

# Awareness Journaling

## Awareness Journaling

*Another tool for staying connected with yourself*

*The Awareness Journal* was created by Betsy Baker, Acupuncturist and Senior Instructor of Process Acupressure. It was developed with the purpose of exploring the self with non-judgemental, merciful awareness. This exercise opens one to the possibility of healing pain and suffering experienced due to habits, rules, scripts, and standards that we may have accepted or been conditioned to believe throughout life.

At the foundation of *The Awareness Journal* are several influences or theories. First, is the importance of "being present" to be able to observe the conditioned mind. Being "in the moment" allows you to see what is real and brings you to a position of choice and action. Secondly, we have all heard the term, "you are what you eat." This also applies to the words that we say and the thoughts that we "ingest" mentally. Our language literally becomes our biology. Also, important to *The Awareness Journal* is the utilization of all available senses and signals as we reflect. Using this more holistic approach to journaling will allow the possibility of a deeper awakening to our true self.

## Awareness Journal Instructions

This journal is to assist you in becoming more mindful, and aware of YOU (body, mind, emotions, and spirit). It will empower you to connect with and use your built-in guidance system effectively and efficiently (with practice) in your daily living, life journey, and with specific intentions and goals.

1. **Gather data** in your journal three times in one day from a place of curiosity, interest and wonder with focused awareness and loving kindness:

- Morning, before your day gets going
- Mid-day, when your day is in full action
- Evening, when your day slows down

2. **Focus attention** on your senses (sight, sound, touch, movement, body sensations, feelings/emotions) to gather information and jot notations BRIEFLY in a journal.

- **Scan the body** noting: sensations such as pain, tightness, pressure, itching, throbbing, warmth, burning, coldness –describe and observe location in the body
- **Scan the emotions** noting: anger, joy, sadness, worry, grief, fear (use your own feeling words)
- **Scan the mind** noting: thinking, internal talk/chatter, images, stream of consciousness (write thoughts for a few minutes)
- **Scan soul consciousness** noting: soul messages or communication

3. **Review the day** from the witness state. The observer reports the insights about the day, for example:

- "I notice now..."
- "I realize that... I am able to write more easily in the morning. When trying to work on creative projects in the afternoon and evening, I tend to get frustrated."

# Awareness Journal

**Date, time, location:** \_\_\_\_\_

Body: \_\_\_\_\_

Mind: \_\_\_\_\_

Emotions: \_\_\_\_\_

Soul: \_\_\_\_\_

**Date, time, location:** \_\_\_\_\_

Body: \_\_\_\_\_

Mind: \_\_\_\_\_

Emotions: \_\_\_\_\_

Soul: \_\_\_\_\_

**Date, time, location:** \_\_\_\_\_

Body: \_\_\_\_\_

Mind: \_\_\_\_\_

Emotions: \_\_\_\_\_

Soul: \_\_\_\_\_

**Review of the day:** \_\_\_\_\_

\_\_\_\_\_

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