



Journal Reflection 2: Writing Yourself a Letter from Loving Wisdom

*“You who want knowledge,
see the Oneness within
There you will find the clear mirror
already waiting.
~ Hadewijch II (13th c.)*

1. Plan some quiet time in a sacred space, where you know you will be uninterrupted. An excellent time to do this might be after an asana (Yoga postures) practice, or just before or after your regular meditation time. Pick a quiet, beautiful place that nourishes your heart and spirit.
2. Come into a comfortable seated position. Allow your attention to draw gradually deeper and deeper within, and take several long breaths. Relax your physical body, your emotional body, and your mental body. Become aware of loving wisdom that is always available for you, guiding your life. If there is a particular guiding presence that you like to use in such visualizations, call this image to mind now. This might be a Goddess, the nourishing aspect of a grandmother who loved you, an image of the Moon, the spirit of an animal, your awareness of goodness and presence, a sense of light, or any other nourishing idea you have that supports you.
3. Let your mind scan gently over your experience, and notice what issues or questions might be most present for you right now. Don't try to fix anything, just notice.
4. Allow one concern to rise to the top, and without forcing it, allow this concern to be voiced as a question. Actually hear the words of this question in your mind.
5. Sit quietly, with a sense of relaxed receptivity. Stay very present to the question, and present to the nourishing presence that is with you. Keep breathing. Allow yourself to hear the response to your question, and sit with that for a moment.
6. Now pick up your journal and pen, and begin to write. Start by writing “Dear “ and then your name. Allow the words to flow onto the paper through you, as though you are hearing the words from a source beyond you. Continue writing until you are complete, and then sign the letter from this loving presence.
7. You may want to share this letter in its entirety with someone, such as a trusted friend, a Women's Circle, or members of this Reliable Divine Guidance course. Or you may simply treasure the letter privately. Reading the letter back to yourself, or sharing with others, is a beautiful way to affirm yourself and what is most true in your heart.