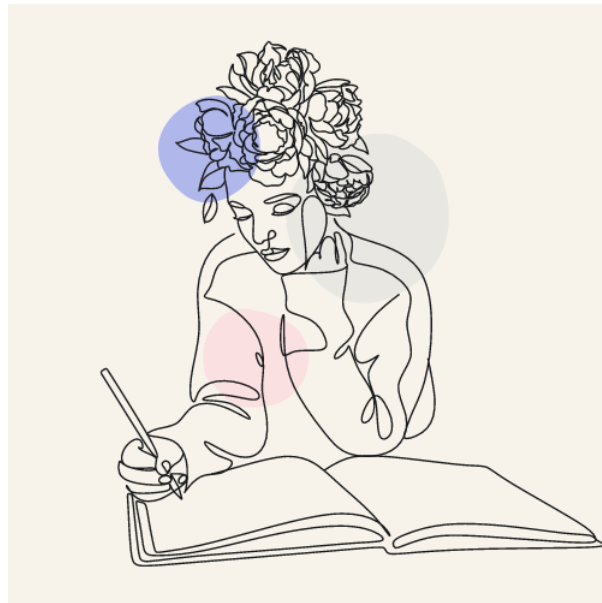




GETTING STARTED

A Guide To
SOUL
JOURNALING



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**ABOVE ALL ELSE
BE GENTLE
WITH YOURSELF**

FIRST THINGS FIRST...

Keeping a Soul Journal is a direct reflection of life itself, full of the diversity, complexity, beauty and messiness of your world.

It's in this spirit that I encourage you not to get caught up in keeping your Journal neat and tidy, but to fully embrace and express words, doodles, drawings, symbols, pressed items, maybe even small copies of artwork or a particular image that speaks to you.

The Soul Journal is about you unleashing your deepest thoughts, dreams, intuition and musings; the patterns and symbols that you are drawn to, and as such, your Journal can be as wild and messy as your soul itself.

There is definitely a place for bullet journals, goal setting journals, art journals, planners and all the other journals that are popular right now, but this is something different...

So find a Journal, soft or hard, large or small, blank or lined, but it must be something that speaks to you.

Your Journals will become life long companions so choose something that will last the distance.

This is my latest - it's by Peter Pauper Press (they are relatively inexpensive) or another favourite of mine is the Paperblanks Range; both have a pocket in the back where you can place found items like leave or petals, ticket stubs or something else that has meaning for you.

Equally, choose writing implements that are comforting and allow you to write or doodle quickly, so that you don't break your stream of consciousness when recording a dream or insight. I also keep plenty of highlighters on hand. I personally journal in pencil at the moment so I can go back over words that need more emphasis.



Getting out of your head and onto the page...

When we write without censorship, with a gentle willingness to put our own truth down on paper, we enter a world that has the potential to provide us with the basis for profound transformation and personal evolution.

The uncovering of our own words, the language we use and the meaning we attach to those words, is a great starting place for those who are either new to journaling or have a desire to go deeper with their journal practice.

The physical act of putting pen to paper connects us to the subconscious layers and the symbolic meaning we give to our lives. The act itself is a conduit, an embodying practice that leads you to deeper levels of yourself. You will find that simply intellectualising, reading or thinking about your evolution will not provide the same result, as engaging with the page with your own hand.

Similarly, coming back to what you have entered in the journal after a period of time, you will see with new eyes how your journey is unfolding and what needs attention.

So, during the following exercise we will explore 8 words and what they mean to you without any censorship. Some journalers are able to write about each word in one sitting, others need some space to digest what they have written, and allow it to sit for a while before venturing onto the next. It's totally up to you how you approach this exercise.

Some of you may feel called to share or discuss your thoughts with a woman's storytelling circle, or sister group, or a trusted friend. Either way it's important that if you do share your thoughts you feel safe in doing so. It's equally important to complete the exercise in a room with enough privacy that you are not interrupted or allow yourself to be distracted.

Write without censoring yourself, write as deeply as you can about what each of the following words MEANS to you. It doesn't matter how short or long your response, as long as you feel engaged with the words and you are expressing their meaning for you.

They may seem like 8 little words, but you will find they have immense personal meaning, and will require a degree of honesty you may not normally express in your daily life.

Remember this exercise may seem a little frightening at first, but I ask you not to be afraid of your own power, or the simple act of allowing your true self to appear on the page. This is in some ways an exercise in putting your faith in yourself first and foremost. It will open you up to be able to commune with your Soul Journal as your own private, sacred mirror.

So here they are!
8 words for you to explore

FAITH
DESIRE
EXPLORATION
PASSION
FEAR
AUDACITY
BRAVERY
INTEGRITY

*Write what each word means to
you as deeply as you can...*

FAITH



Faith

*Write your answer in your
journal*

DESIRE



Desire

*Write your answer in your
journal*

EXPLORATION



Exploration

*Write your answer in your
journal*

PASSION



Passion

*Write your answer in your
journal*

FEAR



*Write your answer in your
journal*

AUDACITY



Moxie

*Write your answer in your
journal*

BRAVERY



*Write your answer in your
journal*

INTEGRITY



When you have finished you may want to sit with your answers for a few days. Hopefully you will notice a subtle willingness to begin a journey of honesty with your self about your feelings and how they affect your relationship to the world and those you interact with.

The point of this exercise is for you to reach deeply into your feelings to ascertain the meaning you attach to a word. We are all different, there is no right or wrong answer, we use this exercise to open our awareness to the meaning and context we personally experience. This will bring you to a place of deeper connection with your soul.

The next steps are to continue this exciting new journey by heading over to the [JOURNAL WITH ME](#) content on my website.

This consists of:

INTRODUCTION
DREAMS & INTUITION
THE SACRED MIRROR
ALCHEMICAL LANGUAGE
EMBODIMENT & SOUL ACTION

These are the containers that hold the inspiration for you to discover your own journey. Within each one you will find your own wisdom and you will begin to understand where you are on your Heroine's Journey as you traverse the landscape.

Finally I invite you to join our Sister Circle sessions which I will be holding in the Journal Zoom Room - these can be booked by emailing me at jayne@jayneryder.com or DM me on Instagram at [j.e.ryder_author](#)

I wish you all the love and discovery in the world and look forward to being your guide and friend along the way.

N.B. If any of your journaling activity brings up feelings or thoughts that require therapeutic interventions, keep yourself safe by reaching out to the appropriate professional or medical agencies.

More information on the [Disclaimer](#) page on my website www.jeryderauthor.com.