



SOUL JOURNALING TRANSCRIPT



TRANSFORMATIONAL
JOURNALING

with *Christa Potter*



SOUL JOURNALING

Stream of consciousness journaling, or soul journaling, is a beautiful method of freehand journaling where you just allow pen to hit paper and go wherever your heart and soul leads you. You may start out just talking to your journal. Asking questions or noting thoughts and reflections. The key is to not overthink what you are writing. Just let it flow from you. Don't worry about grammar or handwriting. Just let the words flow freely.

Quiet the mind. Don't overthink things. Answers from your higher self/soul come quickly without judgement or thought. Just let go and write out whatever comes through. You may find it helpful to write with your non dominant hand as it can help to disconnect from the logical brain. You may also find that even using your dominant hand your handwriting may change as you slip more deeply into that soul connection. You may even look back at what you wrote with no recollection of having written it at all.

Writing opens up new neural pathways in the brain and by writing with the intention of connecting more deeply to your soul and your heart you build that neural pathway. You shift the way you think and open yourself up to an inner well of wisdom that you never knew was there. Because you are developing a new neural pathway it is most beneficial to do this daily for at least a month. This is the time it takes to really form these new pathways.

By opening yourself up to this type of journaling you are expanding your intuition. You are connecting to your higher self, the Universe, God, your soul, your heart. Whatever and however you want to think about this deeper level of connection and knowing.

▶ Exercise:

Take out your journal and go to a blank page. Allow yourself to just start writing. If you don't know what to say just start by writing "I don't know what to write.". Continue on in a kind of nonsensical babble wherever the pen takes you until you've settled into that flow of soul journaling. Keep writing until you feel a sense of closure and that it's time to end your session.



You'll know when you are ready to stop. This will probably feel ridiculous at first and it might feel difficult to come up with something to write about but the more you practice and allow yourself to let go you will be amazed at how this starts to flow. Be patient. Be relaxed. Don't expect much to happen when you first begin doing this but trust me, it is worth sticking with.



Notes

A series of horizontal dotted lines for writing notes.

