

A Day of Soul Pampering....

A JOURNALING EXPERIENCE: Listening to your intuitive self

There are many benefits to journaling. It helps clear the mind. It helps one gain clarity in problem-solving. It provides a safe space to express thoughts and feelings, and ultimately gain insight about one's self in relation to others, to note but a few.

The following is an exercise to support you in practicing listening to one's intuitive voice using the art of journaling. Find a quiet space, take three cleansing breaths ...and begin:

FOLLOWING YOUR INNER VOICE:

1. THINK OF A CHALLENGING CIRCUMSTANCE OR DIFFICULT DECISION YOU HAPPEN TO BE FACING RIGHT NOW SOMETHING THAT'S BEEN KEEPING YOU UP AT NIGHT

2. WITH THIS SITUATION IN MIND: WRITE THE FIRST ANSWER THAT COMES UP WHEN YOU ASK YOURSELF THE FOLLOWING QUESTIONS...(DON'T OVERTHINK THE ANSWERS. DON'T THINK ABOUT THE ANSWERS AT ALL...JUST BLURT)

WITH REGARD TO YOUR DIFFICULT SITUATION:

WHAT WOULD BRING YOU A SENSE OF CALM ABOUT THIS SITUATION?

WHAT WOULD BRING YOU A SENSE OF PEACE AND RESOLVE ABOUT THIS SITUATION?

WHAT WOULD BRING YOU A SENSE OF “LETTING GO” ABOUT THIS SITUATION?

Given this insight...what are you going to choose to do today?