the need* but in an updated version.

If it's 'style' and yet you resolved to go for comfy jeans and low heels to reflect your busy-doing-things role can you go for really stylish jeans and matching flats?

If it's 'comfort' can you buy an elegant but still comfortable and simple dress?

Where did the idea of wearing this item came from? Family? Trends? Friend's advice?

Did your Mum suit pink but you don't?

Did she dream of wearing trousers but was a little overweight?

Did your older sister suit this colour and you were used to seeing it around as a daily reference but you have a totally different natural colouring?

Did your favourite aunty liked the style? How did it all work for you?

The way we dress reflects what we value but we tend to search for our values in our thoughts and feelings and not in everyday choices in the physical...

So, based on your dress style and favourite cloths, 'I dislikeand I value.....'

Values and energy exchange

Social circle, a dynamic exchange of energy

We don't choose our family of origin. We don't usually choose our coworkers unless you are an employer yourself. With our created family things may go two ways: it could be a very functional and nurturing unit at best or an unhappy place you can't escape from at worst.

Our social circle however is something of our own choosing (similar to our created family) but much more dynamic one - unlike our created family, we can much easier disengage and reconsider our commitments. So here our energy exchange is more intentional and so more reflective of our values and more dynamically balanced to our current needs.

This exercise goes well with our Day 2. There we looked at extremes: 'most amazing' and 'most difficult', and those people may not necessary been our immediate social circle; here we are likely be looking at something in between, a matter of fact energy exchange.

Becoming aware and intentional about our daily energy exchanges is important. Here we can also review, refreshed and improve as this reflects our choices.

And a final thought on your social circle: what is *wanting to happen* here and what will you do?

- Who forms your social circle? Thinking of about 5-10 people close to you in your everyday circle, what do they all have in common? Even if just one/a couple of features?

- Does you social circle support you? Drain you? Stimulate you? Challenge you?

- Are you happy with everything or feel that some change needs to come?

This is just a little play not at all a comprehensive list. And, our social circle tends slowly change as we all grow and develop, move places or becoming busier.

Feel free to add your own questions and thoughts.

In fact, please come up with 3 other areas of your life which might *reflect your values* and ask similar questions:

Take as many new pages as you need but don't get lost deep diving - this is meant to be a quick, practical and actionable exercise.

Personal Year 6 Journaling

Looking at your Year 6 of recent FULL 1-9 years cycle, trace your path from any new beginnings in your Y1 through reflection, choices, building the foundations and adjusting the course and into your Y6.

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 6 where you were invited to focus on home and family, nurturing and healing, relationships and social circle, cultivating beauty and harmony.

- 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 6.

Exploring your response to the Year 6 invitations, expand on the following as you journal:

- Potential challenges and balancing plans needed in Y6
- Energies to embrace and explore in Y6
- Year 6 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 6 of this current cycle:

- How can you best work on combining these having analysed/looked back on your previous Years 6? If this is your current Y6, just work on Y6 energies reflecting back on previous Y6.

Please use an extra page (or as many as you need) to attach to this Day 6 for further journaling exploring your Year 6.

HW: Extend this work to 2 or 3 previous Years 6 if you wish.

