



Session Two – Hello Soul

my **map** to freedom

by Jane Douglas

Hello Soul

A huge welcome to your second session, I hope this finds you well!

It makes sense doesn't it, to know where you are heading in your journey with your creative journal? As Stephen Covey used to put it to 'begin with the end in mind.' For that reason, our practice this month will do just that and together we will begin the journey in the centre of our maps by exploring our soul!

But what do we mean by the word soul in the context of this work?

The soul refers to that which is the deepest core of you, who you truly are underneath your egoic self-image, beliefs or behaviours. It is who you were before the world got its hands on you, before you developed an ego and a whole bunch of ideas about who you are. It is what Eckhart Tolle often calls your 'unconditioned self.'

The centre of your soul map points to your soul. It also shows you the walls you have built up around it. In the biggest sense our practice together is about allowing ourselves to travel beyond the protection of our walls to connect with our soul.

This month's practice is all about beginning the process of getting to know the specific essential quality of your soul a little better, what I sometimes call your 'soul signature.'

The Essential Quality of Your Soul - Your Soul Signature

As you know the centre of your soul map points you to a specific quality of your soul as described by the enneagram of the personality.

Having a word that describes the essential quality of your soul could lead you to assume that your soul is simply a 'state,' something you can produce with the power of your mind and positive thinking. This is not the case. To get the most out of your practice you must learn to appreciate that the essential quality of your soul is something way beyond your everyday states.

This abiding presence makes you who you are, and is not something you can perceive with your intellect or emotions. It is a fundamental and unchangeable quality of your being. It is intrinsic to you it cannot be damaged or changed, it is a constant .

I like to think of the essential qualities as 'flavours' of the soul. According to enneagram theory the soul has nine flavours, Peace, Wholeness, Love, Value, Originality, Wisdom, Trust, Joy, and Power, and each of us can, and does, taste each of these flavours at various times in our life. However, each personality type has one flavour they recognise and love more than any other. Your soul signature.

When you are connection with the essential quality of your soul, you travel beyond your idealised version of who you think you are and you feel an all-encompassing sense of aliveness, connection, and well-being. You feel as though life is effortless, easy and relaxed because in that moment you have let go of the idealised version of yourself that you think you need to present to the world. You have let go of trying, striving and conforming.

With that in mind, you can begin to understand how traumatic it really is to lose contact with the essential quality of your soul—a loss that first happens during infancy at the start of ego development. This loss of contact with your soul caused you to develop different strategies (the personality traits, thoughts and emotions on your map) to try to recreate this connection with your deepest, most true self. But here is some great news. Your ego driven personality traits, are in fact, a paler version of the essential quality of your soul, they are the ego's attempt at recreating connection with what you have forgotten.

Understanding that your personality traits are an imitation of the essential quality of your soul is an exciting revelation because it helps you to understand what you are striving to for in your day to day dealings, are actually a mix of a deeper more spiritual yearning and ego questing.

Seen in this light, your actions, your thoughts and your emotions are driven by a deeper motivation to regain contact with that which is most truly who you are, with that which you love the taste of the most, the essential quality of your soul, or your soul signature. Seeing your personality traits in this way gives you more understanding and compassion for how we are all trying to reconnect with the deepest aspect of ourselves. It gives you the understanding of what is missing in your life and why you often feel dissatisfied and empty. The whole of your personality has a deeper impulse at its core - to get you back to who you were before the world got its hands on you!

The following descriptions illustrate how this happens for each type but, it is difficult to describe in a few words the depth and breadth of the essential qualities for each type, so these brief descriptions are offered as a jumping off place for your own exploration in this month's practice.

I invite you to read all these descriptions, not just the type you consider your own. Ultimately our aim is to use all the soul maps and access all the essential qualities!

A quick word about the word written in the centre of your soul map.

You may find it hard to relate to the word in the centre of your map so, in the descriptions below I have offered an alternative word to the one written in the centre of your soul map. You may prefer it, you may not. If you prefer it, please feel free to use it in your ongoing practice, if not please feel free to ignore it.

So, let's dive in to the individual descriptions of the essential qualities.

Teal Peacemaker: Soul Signature – Peace/Presence

For the Teal Peacemaker, being in connection with the essential quality of your soul feels like being connected, at peace, and in harmony with all that is. There is a sense of substantiality, of grounded relaxation, of dynamic solidity, and peacefulness. When feeling connected, grounded, with essential Peace or Presence, the Teal Peacemaker has an abiding presence, is balanced, non-judgmental, attuned, stabilizing, and peace making.

When a Teal Peacemaker feels separated from essential Peace or Presence, you need to find a way to recreate this connection. Without a sense of Peace or Presence, you feel cut off from everything. You are separate, fragmented, insubstantial, completely annihilated.

This is so painful and terrifying to you that the ego response tries to find a way to feel that Peace or Presence again by following the Life Script "I must be peaceful and harmonious". From this search for harmony and peace, which feels like true Peace or Presence, the personality traits of the Teal Peacemaker unfold. The less connected to your soul you are the more extreme the personality traits become in an attempt to reconnect. But it is always a continuum. At any moment, you can wake up a little more and be more present, more in touch with your soul, or fall asleep a little more and lose more contact. We are constantly yo-yoing between high and low levels of connection.

- at high levels of connection this translates into being the mediator, optimistic, peace making and present.
- at average levels of connection this translates into becoming accommodating, comfort-seeking, and resigning.
- at low levels of connection this translates into becoming neglectful, unavailable, and shut down.

As a Teal Peacemaker, these attitudes and behaviours show up because of the loss of contact with essential Peace or Presence. When times get tough and you drop down to lower levels of connection, it becomes an increasingly desperate attempt by your ego to recreate this essential Peace or Presence, which the ego can't do...But you don't know this, so you keep trying to recreate a sense of peace or presence in order to try to feel connected to what you know to be your innate Peace or Presence.

White Perfectionist: Soul Signature – Wholeness/Goodness

For the White Perfectionist, being in connection with the essential quality of your soul feels like a sense of Wholeness or Goodness. It is as if your whole being were aligned with all that is good, all that is right, all that is true. When you feel in contact with essential Wholeness or Goodness, the White Perfectionist feels they are wise, impeccable, conscientious, compassionate, and responsive.

As a White Perfectionist, when you feel disconnected from essential Wholeness or Goodness, all your energy goes into trying to find a way to recreate this connection. For without a sense of Wholeness or Goodness, you have no way to know what is right, what to align yourself with, how to be good. You feel afraid that your unconscious feelings and impulses will lead you astray and impair your reason.

So you attempt to follow the Life Script of "in search of perfection" to bring you back home. The fear of being wrong is too much to bear for you, so by following this Life Script the whole characteristic profile of the White Perfectionist is born. The less connected to your soul you are the more extreme the personality traits become in an attempt to reconnect. But it is always a continuum. At any moment, you can wake up a little more and be more present, more in touch with your soul, or fall asleep a little more and lose more contact. We are constantly yo-yoing between high and low levels of connection.

- at high levels of connection this means you try to be reasonable, responsible, principled and serene.
- at average levels of connection this means you become striving, self-controlled, and judgmental.
- at low levels of connection this becomes self-righteous, hypocritical, and punitive.

All the traits on your soul map are showing up because of the loss of contact with essential Wholeness or Goodness. It is a desperate attempt by the ego to recreate this Wholeness or Goodness, which the ego ultimately can't do. But it feels like the only chance you have, so you keep trying to find what feels like a true sense of alignment and integrity, to have contact with what you know to be your essential Wholeness and Goodness.

The Orange Helper: Soul Signature – Love/Closeness

For the Orange Helper, being in connection with the essential quality of your soul feels like a sweet, yummy, delicious interconnection within yourself and with everything. This allows you to love unconditionally, to be compassionate, generous, and nurturing.

As an Orange Helper, when you feel cut off from essential Love or Closeness, you can't bear the loss, the sense of separation from this Love or Closeness, and you fear being without Love, or Closeness means that your life is loveless. This is so painful for you that the ego steps in with the Life Script "in search of love or closeness".

You feel that if you can just create Love or Closeness with others, a loving connection will be re-established. You think you need to create this Love or Closeness, or it will not be available for you or anyone else. So, you try to be a source of Love and Closeness for others so that you can feel Love and Closeness yourself. You believe that if you are generous, supportive, loving, thoughtful, empathetic, ... maybe you will feel connection. The less connected to your soul you are the more extreme the personality traits become in an attempt to reconnect. But it is always a continuum. At any moment, you can wake up a little more and be more present, more in touch with your soul, or fall asleep a little more and lose more contact. We are constantly yo-yoing between high and low levels of connection.

- at high levels of connection this translates into becoming unconditionally loving, empathetic, and nurturing.
- at average levels of connection this translates into becoming demonstrative, possessive, and overbearing.
- at low levels of connection this translates into becoming manipulative, entitled, and emotionally consumed.

All of this because you are trying to recreate a connection to essential Love or Closeness. You want desperately to feel contact with the Love or Closeness that is the source and connection of all things and the only way you know to find this is to try to create it. But the ego can never do this—all your other-directed actions will only create a version of essential Love and Closeness which doesn't satisfy, or at least not for long.

The Gold Achiever: Soul Signature – Value/Glory

For the Gold Achiever being in connection with the essential quality of your soul feels like you know your own and others' preciousness, gifts, and radiance, and authentic expression. Connection with essential Value or Glory allows you to be truly sincere, admirable, gracious, and worthwhile.

When you feel in contact with this, you know that no matter what you do in the world, your life, your beingness has value and meaning.

As a Gold Achiever when you feel cut off from essential Value or Glory, you fear that you are worthless and deficient, and you fear that this lack will cause you to be rejected by others. So, your ego starts working on the Life Script "in search of validation" in order to feel your value again. You start doing things that others will find valuable, by creating value in the world. You work on being the best at whatever you take on, you develop yourself and your talents, you show the world what you are good at. All in the hope that if others mirror your value back to you, you will feel in contact with it internally again. You can see how this shows up in the external behaviours and attitudes at each of the levels of awareness. The less connected to your soul you are the more extreme the personality traits become in an attempt to reconnect. But it is always a continuum. At any moment, you can wake up a little more and be more present, more in touch with your soul, or fall asleep a little more and lose more contact. We are constantly yo-yoing between high and low levels of connection.

- at healthy levels of connection, you are authentic, outstanding, and accomplishing.
- at average levels of connection, you become performing, appropriate, and self-promoting.
- at low levels of connection you become deceptive, scheming, and relentless.

This all develops because you are trying to feel some kind of connection to essential Value or Glory. You strive continuously to feel connection with your own preciousness, your own authentic and true Value, but the only way you know to try to feel this is to get others to admire and esteem you. But this will never work—all you end up with is a façade, an externalized image of success and admirableness.

The Purple Individualist: Soul Signature – Originality/Identity

For the Purple Individualist, being in connection with the essential quality of your soul feels like you are a unique and beautiful human being. There is a sense of deep intimacy with yourself and others, and you are able to see the incredible beauty, originality, and revelation that each person, including you, is. You become one with essential Originality or Identity and this allows you to be engaged, self-renewing, life-embracing, and inspired. When you feel cut off from Originality or Identity, there arises a great fear that you are nothing, a nobody, with no significance.

So in an attempt to create a feeling-sense of essential Originality or Identity, you try following the Life Script "in search of uniqueness". If you can find things about yourself that are unique, and explore the breadth and depth of your personal, individual feelings, and develop an image that stands out, maybe then you will feel connection again. Maybe then you will feel aligned, and connected to your soul. The less connected to your soul you are the more extreme the personality traits become in an attempt to reconnect. But it is always a continuum. At any moment, you can wake up a little more and be more present, more in touch with your soul, or fall asleep a little more and lose more contact, we are constantly yo-yoing between high levels and low levels of connection.

- at high levels of connection, you are introspective, sensitive, and expressive.
- at average levels of connection, you become dramatizing, romanticizing, temperamental, and self-absorbed.
- at low levels of connection, this becomes hateful, tormented, and despairing.

All of this because you are trying to recreate a connection to essential Originality or Identity. You want desperately to feel connection with your own unique identity, and you know no other way to do it than to try to create it.

But the ego, ultimately can't do it—at best it can create an approximation, and at worst, it can lead you to despair of ever being in touch with it again.

The Green Investigator: Soul Signature – Wisdom/Clarity.

For the Green Investigator, being in connection with the essential quality of your soul feels like an experience of "aha" in which all things suddenly become exquisitely clear and knowable. Being in contact with essential Wisdom or Clarity feels grounded and you feel a deep connection and contact with all things in which you understand and know what your life is about and why you are here. You can feel your bigger part in it all.

When you feel that you've lost touch with essential Wisdom or Clarity, you fear you have no way of knowing what is true and real, that you are not intelligent enough to understand the world. So, the Life Script "in search of knowledge" kicks in. Here you try to recreate a sense of contact with essential Wisdom and Clarity by trying to be intelligent, perceptive, and visionary. You tell yourself that maybe you can think my way back to Wisdom or Clarity.

The less connected to your soul you are the more extreme the personality traits become in an attempt to reconnect. But it is always a continuum. At any moment, you can wake up a little more and be more present, more in touch with your soul, or fall asleep a little more and lose more contact, we are constantly yo-yoing between high and low levels of connection.

- at high levels of connection, you are pioneering, smart, innovative and wise.
- at average levels of connection, you become studious, conceptualizing, and argumentative.
- at low levels of connection, you become isolated, horrified, and imploding.

Regardless of how you try to think your way back to essential Wisdom or Clarity, you can never find it by pushing your thinking mind.

The most you can do is create a facsimile, but trying to be smart by studying and observing will never get you back to essential Wisdom or Clarity, the essential quality you feel most attuned to.

The Blue Loyal Guardian: Soul Signature – Trust/Guidance

For the Blue Loyal Guardian, being in connection with the essential quality of your soul feels like you are trusting, available, alert, awake to that which appears on your path. This essential Trust or Guidance is the ground that holds everything—to be trusting or guided means that nothing can "go wrong" because you are ready to meet life with no need to fear being unprepared.

Being in connection with the essential quality of Trust or Guidance means that you can show up in the moment with whatever is needed, that you can trust that you are enough. When you are connected with the essential quality of trust, you are enlivened by it, grounded in it, and one with it.

When it feels as if this Trust and Guidance falls out from under you, you no longer feel safe or know what to do and where to go. So you try to find your way back by following the Life Script "in search of security". You maintain a stance of being alert, vigilant, hard-working, always trying to figure out what is safe and supportive. The behaviours and attitudes vary depending on your levels of connection. The less connected to your soul you are the more extreme the personality traits become in an attempt to reconnect. But it is always a continuum. At any moment, you can wake up a little more and be more present, more in touch with your soul, or fall asleep a little more and lose more contact. We are constantly yo-yoing between high and low levels of connection.

- at high levels of connection, you are reliable, alert, committed and courageous.
- at average levels, you are dutiful, worrying, defensive, and suspicious.
- at low levels of connection, you become panicky, unreliable, and paranoid.

But no matter how hard you try to recreate a sense of Trust and Guidance and thereby feel secure, you never succeed in getting back to that amazing feeling of Trust or Guidance. Your ego cannot create this—it can only create a false imitation of the real thing...All your vigilance, all your keeping track, all your loyalty, all your questioning does not lead you back to what you hold most dear.

The Yellow Enthusiast: Soul Signature – Joy/Freedom

For the Yellow Enthusiast, being in connection with the essential quality of your soul feels like open-ended and unlimited possibility to know, experience, and appreciate all of life. This Joy or Freedom is limitless and doesn't reject or hold on to anything but allows everything to creatively arise and unfold in awe. This aspect of your soul signature feels like home to you and is the foundation for the entire, amazing, ever-evolving world full of Joy or Freedom.

When it feels like you have lost touch with essential Joy or Freedom, you feel constricted, trapped, unfulfilled, and frustrated. Life is no longer full of satisfying options, potentials, and possibilities.

So to try to recreate this sense of Joy or Freedom, you follow the Life Script "in search of happiness". You are spontaneous, future-oriented, and anticipating in order to feel contact with that unlimited possibility and freedom. However, the harder you try to do this, the harder you have to try, and this causes you to move down the levels of connection. The less connected with your soul you are the more extreme the personality traits become in an attempt to reconnect. But it is always a continuum. At any moment, you can wake up a little more and be more present, more in touch with your soul, or fall asleep a little more and lose more contact, we are constantly yo-yoing between high and low levels of connection.

- at high levels of connection, you are satisfied, enthusiastic, and engaged.
- at average levels of connection, you become variety-seeking, self-distracted, and dissatisfied.
- at low levels of connection, you become insatiable, reckless, and overwhelmed.

In trying to find your way back to your soul signature and the sense of Joy or Freedom, you get farther and farther away from it, feeling more and more dissatisfied. Your ego can't do it—all your planning, anticipating, and pursuing of options can only create a limited version of the real Freedom and Joy which you so desperately seek.

Red Challenger: Soul Signature – Power/Strength

For the Red Challenger, being in connection with the essential quality of your soul is perceived as a sense of Power or Strength. This feels like aliveness, immediacy, realness, confidence, power, robustness. When feeling connected, grounded, or resonating with the essential quality of Power or Strength, the Red Challenger in you feels able to be heroic, courageous, self-surrendering, magnanimous, and empowering. When you are at one with Power or Strength it gives you a reason to live, a purpose, a sense of being.

As a Red Challenger, when you feel disconnected from essential Power or Strength, you will be driven to find a way to recreate this connection. For without a sense of Power or Strength, you feel as if you are totally screwed! You fear being weak, vulnerable, dependent on others, without personal power. So, in order to try to feel strong again, your ego takes up the Life Script: "I must be strong and in control". By making an impact on your environment, you will try to feel a sense of Power and Strength, and thus the personality traits of the Red Challenger are born. The less connected to your soul you are the more extreme the personality traits become in an attempt to reconnect. But it is always a continuum. At any moment, you can wake up a little more and be more present, more in touch with your soul, or fall asleep a little more and lose more contact. We are constantly yo-yoing between high and low levels of connection.

- at high levels of connection, this translates into being vulnerable, direct, powerful.
- at average levels of connection, this translates as hard-driving, no-nonsense, dominating, and intimidating.
- at low levels of connection, this becomes dictatorial, ruthless, terrorizing, and destructive.

Your personality traits and behaviours as the Red Challenger are manifesting because of the loss of contact with the essential quality of Power and Strength! It is a desperate attempt by your ego to recreate this strength, which the ego can't do...but you don't know this, so you keep trying to find what feels like a true sense of strength or power to have contact with what you know to be essential Power and Strength.

The conditions need to experience the essential quality of your soul

When you experience the essential quality of your soul, you experience freedom. You are more awake, more energised, more open, more connected. Times when you might experience yourself as free may be when you are in nature, when you feel a profound gratitude for life, when you give birth, or when you are at the end of your life. Ultimately connection with your soul feels like PROFOUND RELAXATION.

When you meet the essential quality of your soul you may find this feels like meeting a stranger, or it may feel oddly familiar. But you are and always have been connected with your soul, it is simply that the noise of your day to day dealings block access to it.

The conditions that make it easier to re-connect with your soul is therefore concerned with creating the internal space to experience it. That is what your journaling (or any practice) will do for you. It will create the stillness and the space for you to experience your soul.

I offer you this metaphor to guide you to the door. Imagine your soul map as a big pot containing water. The water in this pot is perfectly still with no droplets, no ripples and no movement. Now imagine picking up a wooden spoon and stirring the water. As the water goes around quite fast, you notice that at the outer edges the water crashes into the edges of the pot, but when you look closely at the centre, the water is still, like the calm in the eye of a hurricane. The motion and activity at the edges is you and your daily actions, constantly stirring the pot. This is you moving at your fastest with thousands of thoughts, emotions and actions represented on the outer edges of the soul map. Because your attention is absorbed with all the motion and activity on the outer edge, you cannot notice the stillness at the centre. If you pulled the wooden spoon out of the pot, the water would eventually slow down and stop. At that point, you would have created the space and stillness be able to experience your soul and listen to its wisdom.

When you come to stillness, you allow space for the essential qualities of your soul to be experienced. In short it is through stillness that you connect with your soul and this is what we are going to explore through the R.E.S.T. Practice this month.

THE R.E.S.T. PRACTICE – MONTH TWO

RECOGNISE – THE INNER GAME

In this second session you are being asked to RECOGNISE times in your life when your habit of 'pot stirring' stopped and you experienced the essential quality of your soul. For most of us these times are likely to have been fleeting moments rather than long periods of time. Using the list below to help you recognise such times, highlight ANY that you intuitively feel have brought you to stillness and allowed you access to your soul.

The question is..

“When have I experienced connection with the essential quality of my soul?”

Some examples of times when you could have glimpsed the essential quality of your soul could have been...

- Rereading passages of books and poems that have touched you.
- Spending a few minutes near a river, stream, or creek.
- Being with a loved one without/with children around.
- Sitting on the porch shelling something, knitting something, peeling something.
- Boarding any bus, destination unknown.
- Becoming a parent/grandparent.
- Times of great sadness or loss.
- Falling in love.
- Driving out to where the city lights do not interfere with the night sky.
- Walking on the beach.
- Being seen, truly seen, by another.
- Seeing another.
- Holding an infant.
- Watching your beloved pet.
- Sitting by a window in a cafe and writing.
- Drying your hair in the sun.
- Potting plants, being sure to get your hands very muddy.
- Beholding beauty.

It may surprise you to notice loss and grief on the list, but it shouldn't really. Stopping the stirring often happens in moments of grief or profound loss. At these times you may not be 'happy', but you may find your habitual pot stirring has stopped and in the raw nakedness of loss or grief you have opened up access to an aspect of yourself that feels somehow more immediate, more real, more alive.

It is very important not to confuse 'happiness' which is essentially a mental state with connection with your soul which is a much more profound experience.

Once you have recognised one instance of this connection you are ready to move onto your journaling

RECOGNISE - THE OUTER GAME

The outer game of the RECOGNISE section of the R.E.S.T Process is about Preparing the background of your page. This is a four-step process that is both joyful and enriching.

- You begin by adding gesso to the page. As you apply Gesso stay connected to what you are doing in a mindful and conscious way, bring your awareness to the sensations of each movement, you may find that even washing brushes is a joy!
- Next you are invited to place a circle or a mandala somewhere on your page. It is not an accident that your map is a circle nor that your soul is represented by a circle on your map. Both in nature and in psychology the circle is a meaningful symbol it is a powerful tool. I often use a stencil, but you could equally draw or paint a circle or a mandala. Placing a circle into the background of your page reminds you that your soul is always waiting for you to come home to yourself.
- When the Gesso is dry, add colour to your page. I highly recommend that you stick to the palette of colours on your soul map. I tend to use two or three colours only. Applying the colour can be done any way with any media you like.
- Finally you are asked to draw a border around your page. The border can be any thickness and can be drawn using straight lines, wavy lines, broken lines etc. .

EXPLORE - THE INNER GAME

The inner game of the Explore section of the R.E.S.T. Process asks to answer some coaching style questions. These questions will build each month until you have a complete practice. This stage of the process calls on your natural curiosity and your desire to know truth, so it is important to stay open to all the questions, especially if they feel difficult!

As you recall an experience of the essential quality of your soul ask yourself..

“How do I experience the essential quality of my soul?”

- How do I experience it in my body?
- How is this different from my everyday experience?
- What do I say or not say?
- What do I think or not think?
- What do I feel or not feel?
- What sensations are absent?

“When I think about this essential quality”

- What symbol or shape best represents it?
- What colour best represents it?

“Who am I when I experience this essential quality?”

EXPLORE - THE OUTER GAME

The outer game of this section of the R.E.S.T. process invites you to ‘free write’ the answers to these questions in the body of your page, preferably avoiding writing in your border.

Your journal is a non-judgemental place therefore, it is the perfect companion for free writing. Free writing is writing without editing or censoring yourself and without interrupting the continuous stream of awareness. Be unrestricted and unfettered, allow yourself to become absorbed.

SURRENDER – THE INNER GAME

In this step you are being asked to feel what you have just written in the Explore section. You are being asked to surrender and soften into your embodied experience by moving your awareness from your mind into your body.

Your awareness is invited to 'feel' without analysis or judgement, simply to allow what is happening to be exactly as it is. Some days your awareness will have a lot to notice, some days very little seems to be happening. That is fine, simply continue to surrender and allow your inner experience by simply repeating to yourself...

"I am willing to allow this experience to be as big as it wants to be."

SURRENDER - THE OUTER GAME

The outer game of the SURRENDER section is about doodling. Doodling is a wonderful way to surrender and soften to your inner experience because it takes your conscious mind 'off-line' and allows you to 'go with' rather than 'fight against' what is happening. Doodling is an antidote to inner resistance!

Your doodling does not have to consciously reflect your experience in anyway, you are not attempting to draw your feelings or your soul! This is simple mark making in whatever form it comes to you.

Sometimes I find myself scribbling with crayons like a child, sometimes I am less able to 'let go' and my doodling is more 'restrained.' Often my doodling escapes from the borders of my page and covers up my free-writing. There are no rules as to how to do this, no right way.

What always happens at this stage is after a while you notice that your doodling or scribbling seems to naturally slow and come to a stop and you find yourself coming to a space of deeper stillness.

This is the perfect space to lead you into the final step.

TRANSFORM – THE INNER GAME

As your practice develops you will come to think of this part of the R.E.S.T. Process as a sacred conversation in which you are being guided to know the truth about yourself and your life. This step in the R.E.S.T Process is a form of deep listening, where you are literally listening into the stillness of your inner being. To assist with this inner listening you are invited to bring your awareness to the circular symbol of your soul that you placed on your page at the beginning of this practice whilst staying in full contact with your inner stillness. Here you are invited to ask your soul...

“What would you have me know/do/become?”

Do not force an answer, simply listen for any messages that immerge. To assist with your listening you are invited to use the selection of tissue paper ‘soul messages’ and images from your pack. Staying connected to the experience of your soul flick through the images and words on the sheets and select those that seem to be ‘whispering’ to you. Sometimes you will be drawn to an image, sometimes words, sometimes both.

TRANSFORM - THE OUTER GAME

The outer game of this final stage is about collaging (gluing) the message and/or images onto your page. (Of course if you wish to write your own ‘soul message’ on your page, go ahead!)

Finally, you are invited to add further doodles and decoration to integrate your soul message. Integrating your message is about absorbing the wisdom of your soul. This stage is a chance to really relax into yourself, to come home to yourself. It is not uncommon for this stage to last hours!

My wish is that over time your pages quickly become a rich and valuable source of messages for you, precious objects that show you the way back to your soul when you most need it.

It is my profound wish that your practice and your pages walk you home.