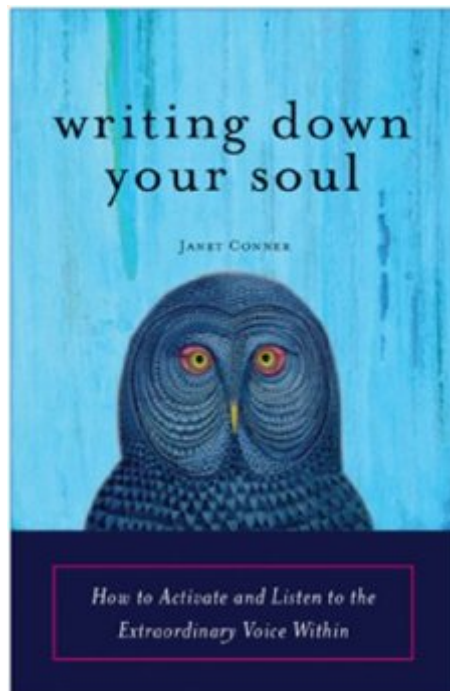


The book was found

Writing Down Your Soul: How To Activate And Listen To The Extraordinary Voice Within



Synopsis

You could pray, or meditate, or dream, or visit a shaman, or a minister, or a hypnotherapist. With so many routes into inner consciousness, why write? Of all the ways to get in touch with God, as you understand God... to hear the small, still voice pointing you in the right direction... why take the time to write? One reason: it works. It works amazingly well. If you want to engage in a vibrant conversation with the wisdom that dwells just a hair below your conscious awareness, write. Write every day, at approximately the same time, with passion, honesty, and the intention of speaking with and listening to the voice within. Janet Conner was escaping a terrible situation of domestic abuse. While trying to figure out how she and her son could live and how they could eat, she realized she had hit rock bottom. With no other advisors, she listened to her own inner voice, which told her to start writing. As she did, Janet's inner voice gained clarity and strength, and she felt an incredible connection to the divine, and almost immediately miracles began to happen. Today, research scientists in psychology, physics, biochemistry, and neurology are providing peeks into what consciousness is and how it works. Their findings give us intriguing clues as to what is actually happening in and through our bodies, minds, and spirits as we roll pen across paper. *Writing Down Your Soul* explores some of this research and instructs readers how to access the power and beauty of their own deepest selves.

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Customer Reviews

I have read many books about the power of journaling, and I definitely believe that keeping a journal can help you become physically and emotionally more content. By journaling you review what went well, find solutions for what went poorly, focus on what is coming up in your future, and keep yourself on track. This can help with diets, relationships, careers, and much more. Janet's book is specialized in that it focuses on an "inner voice" for your journal. Instead of just writing down the day's events, Janet wants you to engage in a dialogue with your inner self. By asking yourself questions, you prod yourself to answer from your subconscious, without thinking, without filtering the answers. It gets you more in touch with what the inner you craves. She goes for speed writing, scrawling quickly, so you can get those thoughts out before your mental critic jumps in and tries to regulate your feelings. I definitely feel this is one great way of journaling. Sometimes it's good to make logical to-do lists, to chronicle your day's events. At other times, though, writing quickly, stream-of-consciousness, with blinding energy can really help you get out emotions you might have otherwise blocked. Janet provides practical advice for doing this. Set up a schedule. Commit to it. Set your intention BEFORE you write, to really give this your best effort. Commit to using the advice to take baby steps forward in your life. Try to plan a space for your writing, but don't keep putting off your start date until that space is "perfect". It is better to begin than to keep waiting. You can create the space as you go. She provides guidelines about handling privacy issues, about blocking out distractions, about ways to avoid self-editing. You want to write your honest thoughts.

It was yet another night of lying in bed, worrying about all sorts of things, when something told me it might be time to take a look at that book I purchased a while ago. I had no idea what to expect. I just knew I wanted to learn a little more about myself and my soul. So I started reading, and found myself moved by Janet's stories about the amazing surprises and blessings that are in store for us when we write this way. I felt a sense of peace that had become a stranger to me. I'm a seasoned journaler and I've read all the great writers on the subject -- Kathleen Adams, Christina Baldwin, Tristine Rainer -- and yes, Tristine's work is wonderful at helping us see how writing can connect us to something bigger, how patterns and meaning emerges through our lives, and how we can write our story in a way that is spiritually powerful. But nothing prepared me for Janet's work: here was someone talking matter-of-factly about the downright miracles that can happen when you connect

like this, and she's the most down-to-earth person who talks about miracles you could ever meet! I knew she was right because at my most connected, most aligned, the miracles have happened for me, too. I even been working on a memoir about that for a couple years now because I thought I had so much to share with the world. This book and Janet's work is teaching me that I haven't scratched the surface. There's more. So much more. And I've experienced incredible things that most people just wouldn't believe, so that's saying something. It's the first thing to *really* speak to me in a really long time, and while I can name a handful of books that were life-changing in one way or the other (I LOVE reading), this one blows the others out of the water.

I started out using the Artist's Way practice of morning pages, writing daily each morning. The first year was just three pages of whining, with little insight into myself or my dreams. I burned that journal. The second year I did a core dump of the day first, and then I started writing about things I wanted to do. The more I wrote, the more answers came to me as I wrote and I had solutions to most of my problems by the time I stopped writing. Then there were times when I would read what I wrote and noticed advice I would not have thought of myself - but it was inspirational and amicably resolved the issue I was writing about. This process continued daily for almost a decade - until about three years ago when I stopped writing and focused on the long hours I was putting in on my job. I felt out of balance and I wanted to start journaling again, but in a way that would connect to that Divine Wisdom that seemed to show up during my previous writing time. I came across this book and signed up for Janet Conner's online five week class. What she teaches is a very simple process to help you move from Beta (where we fret over problems) to Theta to connect to your inner wisdom. Now is this an easy process and do you connect right away? Not if you have fears and doubts about the process or what you are going to receive. Most people do not want to hear what their inner voice has to say because that means they will have to stop ignoring things that need to be resolved in their lives and they will need to act on them. Others fear they will hear their inner critics tormenting them to no end. Once you get past your fears and doubts, you relax into the process. You pick a time you want to write each day and commit to that time.

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