
Some thoughts on journaling (or anything else that we find hard)...

Remember that for the purposes of this course your journal can be as brief or as extensive as you wish – it's your practice. It could be a simple tick on a practice log, or pages of freewriting. The choice is yours and there is no right or wrong.

But what if you find this hard, or feel resistant towards it?

Well, you could choose to start small and keep it super simple. Use a table or spreadsheet and tick whenever you complete a practice on that day. That's all. (Remember in our yoga practice I always offer options, starting subtle and gradually expanding if / when the time is right. You could apply this same principle to your journaling).

What do you connect to – handwritten form or typed notes on a computer? Which method helps thoughts and words fall more easily on to the page? Go with that. (Remember Melissa's wonderful use of recording voice notes on her phone – genius!)

What you write doesn't have to be flowery and insightful. A journal entry could be as simple as a bulleted list or a mind map. Or, if you prefer to draw, then doodle or do stick figures.

Or consider...

When we find something hard we often resist it. Yet...

sometimes the thing that we resist is also the thing that can lead us to a breakthrough.

Noticing the resistance or the difficulty can be the first step. How does it feel? Does it reveal itself as procrastination, discomfort, agitation – perhaps even a little grumpiness (“why am I being asked to do this thing...”) ? Is there a physical sensation that you feel in the body when you feel resistant? Or perhaps the breath? What is this trying to tell you – is it a sign to stop or...

What happens if we just bust through that resistance and get the thing done? This can often reveal our biggest area of personal growth or lead to us on a path to something different yet wonderful. Over time, often the thing that we resist can be the thing that we love to do.

I might demonstrate this best through a personal example:

When I was in teacher training we were required to keep a daily pranayama diary for 3 months. Gosh did I resist this - I most definitely did not like it! I'd never journaled before and I didn't see the point. I had expectations of both what I felt a journal should look like and how I felt the course expected me to show up on the page – and felt myself lacking. The words would not come. But... it was a required assignment and like it or not I needed to do it. So, that's what I did. I got the task done – and while there was a certain format I also brought myself and my own style to the exercise. Assignment done and passed. I also learnt a couple of things about myself on the way (including how I react to things I don't want to do)!

Over the years that followed, journaling in different forms gradually began to show up in my life through various books and teachers; through journaling prompts, simple courses and 30-day challenges on intuitive writing, journals that called to me but that I wasn't quite ready to use and more synchronous events. And a strange and unexplained love of a blank page in a

notebook – filled with potential and promise. I began to step my toes in – clumsily at first and gradually with a little more wisdom, to a place where intuitive writing helped me learn, grow and discover.

Today I find myself with a budding vision of creating my own journal to publish – ideas are beginning to germinate, and guess what – I'm popping them into a mind map so that I can begin to create my own journal. Not bad from my early days of resistance to the pranayama diary.

So, when you find something hard notice whether you begin to resist. Use your inner wisdom to discover what that resistance is telling you; to stop, to adapt your approach/actions, to ask for help, or to flow through it.