

The Sixth Principle



A great big thank you!

Let me fist send you a huge thank you for watching the first video through to the end.

Thank you!

Here is your copy of “The Sixth Principle.” I’m certain you’ll find it helpful.

The Sixth Principle: Journaling

Yes, journaling is a wonderful way to sort through the emotions you are experiencing in a life situation. This is not that kind of journaling. The purpose of this writing is to define a very different kind of journaling.

In my book, "The Accelerated Soul", there is a section of writing instructions designed to bring to the reader two possible realizations. The number one hoped for outcome is to uncover your soul's reason for being born into this life cycle. A life's work that is your souls genius being expressed with its innate potential for mastery, laying dormant with you. That's the main intention and your state of being at the time of the writing will determine the success or no success of soul realization. When there is no big, ah-ha moment then the subject of your journal writing is something like, "I want to know why I was born!" followed by a series of actions taken to find your souls genius expression, your gift to the world.

Some people are not that interested in finding their souls reason for being born, but instead, have a situation in their life that gives them real problems and they want it resolved. For them there is a section of writing that addresses where their life experience is a worry, anxiousness, or longing. A situation that's gone on for far too long and no matter what they've tried the problem never improves. A few examples of persistent trouble areas are marriage, parenting, money, health, career, personal bad habits like overeating, or too much alcohol, etc.

When people complete the writing exercises whether they seek soul expression or the resolution of a life issue, they often report back, telling me how their life is moving forward. One woman actually yelled out when she saw me, "Walter! You said it was going to happen, and it's *happening!*"

What she was referring to is that if you write with a sincere desire to improve who you are and consequently your life, then you will see life's orchestrated events, (commonly known as signs,) increase in frequency and intensity. Plus, the realization that the events are moving you toward the stated desired outcome that you wrote in the writing exercise.

What I'm describing is "the living process," as Walt Baptiste (the spiritual master I studied with,) called it.

When I talk about life's orchestrated events I'm really talking about Synchronicity.

Synchronicity defined; the unfolding of events that are meaningful coincidences.

"Those," and only those are what you write in your journal!

You may be new to the whole idea of a soul-driven life purpose. The idea of building a structure with yoga, meditation, fitness training, and healthy eating as the book recommends, can be daunting, even overwhelming. If that describes you, then your answer is to complete the writing exercises and begin journaling. Write in your journal every day the synchronistic event or events you experienced that day. If you approach your journal with a sincere passion for a new life experience, I can promise you, when you write in your journal every day, you'll see results.

Begin The Process

To start, settle on the one area that you want answers to. Write at the top of the first page what you want from your journaling. For example, "I want to find my area of meaningful work." or, " I want to deepen my love for my spouse." Be sure it is a desire driven by a passion for success.

Choose your time to write.

Next, choose the best time to write. Then make a promised appointment with yourself to show up no matter the distraction attempting to make you break your self-imposed promise. Before turning out the light for sleep, or first thing in the morning upon waking are the best times. They are when you have the best access to the intuitive impulse. Intuition is the instrument that will ferret out the one or two events, (or more) the previous day that was orchestrated specifically to fulfill your desire.

Keep it simple!

Write about what you observed and only what you observed. Don't elaborate. Don't try to analyze what the event is telling you. Don't let your emotions run away from the facts. Just write the event down in a few sentences with simple language and leave it.

Events can be anything. Intuition can point to the most mundane experience. The title of a movie, the headline of a newspaper, the sound of a trucks horn the moment you started to tell a friend something. The experiences often make no rational sense at the moment. They don't make sense because they are simply pieces of experiences that are part of a big picture of understanding. With time there is the ah-ha moment when all the pieces fall together and you "realize" there is less and less within you standing in the way of success. You feel a forward movement raising your life toward a resolved life situation and *happiness!*

Patients, Consistency, And Time.

After two or even three months. look back at what you've written. There is a very good possibility that you will sense a consistency in the information. That is where "life" is working to heal and educate you as to what it is within yourself that have kept you from your goal. A healing of an emotional wound suffered in childhood or the shifting of a negative attitude about yourself or about life that has kept you locked into the undesirable situation. Or, events can reveal to you a higher truth about who you really are, your True Self. And of course, there is the possibility of a huge ah-ha moment where you suddenly realize and think, "OK...NOW I understand what this is all about." One of those rewarding, transformative moments when you turn the corner toward a new direction in life.

Take Action.

"Your good seeks you even as you seek your good,"... Walt Baptiste.

A great thought to remember as you take action.

When you take action with an eye to the goal, the orchestrated events present themselves more frequently. Taking steady action toward a passionately held goal ensures a steady flow of meaningful events supporting your desire. In fact, when you're deeply engaged in the process of discovery and transformation you will find you are witnessing orchestrated events every day.

The solutions to your success will always come. It's just that you don't know how, where, or when. An action of any kind invariably provides the means for "Life" to deliver answers regularly.

Here is a tip: A great beginning action is to use research to acquire a full understanding of your desired goal.

Follow Your Instincts.

Whenever you have idle time try to pay attention to the random thoughts flowing through your mind: driving alone in the car, cleaning the house, while in the shower etc. Often your random thoughts are delivering idea's, or even a realization, of what your events are telling you. Be sure to write down the new information.

And last. If your instinctual thoughts are telling you to do something specific be sure to follow through and do it.

In Summary

- Choose your desired outcome. (There must be passion!)

-
- Decide on the best time to journal. (Never miss.)
 - Write only about what you observe. Don't analyze. Don't engage the drama provided by your emotions.
 - Be patient, be consistent.
 - After several months look back at your writings looking for a consistent theme.
 - Take action.
 - Let your instincts guide you.
 - Celebrate your successes!

Questions/comments? I can be reached directly via email at

www.souldiscoveryssl@gmail.com

I love hearing from people so don't hesitate.

Also, don't hesitate to pass this along to your friends who would be interested.

Copyright 2018 Walter C. Hurd. All rights reserved.