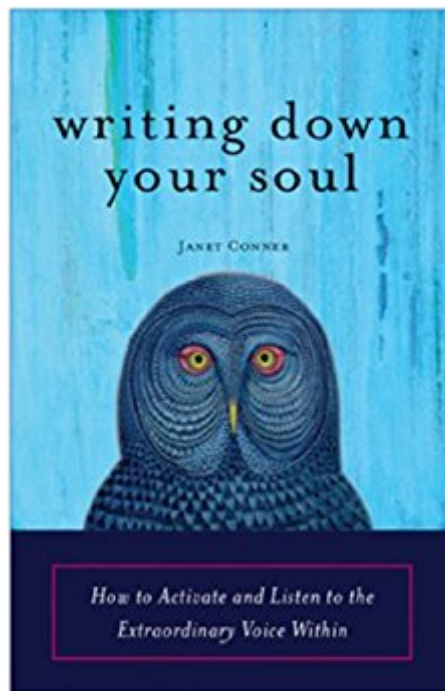




The book was found

Writing Down Your Soul: How To Activate And Listen To The Extraordinary Voice Within



Synopsis

You could pray, or meditate, or dream, or visit a shaman, or a minister, or a hypnotherapist. With so many routes into inner consciousness, why write? Of all the ways to get in touch with God, as you understand God... to hear the small, still voice pointing you in the right direction... why take the time to write? One reason: it works. It works amazingly well. If you want to engage in a vibrant conversation with the wisdom that dwells just a hair below your conscious awareness, write. Write every day, at approximately the same time, with passion, honesty, and the intention of speaking with and listening to the voice within. Janet Conner was escaping a terrible situation of domestic abuse. While trying to figure out how she and her son could live and how they could eat, she realized she had hit rock bottom. With no other advisors, she listened to her own inner voice, which told her to start writing. As she did, Janet's inner voice gained clarity and strength, and she felt an incredible connection to the divine, and almost immediately miracles began to happen. Today, research scientists in psychology, physics, biochemistry, and neurology are providing peeks into what consciousness is and how it works. Their findings give us intriguing clues as to what is actually happening in and through our bodies, minds, and spirits as we roll pen across paper. *Writing Down Your Soul* explores some of this research and instructs readers how to access the power and beauty of their own deepest selves.

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Customer Reviews

Writing down your soul is one of those few books that I call a gift. A gift that came at the right time when I was exploring my soul and its purpose. I had tons of questions to ask and this book came to my rescue. I realized that I have been conversing my soul prior to that, I just didn't have a name for it except to call it automatic writing. I would pose a question and an answer came rushing down from my gut into my chest and down my arms. The voice had extraordinary wisdom, it felt like the self that is perfect, whole and complete talking to the limited and scared self. Right now, with the help of Janet's work, I am able to establish a practice of daily conversations with the voice which I refer to as my true self. My journaling begins with: Dear true amazing self and then the journey into mystery begins. I am grateful to have experienced soul writing as a spiritual practice that grounds me and allows me to realize that we are all conduit for Divine truth. All that is required of us is to show up, ask and listen.

I have journaled for years, so the concepts of this book were not new to me. What did move me beyond what I have been able to do on my own was Janet's incredible use of questions paired with tapping into the 5 senses. She guides participants through doing their own deep soul work while offering an emotional hand of support and compassion by sharing her own story. I highly recommend this book to anyone who wants to deepen their ability to tap into their inner guide and wisdom. Writing Down Your Soul teaches you to trust the inner voice that yearns to be heard.

This kindlebook of Writing Down Your Soul:How To Activate And Listen To the Extraordinary Voice Within by Janet Conner gives ideas on forging a stronger connection with the higher self/soul. The author shares her journey and how she began her deep soul writing journey with a notebook. She bravely bares her soul on some of the entries of her life by featuring some of what she has overcome (I say bravely because I admit that I probably would be guilty of covering up some of the harshest events that occurred in my life if I were in her shoes such as the brave situation where she describes the dynamics between her and her late ex-husband). Conner explains what is writing down your soul and the commitment difference between writing down your soul versus journaling, creating a schedule and a sacred writing space, and much more.

I was disappointed in this purchase. I guess I was expecting writing prompts or a list of questions that could get the journaling juices flowing. Every other word in some of the chapters was God, and I do believe in Him, but the first word in the title is Writing, and there seemed to be very little talk of writing except to discuss all the writing the author did during her traumatic experiences, or buying a cheap pen and notebook and finding a place to write. I would think that goes without saying. For me, I honestly think you can write from your soul without prayer or meditation. If God is everywhere, then God is with me when I'm writing. And, for me, I find writing is a form of meditation anyway. The author also mentioned that Christina Baldwin jumpstarted the trend of journaling, but I beg to differ. I think you can go farther back to the days of Virginia Woolf and Anais Nin; women authors that encouraged other women to write from their hearts. I didn't hate the book because I'm sure it's a good fit for some people. I just didn't like it for me.

I LOVED this book. It has helped me in ways that are far beyond my expectations. Janet speaks clearly to your soul and your soul understand her intent and her meanings. You are comforted by the process and come to the end of the book a different person. As a Healing Touch Certified Practitioner I see a lot of different clients and being able to journal how the healing process of another helps my own healing has been a wonderful healthy experience. This book brought about a way of writing that I had not experienced before. I can get to the meat of the matter with clarity and do reflective writing about issues without going into the minutia of the situation which is an excellent tool in self healing and self care. Healing Touch recommends we have a regular practice of self care and this book and form of journaling has helped me in daily care and in the Intentional Creativity groups in which I have participated. Highly recommend to anyone who seeks a deeper understanding of their own life or is on a journey to discover their talents.

Once in a while when sifting through an apple tree of books, you pine for a ripe one that has all the elements to satisfy, and hope you find it. That is how I felt about Writing Down Your Soul when I was looking for a book on spiritual writing. Janet Conner makes a convincing and inspirational case that writing can be just as powerful and effective as prayer or meditation to connect to a higher consciousness. Through journal writing, she shows us the path to the all-knowing voice within us. Her method is similar to Julia Cameron's morning pages in *The Artist's Way*, but even more defined, deeper and further involved. Conner's writing style is also engaging, tight and stimulating, a major bonus, and the book is well edited. I'm surprised it's not a bestseller and wholly recommend it to

spiritual writers or anyone seeking guidance.

This is the BEST book I've ever read on how to start and continue a daily deep soul conversation - in your journal. I have always resisted writing due to my school days when I was compared to my twin sister for not being able to express the words as she could..so my belief I had told myself for the last 30 years was my writing is not good enough and therefore avoided it. Janet shares so beautifully and inspired me to ignite my daily creative writing and it has changed my world in such positive ways...A must for all of you who are ready to activate and connect to your own deep soul writing!

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