

Inner Awareness Journal



Congratulations for having the courage to explore your hidden emotions and beliefs, knowing that they contribute to your stress, physical symptoms, problems in relationships and lowered energy, knowing you may have been avoiding them for a long time and knowing they may bring discomfort at first. Be prepared for surprised satisfaction as you begin to see and understand yourself more clearly!

This gentle journaling exercise will guide and support you in uncovering beliefs and feelings which are ready to be resolved, released and healed. Awareness is the first step, then you can move ahead with your discoveries.

You can print this out to write on, use a journal, type it on your computer, record it, read it out with a close friend or simply do it in your mind's eye. Repeat as often as you like, more is better. After all, it takes time getting to know someone, especially if it's yourself!

Recognizing and releasing tensions that block unpleasant emotions will ultimately give you more energy to live by, even if it's done a little at a time. In fact, doing it gradually may be the kindest way. Consider including it as a regular practice with its own nook, just as you would set up an exercise regime and gym space.

This process focusses on current time, not the distant past. However, discovering how you respond in the present may lead to revelations about your childhood. Please allow this to happen spontaneously without digging. Enjoy the improved connection to your body, mind and emotions.

If you encounter distress with this exercise, consider support from a therapist with whom you feel comfortable or a stable person close to you. Having distress means there's gold underneath...

Bon voyage!

Preparation

Plan a quiet time with phones turned off and create a sacred space with whatever inspires you to sense a bigger context...candles, music, incense, photos of family or spiritual teachers, treasures from nature, art, a favourite tree, even just a cleared off kitchen table.

Sit with your eyes closed and ask for assistance from Whomever or whatever you have faith in. Then begin answering the questions slowly. Take your time, be loving (or at least polite) and enjoy getting to know yourself better...consider using colours to write...drawing pictures...gluing items...make it fun if you can...

Today: *It's useful to record today's info for future reflection and detective work about symptoms, either active or healing (GNM concepts you will learn about in the book). It's amazing how easy it is to forget what happened when!*

Date, time and place: _____

Questions:

1. Pick one stressful incident that has occurred recently. Note the date it happened. Describe the event in as much detail as you have time for. If you don't have time, jot short notes.
2. With what emotions did you respond/react?
3. What were you thinking at the time?
4. Close your eyes and notice where and how the memory affects your body. Did any symptoms appear, recur or get worse?
5. What are your beliefs about ***yourself*** in this incident?
6. Sit with the feelings and beliefs, breathing quietly for several minutes. Does this change anything? If so, how?
7. What are your insights about yourself from this event?
8. Solutions that arise?

An example of an entry taken from my own life:

1. ***Specific incident:*** got in a fight with my mother yesterday over how I raise my children. She thinks I should be tougher. I think they are stressed and need my understanding. Mom said they are spoiled and don't listen. We agreed to disagree.
2. ***How I felt/reacted:*** I felt defensive, got angry and raised my voice. Wanted to run out of the room. Also felt like a bad parent and never good enough. Shame. My mind closed into a dark cloud which has lasted until today.
3. ***What I was thinking:*** That my mother doesn't understand. That my kids really don't behave very well. Maybe I should be tougher. This is so overwhelming.
4. ***Beliefs about myself:*** I'm having trouble coping. I can't seem to get it together. I'm weak. I'm a bad parent.
5. ***How it feels in my body:*** My chest feels tight. My eyes feel like crying and I let myself a little.
6. ***After sitting for a few minutes:*** I feel calmer, chest feels less constricted. Compassion for my mom and myself. Want to call her and talk openly about my struggles and brainstorm together. (One can feel the same or worse. That is okay too, simply notice.)
7. ***Insights about myself:*** I get defensive about my parenting. I don't reach out for help and then get exhausted.
8. ***Solutions:*** Make a point of talking to my mother regularly about my kids and open to her point of view. State my own calmly and honestly, letting go of being defensive.

After you are done, sit quietly with compassion and love for yourself no matter how the exercise went.

If you found some solutions in your life, write/type them in your agenda with clear action steps.

If you feel that you need more support in this process, reach out to your health practitioners, friends, coworkers and family for referrals and suggestions. Talking is often a key to unwinding something out of your mind...

All the best to you!

Katherine

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www.ecowellness.com A healing centre where people can stay in an organic bed and breakfast while receiving a thorough holistic health assessment incorporating German New Medicine, and a program to follow at home.

Links that we recommend:

www.thetappingsolution.com Sign up to Nick Ortner's website for regular healing support.

www.deepakchopra.com Full of free meditations!

www.banyanbotanicals.com Discovering & nourishing your body type.

Conclusion and Summary

It is becoming clear to the medical community that the root cause of most of our illnesses is ***stress***. Even though lifestyle actions such as sleep, exercise and food play a huge part in our health, ***the way we feel often controls our ability to take these actions consistently—or not...***

It gets worse when we have suppressed emotions and beliefs, ones of which we are not aware. Old grief is a prime example, often seeming too painful to bear...so it gets pushed aside and then ignored.

Sometimes we have addictive behaviours to keep us distracted from hidden pockets of pain. In other instances, unconscious issues cause us to live in ways that are self-destructive. This can be extremely frustrating as we don't understand why we indulge in negative behaviours and end up feeling worse about ourselves, creating another layer of limiting emotion and belief.

When the issues we hold are intense and not released for a long time, they start to create problems in our bodies. **German New Medicine** gives us the gift of correlating physical symptoms with very specific issues, such as skin rashes and separation or joint pain and devaluation. Even cancers can arise from shocks—or their resolution.

The bottom line: turning our attention to resolving mental and emotional pain can result in marked improvements in our health and overall quality of life.