

my soul pages

A Companion to Writing Down Your Soul

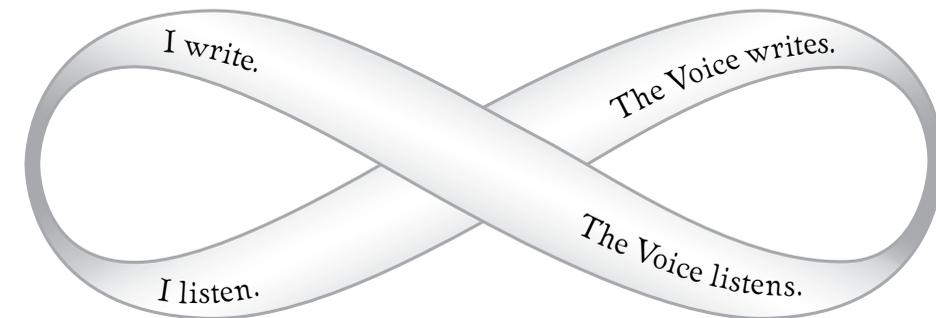
JANET CONNER



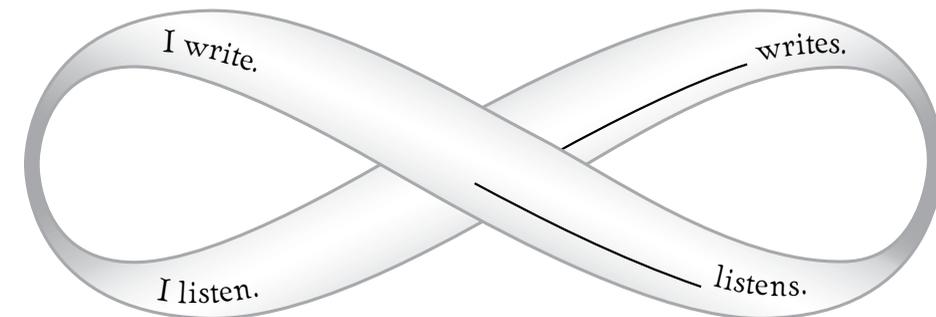
Conari Press



WHEN YOU BEGIN writing down your soul, you activate a continuous loop of communication between you and the wise Voice within. You write, and the Voice listens; the Voice writes, and you listen. It's that simple—and that mysterious. The Möbius strip is a perfect symbol of this “conversation that never ends,” because the strip has no beginning and no end.



You may find it helpful to write your Voice's name on this Möbius strip. For example, if your Voice is known to you as “Grace,” write Grace on the two blank lines. If this image speaks to you, consider tracing your finger over it before you write, saying aloud: “I write. _____ listens. _____ writes. I listen.” Slowly speaking these four short sentences as you meditatively run your finger over the strip can be a lovely, easy way to set your intention to connect with your Voice.



Möbius strip art by Sandy Cromp | DCDeziner

A note from the author

Welcome My Beloved,

I am so glad we are here, hand-in-hand. From the beginning I have been with you. I am always with you. And you, Beloved, are always with me. Whether you know it or not, feel my presence or not, see me or not; I am here. Where you walk, there I am. Where you sit, I am. Where you mourn, I am. When you write, I am inside the words. When you clap your hands in joy, I am that sound. What you seek, I am. What you love, I have always loved. And what I have always loved—is you. Because you are in me, and I, I am in you. Tell me now, Precious One, what is in your—our—heart.

The Voice

THE FIRST TIME I scrawled “Dear God” across the top of a page, I was deep in crisis. I had no real concept of what I was doing; I just threw myself onto the page, filling ten, twenty, sometimes thirty angry pages a day. As my pen raced across the paper, I made an astonishing discovery: I could spill my heart, beg for help, and guidance would appear. Mind you, I didn’t always like what I saw. For months, I wrestled with the Voice, screaming, “That’s NOT what I want!” But eventually, I threw my hands up and started living my guidance. Once I did, everything changed, and now it is my great joy to share this sweet, easy way to access the limitless well of divine guidance available in each and every one of us.

I am delighted this *Writing Down Your Soul* companion is now in your hands. It is a journal—and more. If you are unfamiliar with the seven steps to get into the theta brain wave state, please take a moment to review them; they are on the next page. Incorporating these simple actions into your writing practice will help you get out of your banging, wrangling conscious mind and into that sweet spot where the Voice resides. The writing pages are lined on the right side and blank on the left. Use the two sides any way you like. Here’s what I do: I write my daily dialogue on the right side and capture the Voice’s blessings and guidance on the left. As you turn the pages, you will be greeted by excerpts from *Writing Down Your Soul*, heart-soaring lines from my favorite mystical poets, and quotes directly from the Voice. Some of the Voice’s words appeared on my own journal pages, but most came from soul writers just like you.

Meister Eckhart described writing down your soul perfectly:

“They can be a great help—words.

They can become the spirit’s hands and lift and caress you.”

—*Love Poems from God*, by Daniel Ladinsky

So be lifted. Be caressed. Know that when you pick up a pen, whether you are angry or peaceful, sad or joyful, afraid or grateful, or anywhere in between, the Voice is there. As the conversation unfolds, you will discover someone else, someone very special—your whole, authentic, holy self. Be blessed, my friend, and enjoy the conversation.

Janet Conner
Ozona, Florida
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