

THE BLUE LOYAL GUARDIAN

Creative Journaling to Unleash the Soul

Creative Journaling to Unleash the Soul

by Jane Douglas



my **map** to freedom

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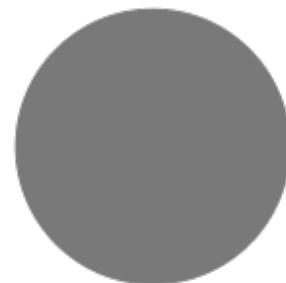
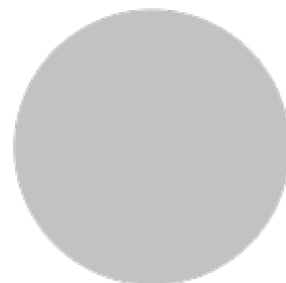
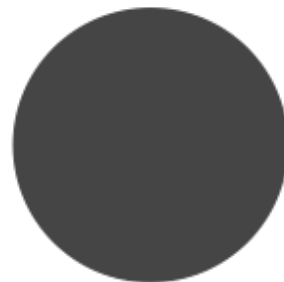
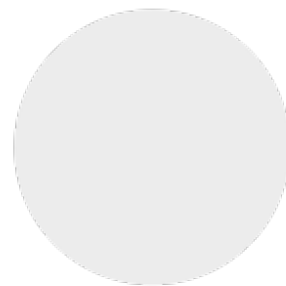
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www.mymaptofreedom.com



Welcome to
**Creative Journaling to
Unleash the Soul**





Introduction

Of the many needs we have as human beings, the one that brings us the most inner tranquillity is when we come to know all that we are. When we come to know ourselves as more than the day to day dealings of our personality we open ourselves up to the possibility of being fully alive no matter the circumstances and being fully present for whatever life brings. But to realise the possibility of making our soul a bigger part of our human journey we will need a practice that will continually illuminate the path home.

Through such a practice, you can dig more carefully into the hidden resources of your soul, you can explore feelings that take you by surprise, and you can walk with a companion through labyrinths of dark confusion. You also get to confront great questions about the meaning and purpose of your life and examine what it is you believe to be true about yourself and life.

This is what takes place in creative journaling

Through creative journaling, you enter into dialogue with the intention of letting the soul within “reveal to you” the truth of the story you are living that is your life. Through creative journaling you will think about and embrace your human experience, think about the habitual patterns of your life, and process things emotionally. You will do all this for one reason to unlock the soul that holds the key to the significant questions of your life:

What is my purpose?
Why am I struggling with this issue?
Why is love so difficult for me?
What should I do next?
How do I heal?

Creative journaling is the art of assisting you in expressing the truth that is already bubbling up within you, longing to be realised. The soul within you that always moves you toward, healing, wisdom, courage, and love.

You are most welcome to this most exciting of adventures.

Introduction

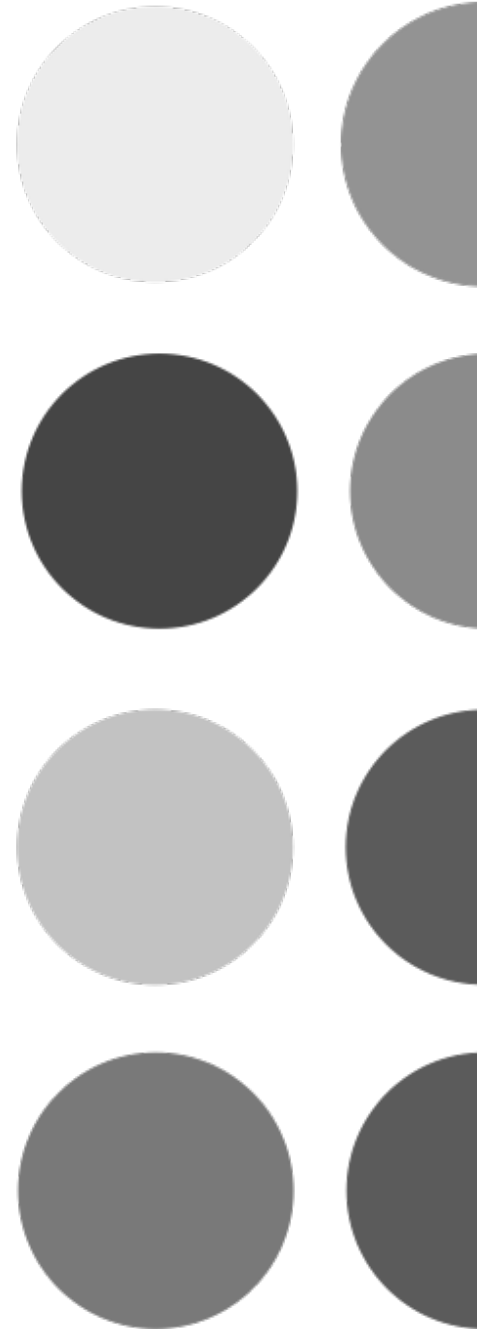
You may be wondering, “but what exactly is my soul? How do I know what my soul really is?” You know more than you realise. Your soul is that part of you that is ever-consistent, ever-present to you. Your soul is the awareness that is continually guiding you back to centre even through the worst storms and the darkest of nights.

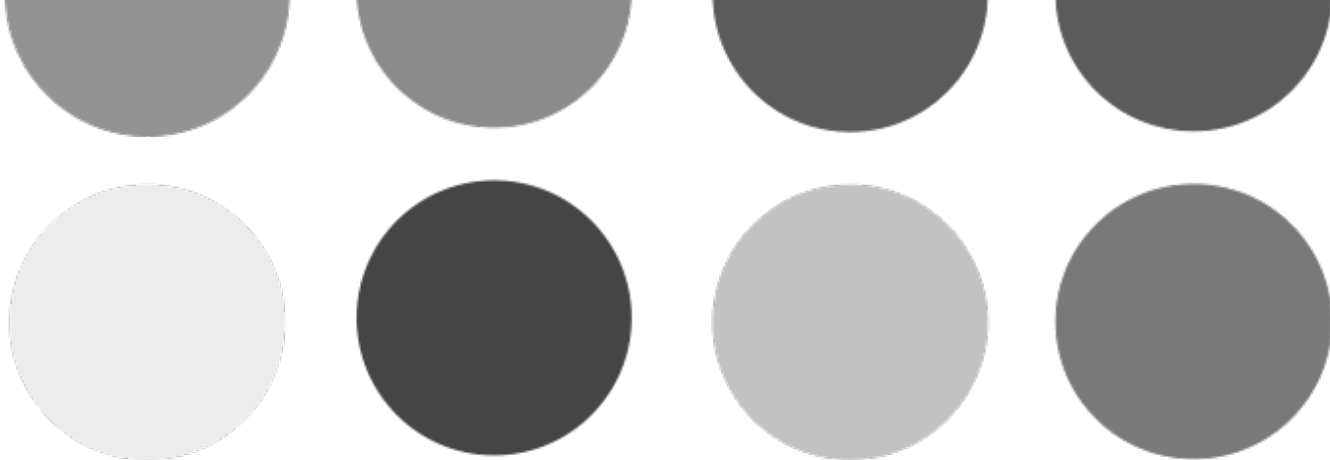
Creative journaling is the choice to bring awareness to the ways you block access to your soul so you can establish a connection with your soul and seek counsel through conversation. Guidance flows continually in our life but is for the most part blocked by our habitual ways of acting thinking and feeling. My creative journaling is about shining a light on the ways we habitually block access to the energy and wisdom of our soul.

Creative journaling is not about denying your human traits and habits. There is no spiritual bypassing involved here. Rather it is about accepting your humanness with loving awareness and through the power of awareness dissolving patterns that are no longer useful to you. In short this is a journey of radical loving awareness rather than forced and violent change. You are not broken.

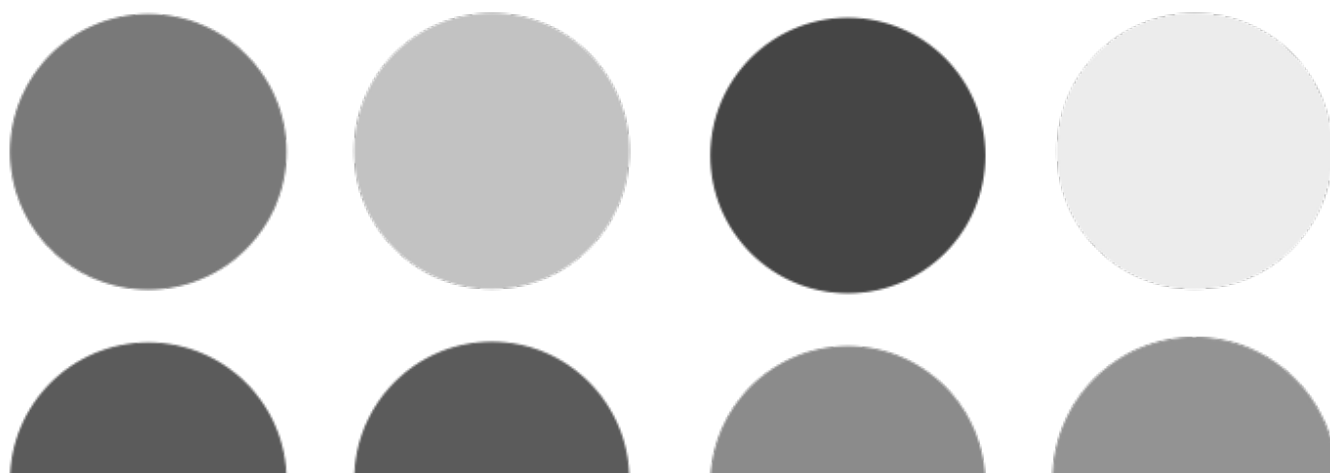
What creative journaling is also not is therapy and that is a distinction that needs to be made. It is not a technique for processing wounds or dilemmas from the past. As essential as therapy is to a person's healing effort in life, creative journaling seeks to help you understand how you are cutting off access to your soul in the present moment. It is a present time approach of listening for inner instruction about what directives are speaking to you now, discovering what it is you believe – or don't believe – deep within yourself.

Creative journaling uses a visual device called a soul map and a practice called the R.E.S.T process to guide our awareness to the ways we block access to our soul...but what is a soul map?





What are the maps?



What are the soul maps?

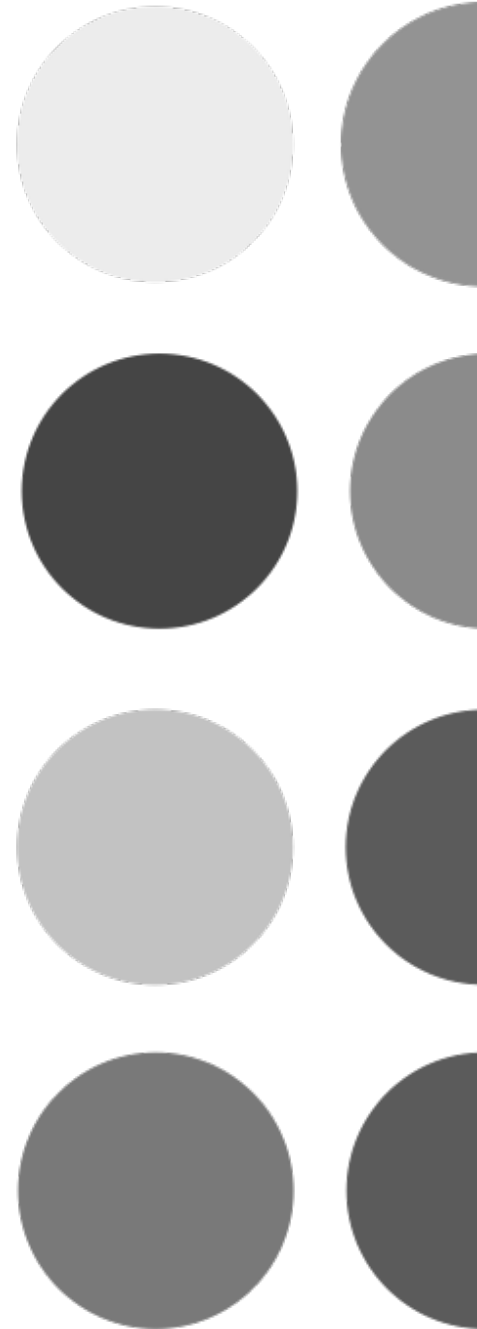
What are the soul maps and where did they come from?

Creating the maps was an idea that took over a decade to fully emerge. From random pieces of my own spiritual journey the idea of creating a visual tool for personal and spiritual growth started to take shape.

The idea began while I was attending a personal development workshop in London. On the second day of the program, the facilitator drew a very simple illustration of four concentric circles on a flip chart. He said the theory he was about to explain originated from the Sufi Mystics. He went on to explain that over the course of our life we cover up our soul, (represented by the innermost circle) with conditioned patterns of acting, thinking and feeling until we eventually forget it is even there. The simplicity of this diagram showed me something new. It not only showed that our soul was being held prisoner within our own habitual and conditioned minds and bodies, but also the nature of our human suffering. This simple diagram was to change my life.

The second piece of the puzzle arrived very soon after. A year later was introduced to the Enneagram of the Personality. Sometimes called 'The map of the soul' not only does it describes the precise ways your personality type covers up your soul it also describes the specific quality of your soul! I can't exactly remember the point at which the Sufi diagram and the Enneagram came together in my mind, but for the next two years I played around with 'colouring in' the basic Sufi diagram with the Enneagram until they became the maps you see today.

But that wasn't the end of the story. Over time it became clear that understanding our patterns was not enough and what was needed was a practice that could help us reconnect with our soul. This is when the practice of mindful awareness entered my life. Mindful awareness is about learning to be more awake to your patterns in each moment, without judgement and without excuse. It is about learning to catch yourself in the act of cutting yourself off from your soul and seeing how you are acting unfree from moment to moment. Big step though that was it still wasn't the end.





What are the soul maps?

Finally came Creative Journaling. One day, as I was journaling I became aware of what was actually happening in my direct experience. I noticed that whilst I was journaling I was actually creating the internal space to really see, with fresh eyes and adequate distance, what it was I was thinking, feeling and doing in my everyday life.

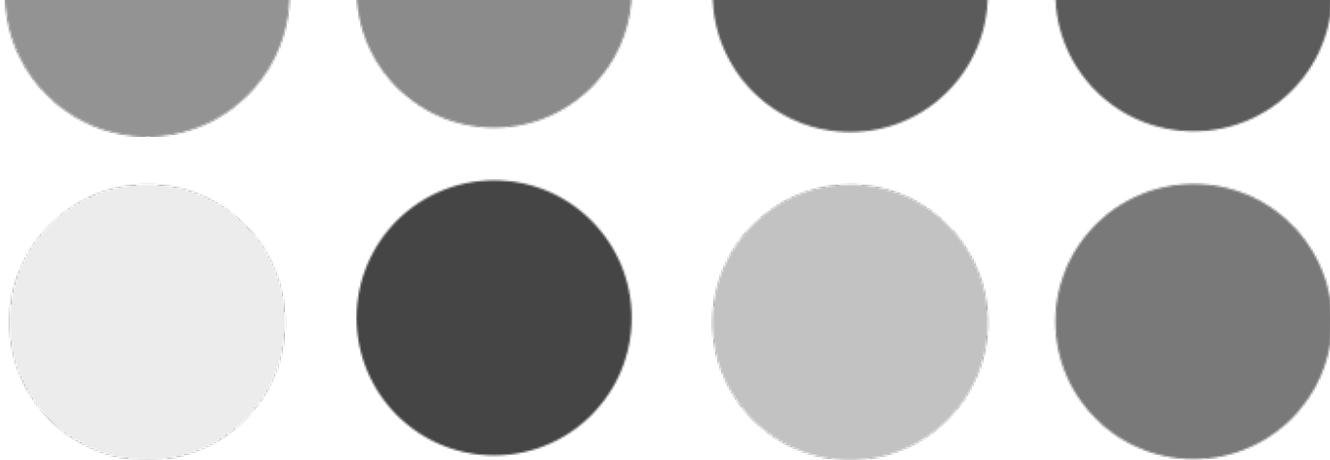
Right there in my journal my patterns of thinking, feeling and behaving effortless revealed themselves to me. Not only that, when I was journaling I had a direct connection to awareness itself, I was in connection and conversation with my soul.

On that day creative journaling swapped places with my meditation mat as my practice of choice!

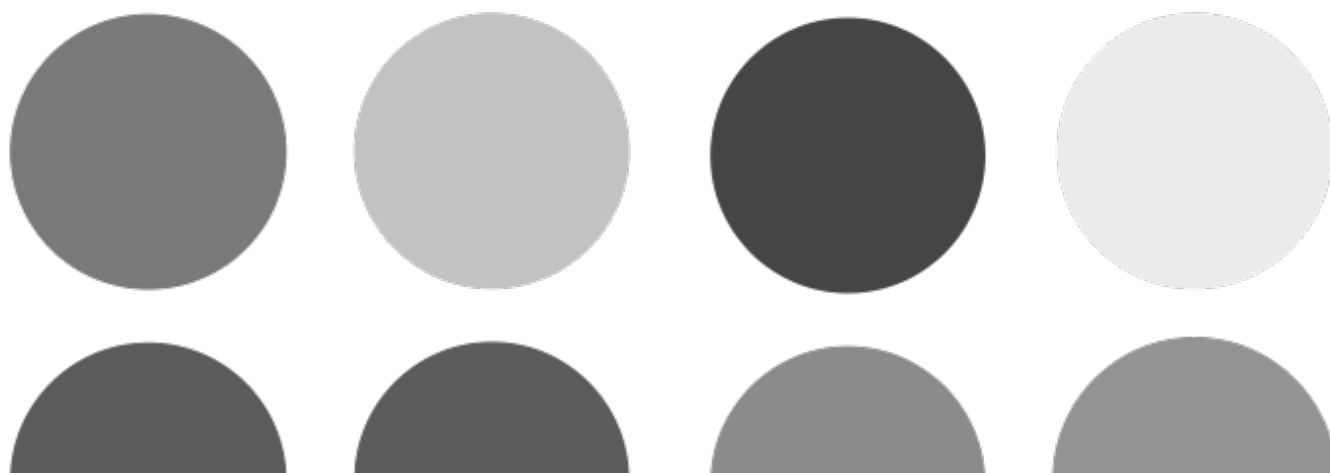
I hope it will be the same for you.

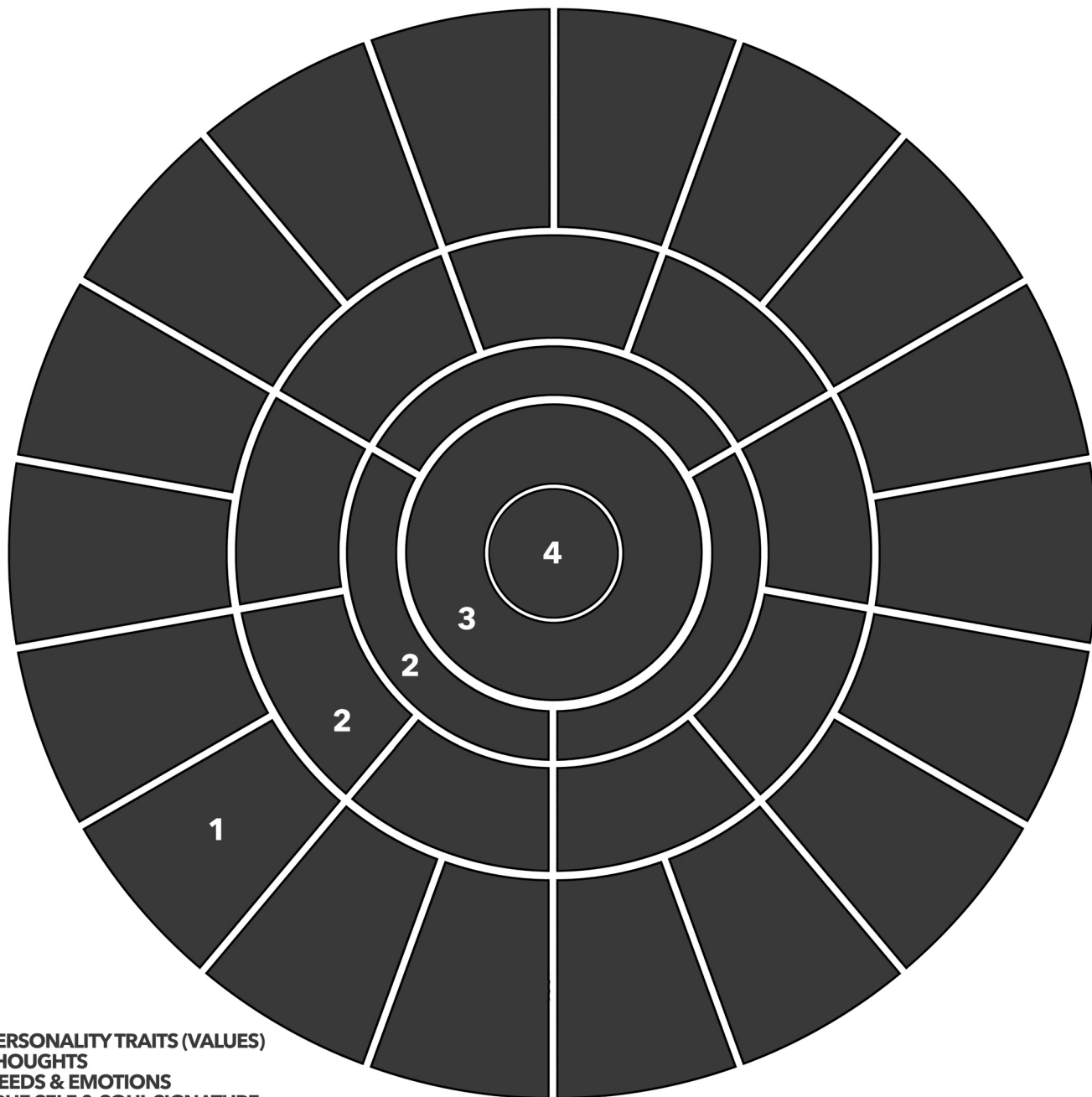
In explaining the evolution of the maps my hope is that you will appreciate that the map you hold in your hands has a trusted provenance. I am not responsible for inventing any one of the components of your map, they are ancient wisdoms. My role has simply been to put these ancient traditions together in a new way. It is my wish that creative journaling will make these wisdoms usable and useful to you in your quest to unleash the wisdom of your soul.

The next few pages explain your map. The narrative begins with a broad overview of the maps and then moves on to the specifics of your map according to your personality type. It is very important that you take some time to 'sit' with your map and get to know it. This will greatly aid your creative journaling becoming a spontaneous experience. The more time you spend getting to know your map the more you will get out of it. I would suggest you spend a few days exploring each layer of your map in your day to day experience. Take your time to get to know yourself, it will be an investment worth making I promise.



Getting to know *your* map





The basic structure of your map

The diagrammatic version of your map shown on the opposite page points to a tantalising truth, namely that you are so much more than you think you are. Most of us think of our personality as the full extent of who we are, but the diagram on the next page points to the possibility that your personality is only one part of a much wider range of potential that exists in you.

The centre space on your map shows you a part of you that is a vast largely unrecognised quality of being that has been encased in habitual patterns of acting thinking and feeling. For the most part, this aspect of you is forgotten and it is this aspect of who you are that you sense is missing from your everyday life. This core of your being has been named many things. Your true self, your authentic self, your essential self, your unconditioned self, the names are many, but they all describe the same thing. We call it your soul.

But the centre of your map also points to something else - the specific 'quality' of your soul. Each personality type has its own 'soul signature' an essential quality that makes you, you! The aim of creative journaling is to deepen awareness of the ways you lose connection with this essential quality and then to use it as a practice to reconnect and converse with this aspect of who you are.

The diagram on the next page begins the process of helping you get to know more about your map and the patterns that block access to your soul. It will be useful for you to have your full- scale map open in front of you as you read through the next few pages.

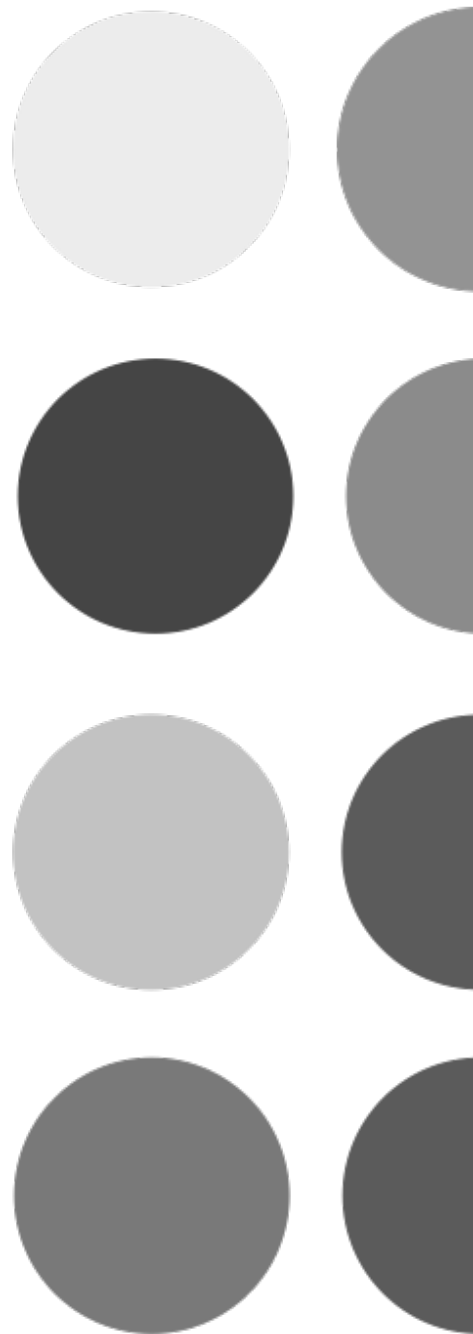
The diagram shows the layers of the map...

The Outer Layer – Shows your habitual patterns of acting and feeling or your personality traits.

The Second Layer – Shows your habitual patterns of thinking about life and your core self-judgements.

The Third Layer - Shows your core needs and core emotions.

The Centre Space – Shows the essential quality of your soul, your soul signature.





The outer layer: desire for security

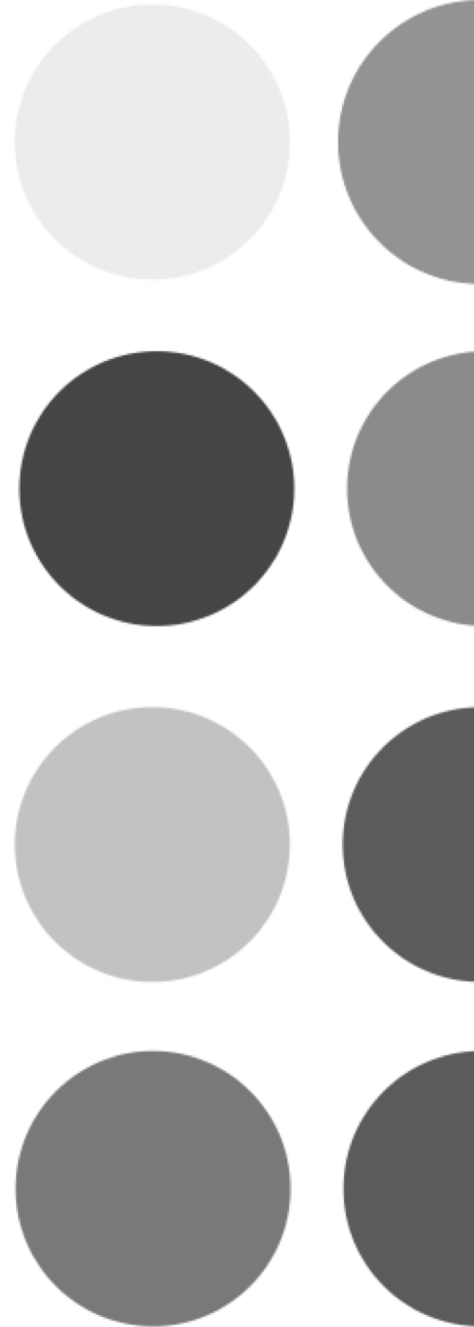
The outer layer of your map shows your personality traits. These are the ways that you and other people know you as you! It is often difficult at first to see how these ways of behaving are blocking access to your soul. Please do not get too worried about this, Creative Journaling will do the work of revealing how these traits keep you away from your soul. Your task for now is to read the description and notice how much of it describes the person you know as 'you.'

As a Blue Loyal Guardian, your desire for security drives your actions. You believe that if you stay safe from everything then you will be happy. The ways that you ensure you stay secure is by fitting in and belonging. More importantly, your basic desire for certainty and security means you put your faith in trusted authority, belief systems or traditions. You would like others to see you as trustworthy, dedicated and reliable. Your idealised image is that you are supportive, responsible and dutiful. You look for security in long-standing relationships, groups, unions, military, or family traditions. You tend to follow the rules and boundaries and to go along with the status quo in terms of rules, dress and social norms. Your sense of tradition and systematic way of thinking makes you a stabilising force in any organisation. As a consummate fix-it type, you will look for things to improve in your environment, often seeking to make your world a safer place by vigilantly anticipating and trouble-shooting problems. To manage anxiety, you seek comic relief. You can be phobic, meaning fearful, cautious, indecisive and paralysed into inaction but can also be counter-phobic and be uncomfortable with fear and choose not to dwell on it, being careless, reckless or imprudent with no thought for the consequences. Depending on the situation you can be friendly and outgoing, or reserved and sceptical and, overall, you tend to be detail oriented, cautious and meticulous. Blue Loyal Guardians choose a variety of career paths but tend to take very traditional or mainstream jobs. Phobic Blue Guardians tend to have jobs like craftsman, technician, safety inspector, banker, or paralegal that do not require high risk-taking behaviour. Counter-phobic Blue Guardians may focus on the danger element and choose professions in the military, firemen, security guards or police. Your greatest strengths are your ability to test for the truth and to recognize and challenge a bad authority. A hero at heart, you are capable of great acts of loyalty and courage.

The outer layer : avoidance of insecurity

As a Blue Loyal Guardian, you avoid insecurity. You believe that if your world becomes insecure you will be overwhelmed and unhappy. Because of this the ways you hide out from the world relate to the ways you ensure you remain secure, and your fear that you will not be able to support yourself.

This insecurity leads to a heavy reliance on structures, systems and traditions. While seeking the security of an external system or authority for guidance, you are at the same time suspicious of that authority. You worry that the source of your support will abandon you. This manifests in generalised paranoia, suspicion and scepticism. Blue Loyal Guardians may unconsciously put people's support to the test by lashing out at colleagues or loved ones. At times this defensive attitude can be so ugly and opinionated that its blaming nature isolates you from your loved ones or puts you in danger of being fired from your job. The lack of confidence you have in your inner guidance means you are unable to make quick decisions without others' opinions. Lack of faith in your own authority can cause you to overly submit to or challenge others. You are highly motivated to avoid disappointing friends or authority figures and may find yourself proceeding with so much caution that progress is too slow or ineffective. Fear and judgement undermine your sense of safety, so you avoid deviance, uncertainty and anything that is different from any group or idea to which you subscribe. Afraid of fear, submission and cowardice, you vacillate between loyalty and rebelliousness by puffing up and backing down. You fear anything unproven or radical. You also are afraid of deviating from the norm or being different from your peers. Your greatest fear, however, is of being alone and unprotected. Your vice is fear. This manifests as an excessive judgement and playing the Devil's advocate. When you are afraid, you doubt your own authority and can become provocative and undermining. Seeking security, you try to control others by ensnaring them in your fears and judgements. You tend to focus on the worst-case scenario and may at times be overly phobic and at other times overly counter-phobic. Your drive for security can cause you to envision a dangerous and divisive world in which you feel persecuted and may then persecute those who deviate from the rules or the norm.





The second layer : your thoughts

Thinking is the cognitive activity you use to get you through your day-to-day life. You use your thinking to process information, solve problems, make decisions, and create new ideas. You use your thinking skills when you try to make sense of experiences, organise information, make connections, ask questions, make plans, or decide what to do.

However, the thoughts detailed on the second layer of your map are concerned primarily with thoughts that are generally more 'invisible' to you than your usual everyday thoughts, namely your beliefs.

There are two types of beliefs on your map. The first is to do with your beliefs about how to 'do' life and the second type of belief is about how you limit yourself from doing life, commonly known as limiting beliefs.

Beliefs about how to 'do' life. (outer most ring of thoughts)

To keep the patterns of your personality traits solidly in place, you sustain them with a well-developed set of beliefs about how to do life. These beliefs helped you survive in a world that became unpredictable and unsafe when you were growing up. Whilst these beliefs were influenced by your upbringing they are also heavily influenced by your personality type. For that reason, we are able to predict some of the 'themes' that each personality type is likely to adopt as they travel through life.

As a Blue Loyal Guardian your beliefs about how to do life ensure you stay secure at all times and tend to include beliefs such as...

- The world is a dangerous place.
- Anticipating what might go wrong, means you can guard against getting hurt.
- There is always room for judgement.
- If you are on guard you can't be taken by surprise.
- Being prepared avoids catastrophe.
- Searching for certainty is one way to feel safe.

The second layer : your thoughts

Self limiting beliefs (inner most ring of thoughts)

Have you noticed that whenever you dare to step into the territory of following your heart you meet an internal force that tries to stop you? If so you are not alone. What you are noticing is the internal force of your limiting beliefs.

Your limiting beliefs were born out of all the times you were made wrong, ostracised, punished, or stood up for yourself. Your limiting beliefs are like a silent thief that robs you of connection with your soul. They steal your energy and your life force, depriving you of your ability to live your life with spontaneity and joy.

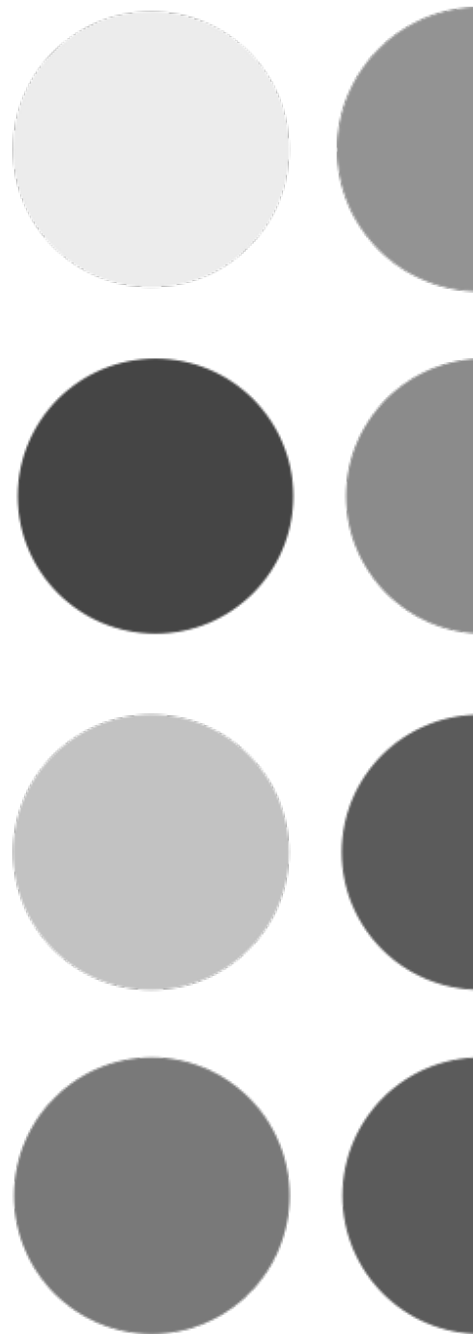
These beliefs usually arrive as you venture out of your comfort zone, when you are invited to expand beyond your current view of reality. They can come up when you are moved to take care of yourself, when you feel the desire to make more money or expand your horizons and try something new and exciting.

Some of us are not aware of these beliefs as thoughts but instead experience the effects of them physically. Feeling the effects of our limited beliefs results in feelings of contraction in the body and a reduction in energy and vitality.

The three self limiting beliefs that all humans share are;

- That we are not enough or not good enough
- That we are not safe or secure.
- That we are not likeable or lovable.

creative journaling will reveal the ways both types of belief sap your energy and take you away from connection with your soul. Through the power of awareness you will return to yourself what they steal...your natural vitality and presence!





The third layer : your core needs

Like the rest of us, you are determined not to acknowledge your needs or the strongest of your emotions, you would much prefer to keep your neediness and emotional reactions hidden from yourself and others. Unfortunately, only when you allow yourself to feel unacknowledged needs and emotions will you be able to fully integrate your soul into your everyday human experience. The third layer of your map is concerned with core needs and emotions and feelings.

Your Three Core Needs

No matter what our colour, creed, or status all human beings share three basic needs. These needs are hardwired into our neurology and from birth these needs have invisibly dominated our life and our life choices. Whether you like it or not you **MUST** get these needs met. Just as a baby screams for milk, as an adult you will (unconsciously) have the same intense reaction when your needs are not met.

The three needs are:

- The need for Acknowledgement is the need to know you matter that you are important and that you are good enough the way you are.
- The need for Attention is the non-judgemental attention from another person, It is the deep listening and appreciation from another. This is best recognised as unconditional love.
- The need for Assurance can be best described as the need for Re-assurance, security and safety. Reassurance tells us that our feelings of fear and uncertainty are temporary and that everything will be okay. This kind of reassurance is typically met through being cuddled and held.

creative journaling will bring awareness to the ways you get these needs met through the back door of your personality traits. You will feel into the urgency that comes along with unacknowledged and unmet needs. When you do this you will be able to fully appreciate how this has kept you away from connection with your soul.

The third layer : your core emotions

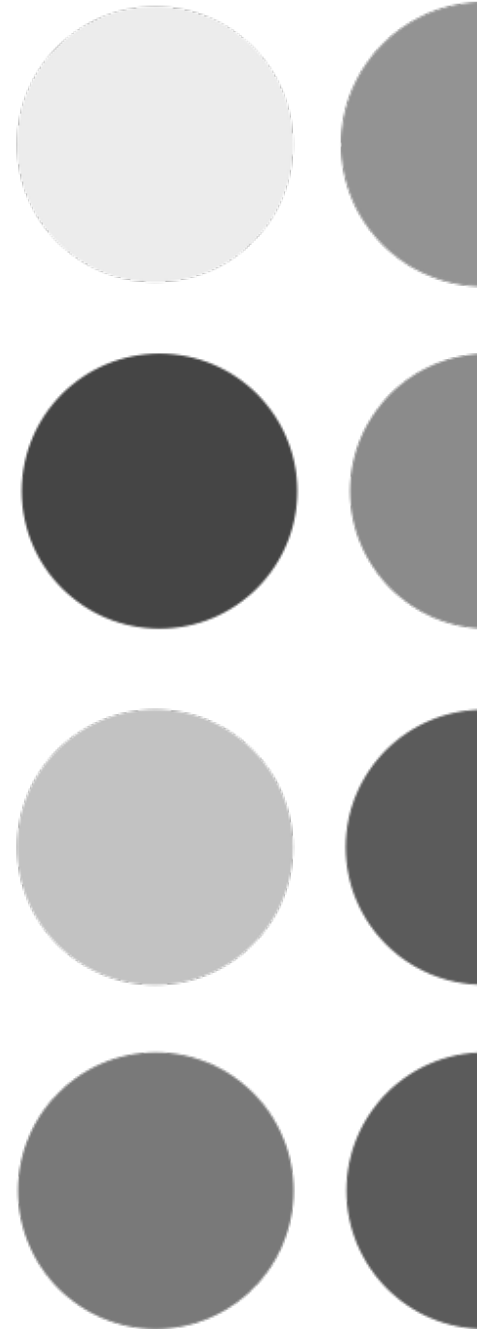
The Three Core Emotions

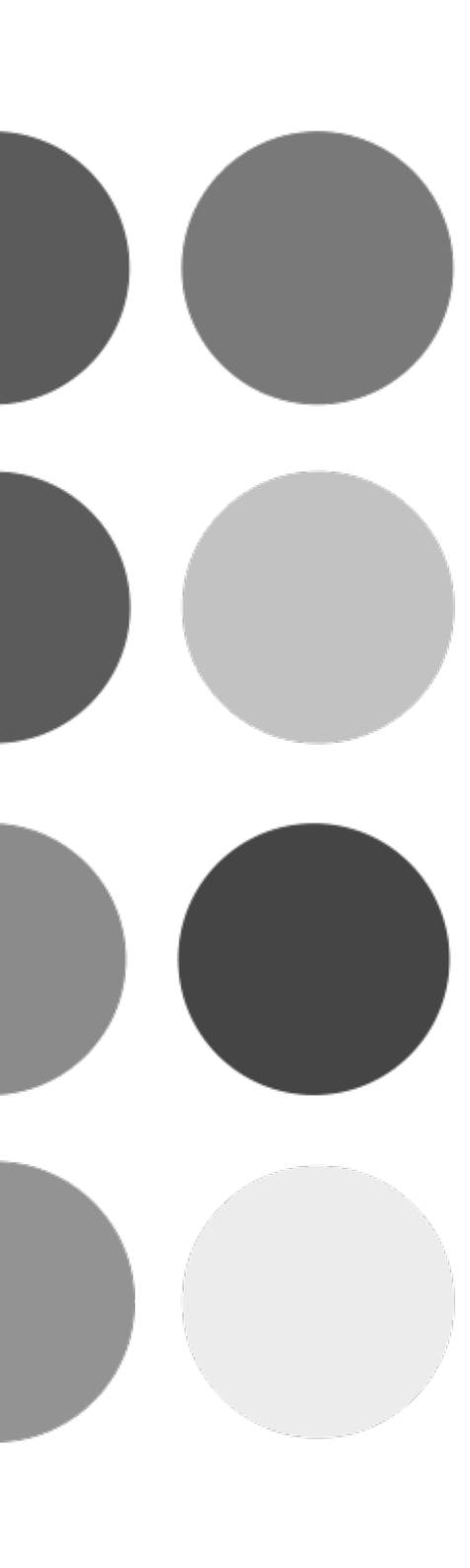
The blank space on the third layer of your map represents the vastness of your your core emotions. When designing the maps I decide to leave this layer mostly 'empty' because I wanted students to explore their inner world of feelings without prompts. Having said that it is useful to know that the three core emotions relevant to your personality type are Shame/Anger and Fear.

Like the rest of us you will tend to suppress feeling these core emotions because you fear the strength of them. For most of us these core emotions tend to get felt in their diluted form of moods and feelings. If you inquire deeply enough you will discover that the your everyday moods and feelings are a diluted version of your core emotions. For example, the root of minor irritation is probably anger, the root of anxiety is fear and the root of disgust is shame.

These diluted forms of your core emotions are much easier for you (and others) to tolerate. Investing energy in keeping your core emotions out of your conscious awareness may help you cope with day-to-day challenges, but core emotions that have never been released or discharged have reigned within you. The energy devoted to keeping your core emotions locked up saps you of your vitality and keeps you disconnected from the vitality of your soul. creative journaling will help you feel into and release your feelings and emotions in a safe way.

It is important to acknowledge that for those who have experienced emotional or physical abuse, that this is a deeper healing journey that may need additional support. creative journaling is not intended to be therapy because it focuses on the here and now of your direct experience, however we do support this work through other means. This work is supported by a wonderful coach (who also happens to be my business partner and friend) Sandra Hughes, who having travelled this path herself, regularly takes people on these powerful and liberating journeys. Please contact us directly if this is a journey you feel called to take.





The centre space : your soul signature

The whole intention of Creative Journaling will help you notice the difference between how you feel when you are in the grip of the patterns on the outer layers of the map, and the felt sense of who you are when you are in connection with your soul.

The centre of your map is the place where you reconnect with your soul. Here you are visiting the place where your stories are extinguished and where the immediacy of the moment can be held and experienced in its purity and you grow in spaciousness. Moments such as these cannot be mistaken for your everyday existence. They are more. You are more because you are fully yourself. Profoundly present. Whole-heartedly free. Sadly, we tend to mistake this experience for something that happened because of the circumstances in which we find ourselves, rather than knowing it to be something that is intrinsic to and within us all.

The centre of your map points to the essential quality that makes up your soul. Sometimes we call this your soul signature. Your soul signature is a personal definition of who you are at the deepest level. Integrating this quality into your everyday experience is the aim of your Creative Journaling.

As a Blue Loyal Guardian, the essential quality, of your soul is Trust.

When you experience the essential quality of Trust, you quickly discern that it is nothing like the 'Security' you grasp for in your everyday life. It is not the same because the essential quality of Trust does not rely on you trying so hard to keep the world a safe place to be. In the space of essential Trust, you are not required to work so hard at scanning for danger or being overly prepared for the worst.

Through Creative Journaling, you will discover that your direct experience of Trust means you are fully awake to your natural impulses and desires, that you are naturally able to let go of your need to be quite so anxious and that you act decisively and powerfully in the world with true conviction that the world can be a safe place to be.

Your next step...

I hope you are intrigued enough to take the first step in joining our community of like minded people and beginning your journey to learning this creative journaling practice.

If you feel ready to begin all you need to do is click this link

<https://www.mymaptofreedom.com/product-page/theunleashthesouljournal>

which will take you to my shop to buy your journal.

Once I receive confirmation of your purchase I will contact you via email with all the links to your teachings and of course your invite to our community!

with much love,

Jane

x

