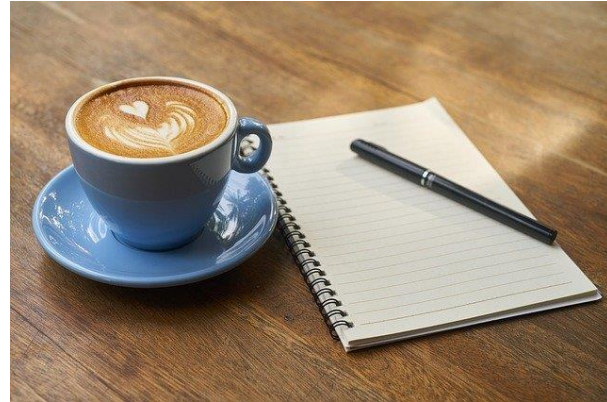


Tips on Accessing Your Inner Self

With the busy life that most of us lead, it is sometimes hard to tune in to ourselves and find out what we really need at any moment. When journaling, we sometimes tend to think of the “right” answer or the answer we most want to hear. However, it is when you are authentically connected to your soul and genuinely receptive that you are most likely to receive knowledge, wisdom, and guidance on your questions. When responding to any of the prompts in this workbook, but especially the heart connection questions, use the tips below to help you tune in to yourself and hear the answers.



Set a Time

Choose and keep a consistent time of day for your journaling practice. You may wish to do this in the early morning, when you are still in the calm brain. You may also try making journaling the last thing to do in your day. If you journal right before sleep, you may receive messages in your dreams as answers to the questions you ask in your journal. In the morning, make a note of your dream messages and see if they link to the questions you asked the night before. Whatever time of day you choose, a set time will help prepare your mind, body, and spirit for the experience and will give you good results.

Prepare Your Environment

Our surroundings play a role in our ability to be intuitive and receive answers to our questions. Ensure that your environment is conducive to reflection and learning. Find a peaceful and pleasant place where you won't be interrupted – perhaps a comfortable chair near a window with a tree outside. Let the inspiring scents, sights, and lighting become familiar and form a neurological network that gets activated as soon as you sit down with your journal. A cluttered space interferes with our ability to get clear and distracts us from connecting deeply, so tidy up your surroundings. Carefully choosing your space – whether indoor or outdoor – and caring for your environment will allow you to reflect and learn better.

Be Consistent

The more you create a habit of journaling and become consistent in your practice, the more easily you can access your intuitive gifts. Your body will come to know that when you sit down with your pen, you are seeking to connect and find answers. This will make your intuition more reliable. So be consistent in your practice, and you shall reap the benefits of connection, mindfulness, centered thinking, and relaxation while accessing deep wisdom within.

Start with a Deep Breath

Breathing is the force of life. When you breathe, you allow the energy to move easily in your body. You also get rid of accumulated energy and stress. Before you start journaling, take six to seven deep breaths to prepare yourself for the experience to come.

Set the Intention

Setting an intention will help you get better results from any exercise or experience. So after you take those deep breaths, set your intention for connecting deep within. Do you want to know about how you're doing emotionally? Do you want to answer a pressing question that you have? Do you want to gain new insights? Whatever your intention is, clarify it before you begin writing. In this series, I'll offer prompts and questions that will help guide you on a spiritual journey. If the questions in each section do not match your current mood, open a new page, write your question or concern, and let the answers flow.

Remember! As you move along in each exercise, make sure to highlight or circle your insights and key words as they will help you cultivate greater self-awareness and ultimately form the thread that connects your awareness of yourself and life vision. A dedicated space will be provided at the end of each exercise in order to document your insights. Make sure you keep a pace that works for you with all the exercises. The idea is not to rush into it, but to take your time and work out the exercises either on a daily or weekly basis. My advice would be to set a date and time to do them or a nightly time to go through one exercise at a time.

First Write From the Heart, Then Reflect

When connecting to your inner self, use these [four steps](#) to help you access the truth of who you are that resides in your heart. This will give you insights of your self, her struggles and desires:

Ensure you have gone through the above steps of breathing and setting an intention about what you want to achieve. Have your pen and your journal ready.

Become aware of your question. Start to ponder upon your request and why you want it. Your question could come from struggle or desire. Either is fine as it helps you push through where you are to where you want to be. Allow it to come from your heart and be answered through the grace of God. It is best if you state a prayer at this point.

Place your hand on your chest (where the heart chakra is), take a few deep breaths. Set the intention to connect to the realm of truth which is the realm of your true self.

Now ask your question and see if you can have an inner dialogue with yourself. Ask the question and wait for the answer. The answer may show up in the form of an image a thought or a sensation in your body. Once you feel compelled enough, allow the answer to write itself using the pen in your hand. Do not stop or think about what you're writing. Just keep writing from the heart! Continue until you feel you've finished.

Reflect back on what you wrote, and sort out the ideas and thoughts that came up. You may go back to having that inner conversation if you feel you need more clarity on your situation. Now ask yourself, what wisdom did you perceive? How might it be relevant in your life? How do you feel in your body after writing? Now highlight the main insights you've gained and transfer them on an easy to find place on your journal or on a post-it-note. Write a clear statement about what you will do as a result of having this wisdom. What needs to shift in your perspective on life? What actions do you need to take? It may be that simply raising your own awareness is enough for you at the moment.

Once you've been practicing for a while, you may not need to repeat all the above steps. You will have created a habit, and you will be able to access your heart easily by simply intending, stating a prayer and then writing.