

water journal soulful moment

The Water Journal was created as part of establishing a mindful practice.

It is made with special pages designed to use water instead of ink.

Allowing you to write or draw in your journal, then mindfully watch it slowly fade and transform back to a blank page again.

Use the Water Journal when difficult emotions show up, it offers an opportunity to acknowledge how you're feeling, which then creates space to observe your thoughts.

Writing (or drawing) about your emotions, helps them not only to be accepted, but allows them to symbolically flow out of your body and mind. As you watch the page transform, so does the place you are in emotionally.

The Water Journal helps to remind us that everything changes (eventually).

It was inspired by Chinese Calligraphy Water Paper which is used by beginners when they are learning calligraphy, to save on ink and teach them patience in their practice while allowing for mistakes to be made.



1

UNSCREW BRUSH AND FILL WITH WATER.

Alternatively fill a small bowl with water into which you can dip the brush.

2

OPEN THE WATER JOURNAL.

Take a deep breath and get comfortable

3

GENTLY SQUEEZE THE STEM UNTIL WATER IS RELEASED TO THE BRUSH.

You need to maintain a slight pressure throughout for the brush's tip to stay wet, (if you get big blobs of water dripping then you are squeezing too hard).

4

WRITE OR DRAW ON THE WHITE PAGES OF THE BOOK.

The more water you use, the longer it will take to dry - up to 10 minutes (this is called a heavy hand). If you use a lighter hand and less water then it might start drying immediately or only take a few minutes.

Using the Water Journal as a Mindful Practice

Especially when challenging emotions are present.

Write (or draw) something symbolic to you, your situation or the name of the emotion you are experiencing. Use a heavy hand so it doesn't dry immediately.

Acknowledge how you are feeling.

If you are feeling anxious or any other difficult emotion - don't resist it.

Allow yourself to feel the way you do.

Don't judge yourself for how you feel.

It is not good or bad. It just is.

Take the time to observe your thoughts.

Allow them to come into your consciousness and simply notice them.

Don't judge them, don't respond to them.

Don't get too attached to your thoughts - just witness them.

The goal cannot be '*not to think of anything*' - because then of course you will.

Your mind will try to distract you but it actually can't.

Because the goal is to just observe your thoughts, your feelings and what is happening in your body.

Just notice what is happening and allow it to transform.

The aim is simply to connect with the present moment **exactly as it is**.

To observe it and **not** want it to be different.

We release control of the present moment when we:

Accept the moment AS IT IS - not how you WANT IT TO BE.

Witness your mind becoming quieter, and the intensity of the emotion fade along with the water on the page.

If fear or anxiety are still present,

recognise them, acknowledge them,

and then return your focus to THIS moment,

fear and anxiety is usually associated with the past or the future so keep bringing your attention back to THIS moment.

If fear or anxiety persists, write on another page "*IN THIS MOMENT, I AM OK*"

As you watch the water dry, remember to take deep breaths.

Breathe from your belly (inhale - belly and chest rises, exhale - belly and chest deflates).

Observe your breath for a moment,

Consciously drop your shoulders and breathe out any tension you might feel in your body.

Don't judge yourself if the experience has not been freeing or as you expected.

Being aware of your expectations and what happens might just be part of your process.

The more you do it, the more you may notice the space in-between the thoughts.

You might only experience it for a split second - where there are no thoughts, no emotions, just soulful

awareness - in this space; there is calmness, stillness, a peace,

that is, ultimately, a SOULFUL MOMENT.

You can see our website (www.soulfulmoment.com) for more information and ways to deal with challenging emotions. *Please seek professional help if your anxiety is impacting you on a daily basis.*

soulful moment

