

# Listen to My Remarkable Inner Voice



## How to activate and listen to the remarkable voice within you

This exercise is one way to connect the work and activities you've done over the last five modules, and to take your journaling to a deeper level.

*"Put your ear down close to your soul, and listen hard."*

~ Anne Sexton ~

Janet Conner suggests in her book *Writing Down Your Soul*, that when you write at the soul level, four things happen that don't happen in traditional journaling.

You:

- exit the conscious mind
- enter the theta brain wave state where you have access to real creativity and breakthrough thinking
- get in touch with your authentic self, your soul, and
- activate limitless wisdom, guidance, and grace.

## Here's what to do:

### Step One – Show Up

- Journal **every** day for the next 21 days record the date each time and mark it off on a calendar to keep you on track. (I know you're already doing some journaling, now make it an **every** day habit.)
- Write at the same time in the day if you can (mornings are best for this kind of journaling). Create your own ritual – such as using a dedicated place, book, special pen, lighting, candles, etc...
- Before you journal, set your intention – *"I am ready in this moment to access my inner voice."* (It can help to give your inner voice a name – anything you like – *"I am ready in this moment to talk to and listen to Bennie."*)

### Step Two – Open Up

- Tell your story, tell it to your inner voice as an *"all accepting listener – the listener that doesn't judge, recriminate or criticize"*.
- Begin with what's bothering you now, right at this moment, big or small, petty or amazing, terrible or terrific. Or use one of the prompts from the module overview.
- Write what comes – no matter if it feels silly, petty, weird, blunt or shameful.
- Just write, write fast, don't edit, ignore writing rules, don't pause, just write – write at least three pages.
- Don't leave anything out. Don't judge it. Write it. The voice already knows it is safe to tell the truth. Stories come whatever they are.

*"First thought is a precious gift.  
It is an impetus, from deep within  
your soul, that wants to be seen  
and heard.  
Honor it"*

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## Step Three – Listen Up

- Once a week (same time every week – schedule it into your calendar), read over your pages and capture your insights. Sit quietly before you begin and focus on your power centre, that Home deep in your belly. Now, underline or highlight anything that pops up as you read it back.
- Connect the dots between the experiences in your life, your feelings about them and what it all means. Get ideas. Uncover patterns. Gain a deeper understanding of yourself. What makes you tick? What ticks you off? What have you ticked off your “to-do” list or Life Plan? What do you always avoid? How do you always respond in particular situations?

## Step Four – Follow Up

- Follow up on the guidance you receive from your inner voice – you are the only one who can take action on the guidance. Add any insights that you want to action into your life plan, or your calendar. Explore some of the resources to get some help on changing habits.
- Ask for clarification or confirmation if the guidance doesn't make sense or seems unclear
- Keep writing until you feel firmly grounded in your guidance and the messages that come from your inner voice. (Write **every** day for 21 days remember.)

## P.S.

If you've been writing in your journal regularly since the first module, schedule some time to go back over your journaling from the beginning and repeat Step Three and Step Four. Notice if and how your journaling has changed. Have you changed? How has paying attention to yourself helped or hindered?



*“Journaling is like whispering to one’s self,  
and listening at the same time.”*

*~Mina Murray~*