

Write It.

Week Four.

This week sit with our writing invitation, create some space for it, visualize it + feel into it. This exercise comes from Tara Mohr's *Playing Big*.

Sit in a comfortable space. Drop in. Drop out of your day and deepen your breath. Feel your sits bones grounded, your spine ascending, your breath full and your mind, your precious mind relaxes for now and your awareness drops either into your belly or your heart. Let the winds of Inspiration find you. Listen.

Allow yourself to travel, be taken to another time, another place, maybe a place you already love or one you have never known but feels right to you. Be free with your interpretation.

Take a look around. What kind of place is this? What is it like? What does it feel like? Look around the outside + notice there is a house, a dwelling place. Make your way to the door. As you approach the door, see that your future self is coming to the door to warmly greet you and welcome you, take in (her/his) presence. Let her invite you inside. Notice what the inside of her house is like. Notice as she offers you something to eat and drink.

*She / He brings you to one of her/his favorite spots in the house for a chat. She is present and ready to listen to you and share with you. **Ask her what has mattered most of the the past twenty years.** She may answer you in words or just with a feeling or facial expression : Listen.*

Ask her, "What do I need to know to get from where I am to where you are?" Listen.

Ask her, "What will help me to sing my true song?" Listen. Let her answers surprise you.

Ask him / her, "What is your true name, other than your given name? What are you called by?" Be open to whatever surprising name shows up first here. It may or may not make sense.

Now bring your visit to a close, knowing you can come back and visit at anytime. Thank him/her for the wisdom and guidance offered to you. Notice if she has a parting gift for you and receive it gracefully.

Make your way out of the house and find your way back to you present moment peacefully and easily.

Your Journaling Prompts:

Write about your visualization and anything else that comes up for you:

What was your future self's presence like?

What was her home like?

Write about his/her responses to your specific questions:

What do I need to get from where I am to where you are?

How can I sing my true song?

Any other questions you chose to ask her, and her answers.

Here are some additional inner mentor / future self journaling questions to explore:

What does he/she like do to in their free time?

What are some of this/her daily rituals - morning or evening?

How does she handle difficult relationships?

What is her relationship with money like?

What kind of art or creative pursuits does she enjoy?

How does she care for herself physically?

What does she eat, where does she eat, how does she eat?

How does she take care of her health and deal with sickness or medical challenges as they arise?

How does she care for herself emotionally? What does she do with sadness? Anger? Joy?

What kind of physical environment does he/she create to live and work in?

Option Two: The Journal Check-In
If you have kept up with this — keep going!

I love this simple format that Susannah Conway created and am sharing with you here. Each morning (I do mornings, again replace with a consistent time that will actually work with your life) I sit down and complete these prompts. Some mornings they are short, others are long. The point is the earnest quality, not quantity. It is helpful to see where we have a lot to say, and where we withhold and what story needs to be loved up or changed. I highly encourage this practice for week one to gently open the channels of communication.

- How I feel
- What do I need
- Thoughts I need to clear
- Connect to the Dream