

Write It.

Week Three.

Option One: The Journal Check-In

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

Option Two:

I simply love this. I hope you do, too.

Write a short answer to one or two (or all) of Rob Brezny's points, write it as a dialogue between you and yourself or a person you are needing to shed (could still be an aspect of yourself). Let your subconscious speak. Let go of something and have the courageousness to be honest between pen and paper about what needs to "die." We often say let go, and it allows our mind to hold on just a little longer; however, Nature lets things die so that rebirth may happen.

Little deaths happen all the time.
There is a rhythm and a pace to life.

Our world has gotten so fast that we crash, when all we really need to remember is our circadian rhythm and the natural rhythm of creation, sustenance and destruction - we are not robots - we are human beings. Let us claim this.

Let us no longer say - I am just human. Let lead a revolution by slowing into our selves and finding that rhythm in ourselves and upon this Earth. Why not?

WHAT PART OF YOUR LIFE DO YOU NEED TO SHED? - Robert Brezny

1. What feelings and intuitions have you been trying to ignore lately?
2. Which parts of your life are overdue for death?
3. What messages has life been trying to convey to you but which you've chosen to ignore?
4. What red herrings, straw men, and scapegoats have you chased after obsessively in order to avoid dissolving your most well-rationalized delusions?
5. What unripe parts of yourself are you most ashamed or fearful of? How can you give those parts more ingenious love?
6. What parts of yourself have the least integrity and don't act in harmony with what you regard as your highest values? How can you bring them into alignment with your true desires?
7. Is it possible that in repressing things about yourself that you don't like, you have also disowned potentially strong and beautiful aspects of yourself? What are they?
8. Are those really flaws that are bugging you about the people whose destinies are entwined with yours, or just incompletely developed talents? Are those really flaws that are bugging you about yourself, or merely incompletely developed talents?
9. Some people try to deny their portion of the world's darkness and project it onto individuals or groups they dislike. Others acknowledge its power so readily that they allow themselves to be overwhelmed by it. We believe in taking an in-between position, accepting it as an unworked gift that can serve our liberation. Where do you stand?
10. It's easy to see fanaticism, rigidity, and intolerance in other people, but harder to acknowledge them in yourself. Do you dare?