

Journal Writing Guidelines

In the context of the Swadharma programme, journal writing aims at:

1. Increasing self-awareness
2. Identifying the signals coming from your inner guide
3. Understanding the different psychological parts of your being and their characteristics, strengths and weaknesses
4. Understanding emerging patterns unfolding in your life
5. Documenting the process of self-discovery

Your journal will remain private, it is not meant for public sharing. Share with others only what you want to share.

Step 1. Flow - 10 minutes

Ask yourself: What am I feeling now?

Start describing your feelings, not thoughts and ideas. Don't think but feel. It could be anything like joy, affection, excitement, fears, doubts, anxiety, anger, boredom, laziness, tiredness etc.

Connect to your feelings and emotions, write down what they are saying. It doesn't need to make any sense. The goal is to connect with the flow of emotions without judging them as good or bad. Forget grammar and spelling or even meaning, just write non stop without thinking. Ask the deepest part in you to express itself. Success is when you experience free flow of energy, emotions and thoughts as if something in you is coming alive and writing through you. Keep writing till it exhausts by itself. As the flow becomes clearer the writing will become coherent, naturally expressing the force and wisdom of your inner being.

Step 2. Insights - 5 minutes

Ask yourself: What insight did I get about myself today?

There is a difference between ordinary understanding and an insight. When you read a book, you can understand what is written but an 'insight' is when you get an 'aha' moment with a burst of energy, joy and **inspiration**.

An insight gives you a new perspective, the dots connect in a new way. In contrast, an understanding is a journey through the dots that are already connected; you understand the meaning, but there is nothing new, so you stay at the same energy level. With insight come burst of energy and inspiration, new connections and perspectives.

These are the sparks of light emerging from within as a response to your daily life experience.

Collecting insights involves identifying the 'aha' moments and collecting their content, both in terms of knowledge and energy. They not only illumine the path to be taken but also bring the inspired energy to follow upon the trails revealed.

Spend some time scanning the day to recall the moments of insights, identify the new knowledge that you have found and the inspired energy and emotion that have come with it.

Write down all the insights.

Especially the insights into yourself.

What did you learn about yourself?

Step 3. Thoughts and ideas - 5 minutes

Ask yourself: What are the new thoughts and ideas passing through my mind?

1. What are the most inspiring ideas you learned today?
2. What were the most inspiring moments of the day?
3. What were the most disturbing moments of the day?

Step 4. Gratitude practice- 5 minutes

Ask yourself: To whom or what am I grateful for today?

Awaken and cultivate gratitude by paying attention and carefully noticing things you could be grateful for.

Step 5: Action - 5 minutes

Ask yourself: What will I do differently in my daily life as a result of the new insights?.

Take action, it is by putting your insights into practice the inner flame gets linked with the outer life and action becomes the bridge between your inner being and the bodily life.

Action based on insights leads to new insights and fuels the awakening of the transformational process.

Over a period, **Insight > Inspiration > Action cycle** opens the doors to intuition and inspired action. You get energised and your actions start flowing effortlessly and joyfully.