

2 CLIFE DANCING JOURNAL

Introduction

HOW TO USE THIS JOURNAL

our LifeDancing Journal is your companion in your Dance of Life. This is where you'll record those flashes of insight, moments of angst and thoughts, impressions and feelings that arise. It is VERY important that you keep it SAFE.

The personal journal has been used as a tool for self-exploration since ancient times. Many different people in different cultures and times chose to journal their inner voyages, and their wisdom has come down to us through the ages. Journaling is a free-flowing and effective way to make the invisible real and the unknown known.

When you write in your journal, write what you want and when you want. Don't allow anyone, and that includes you, to judge or edit the content. Thus, there are only two rules:

- I Your journal must be a protected environment in which you suspend self-judgment.
- 2 Your journal must also be protected from the eyes of those with whom you don't want to share it.

Use your LifeDancing Journal as a companion to LifeDancing and Master Class. It is easy to include pictures and other items in your journal by adding pages and picture holders.

For example, in **Step Two: Turning Out**, you'll create your **DESIGN GUIDE**, which is in the last section of your journal. You may be adding sheet protectors you can fill with clippings or other tools you find at the office supply or crafts store. To help you capture ideas and insights when you are away from your journal, I suggest you carry 3x5 or 5x8 index cards, or a small notepad, that is handy to write on. When you return home you can insert them into your Journal or Design Guide.

Your LifeDancing Journal grows with you as your dance changes. You imagine one vision of your future today, and maybe a new kind of future for tomorrow. As you keep a record of these visions in your LifeDancing Journal, over time, you'll begin to discover themes and repeated visions. I have found that my visions are something like clothes: I have a lot, but there are some I feel most comfortable in and wear often. Sometimes they are two-edged – comfortable and scary – or comfortable and confining. I find the best combination is comfortable and exciting.

4 O LIFE DANCING JOURNAL

Some of you may already be comfortable with writing in a journal; some of you might still be wondering if you need to take the time. To inspire you, research has shown that the mere act of writing down your innermost thoughts and feelings reduces stress and allows you to find personal solutions to your problems or questions. Don't overthink this. Your LifeDancing Journal is simply a good friend. It's a repository for your innermost thoughts, and it's simpler than you think. So remember:

- Write what you want.
- Write when you want.
- No one sees it without your permission.
- Suspend judgment.
- Have fun.

On with the dance!

Warmly,

Table of Contents

THE OPEN MOVEMENT - JOURNAL LOG	7
LIFE ARENAS	
BODY	57
MIND	77
EMOTIONS	97
SPIRIT	117
RELATIONSHIPS	137
WORK	157
HOME	177
WHOLENESS & INTEGRATION	197
APPLICATIONS	
DREAM DIARY	217
DIALOGUES	231
GUIDED IMAGERY	245
VISIONING	255
REFRAMING	265
HARMONIC ORGANIZATION	275
MEDITATIVE MOMENTS	285
DESIGN GUIDE	305

The Open Moment

Use these pages when you aren't sure what Life Arena you are writing or drawing about, or if there is more than one topic written about on a single page. You might put some blank pages in your calendar or organizer so you have them handy at all times. If you're carrying around 3x5 or 5x8 cards, simply staple them to a page or punch them and include them in the Open Moment section. Remember, it helps to write the date on your card so you know where it stands in your development.

LIFE ARENAS - The arenas listed to the right are all covered in LifeDancing. There may be more that you want to explore and engage in a dialogue with. You can choose to enter information that comes to you, questions you want to explore, or use a Gestalt technique called "Empty Chair." This is done by talking to yourself as if you are sitting across from yourself in the other chair. When you are through, switch chairs and give a response from the other's perspective. You can do this with any Life Arena.

Enjoy the Dance!

BODY

MIND

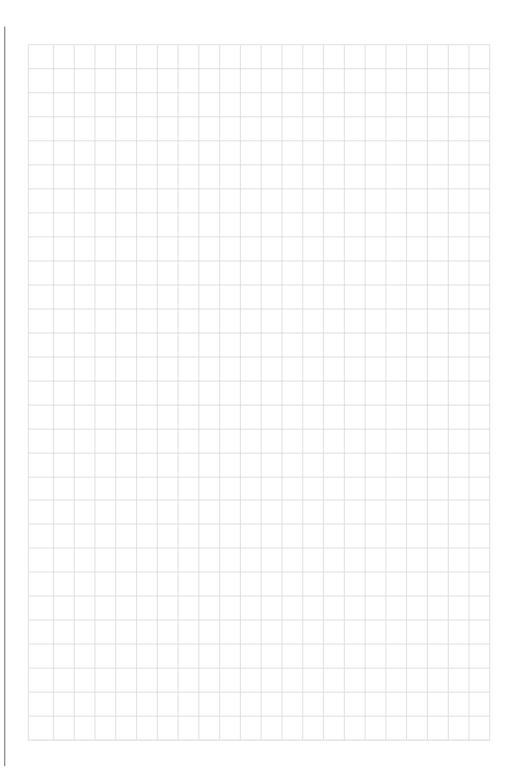
EMOTIONS

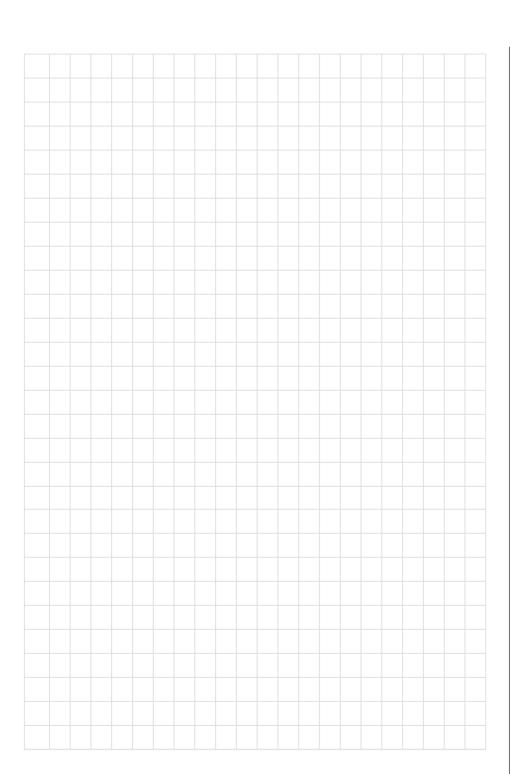
SPIRIT

RELATION-**SHIPS**

WORK

HOME





BODY

MIND

EMOTIONS

O SPIRIT

 \circ

RELATION-SHIPS

 \bigcirc

WORK

 \bigcirc

HOME

BODY

MIND

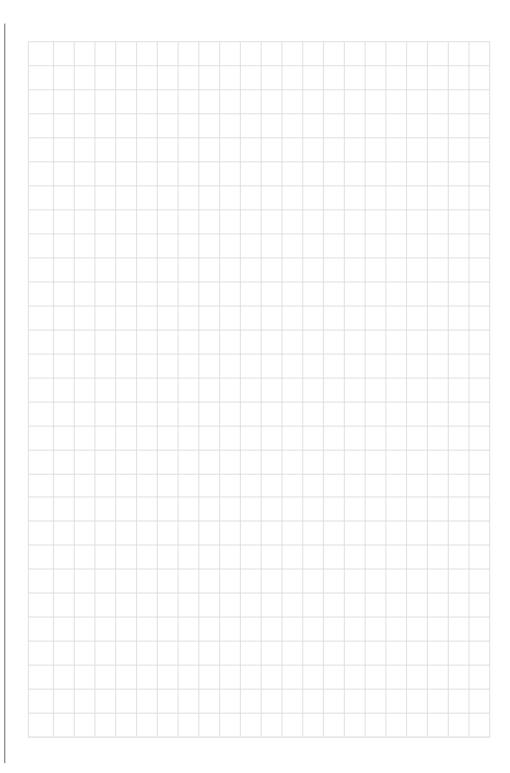
EMOTIONS

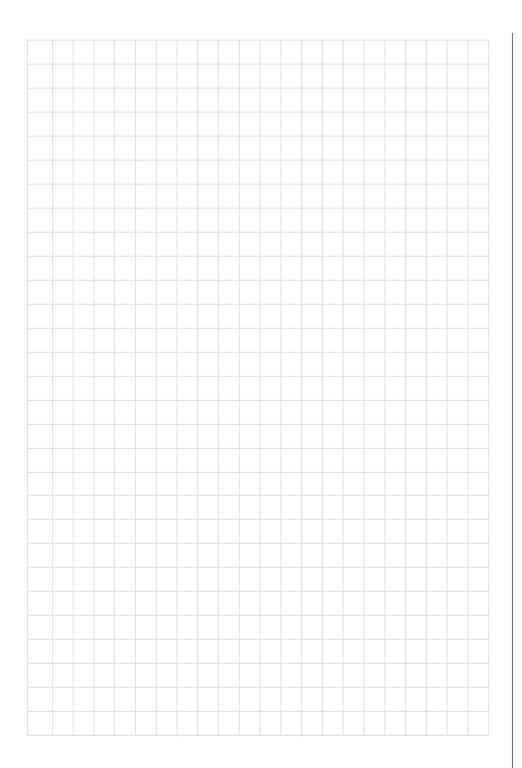
SPIRIT

RELATION-**SHIPS**

WORK

HOME





BODY

MIND

EMOTIONS

SPIRIT

RELATION-SHIPS

WORK

HOME

BODY

MIND

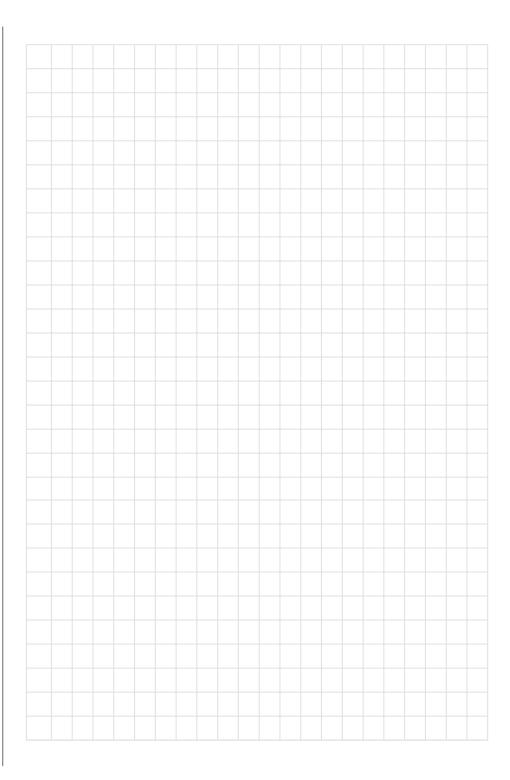
EMOTIONS

SPIRIT

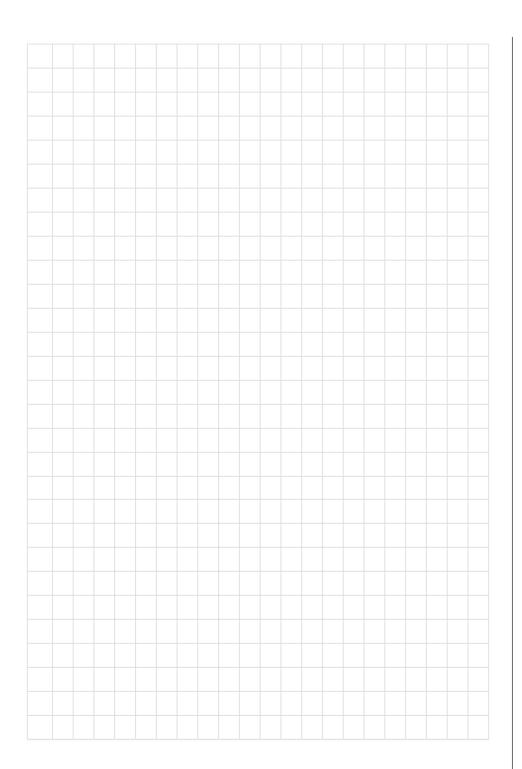
RELATION-**SHIPS**

WORK

HOME







BODY

MIND

EMOTIONS

SPIRIT

RELATION-SHIPS

WORK

HOME

BODY

MIND

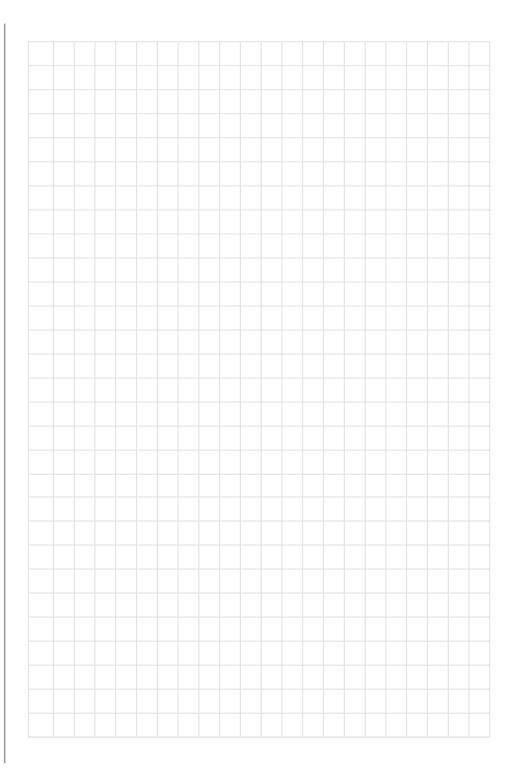
EMOTIONS

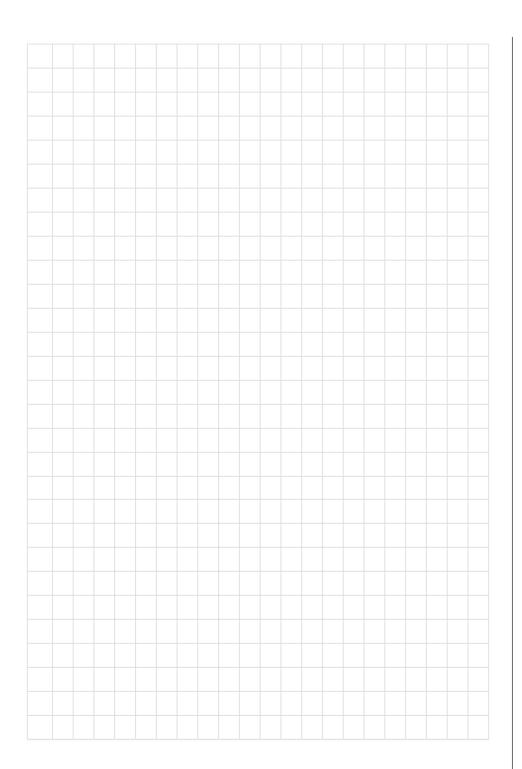
SPIRIT

RELATION-**SHIPS**

WORK

HOME





BODY

MIND

EMOTIONS

SPIRIT

RELATION-SHIPS

WORK

HOME

BODY

MIND

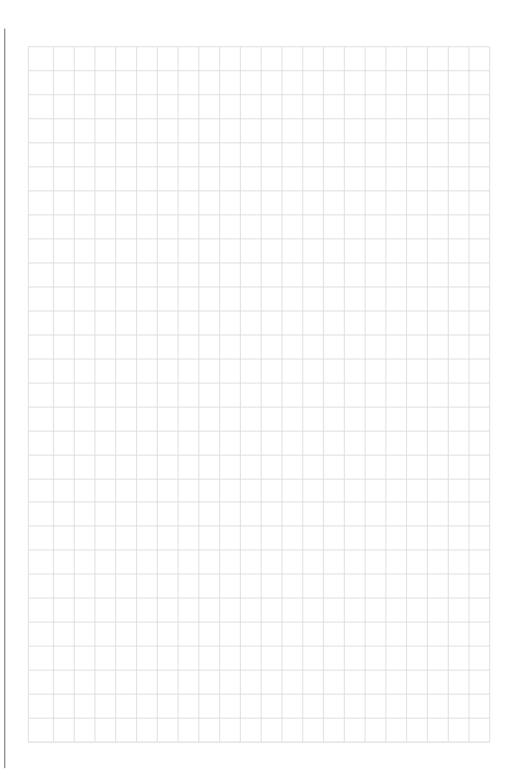
EMOTIONS

SPIRIT

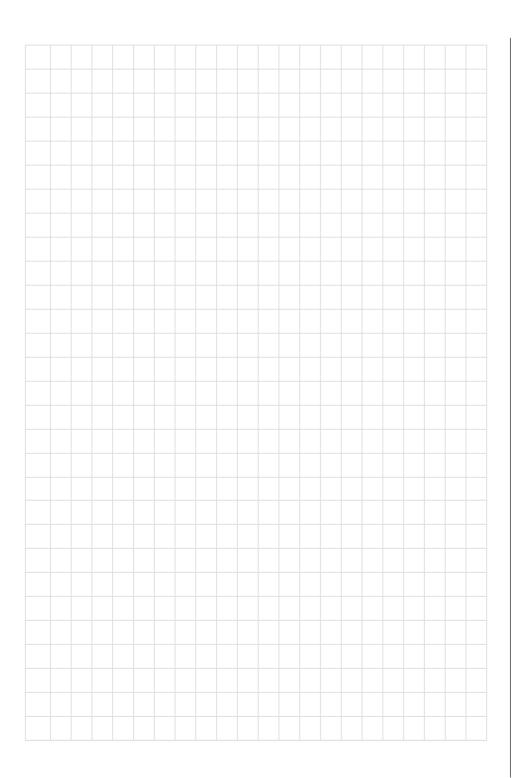
RELATION-**SHIPS**

WORK

HOME







BODY

MIND

EMOTIONS

SPIRIT

RELATION-SHIPS

WORK

HOME

BODY

MIND

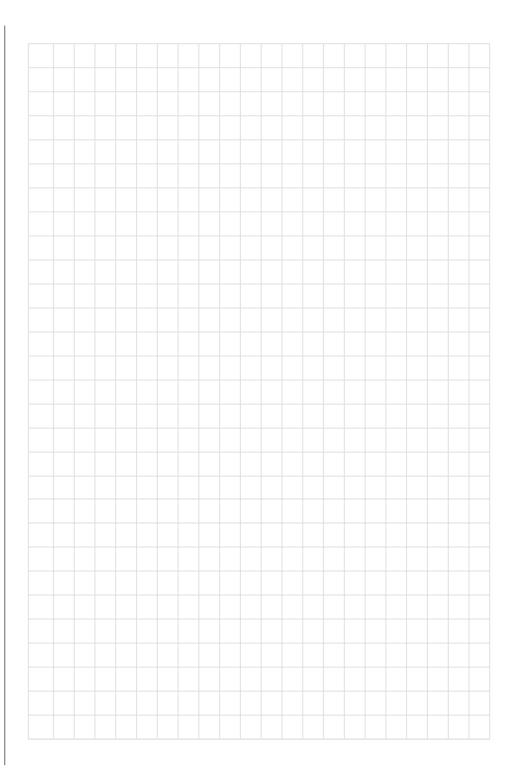
EMOTIONS

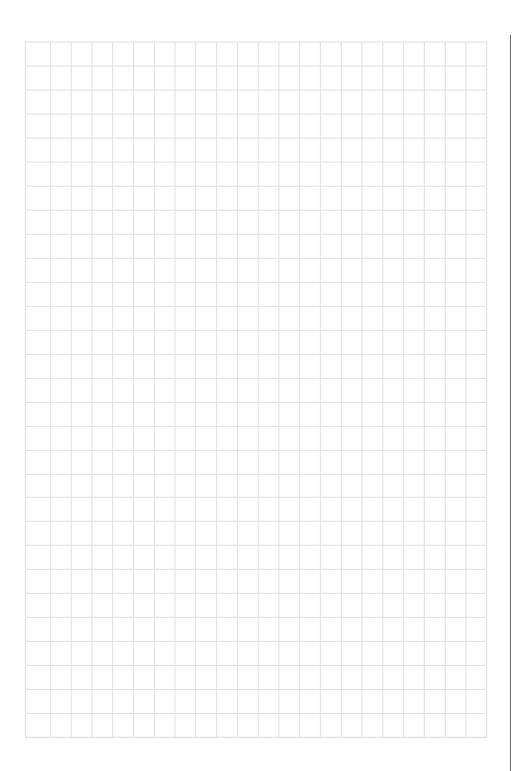
SPIRIT

RELATION-**SHIPS**

WORK

HOME





BODY

MIND

EMOTIONS

SPIRIT

RELATION-SHIPS

WORK

HOME

BODY

MIND

SPIRIT

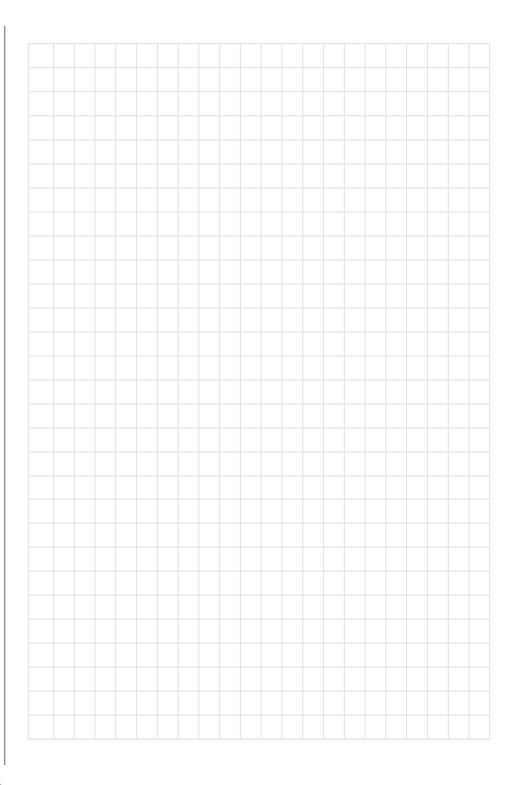
HOME

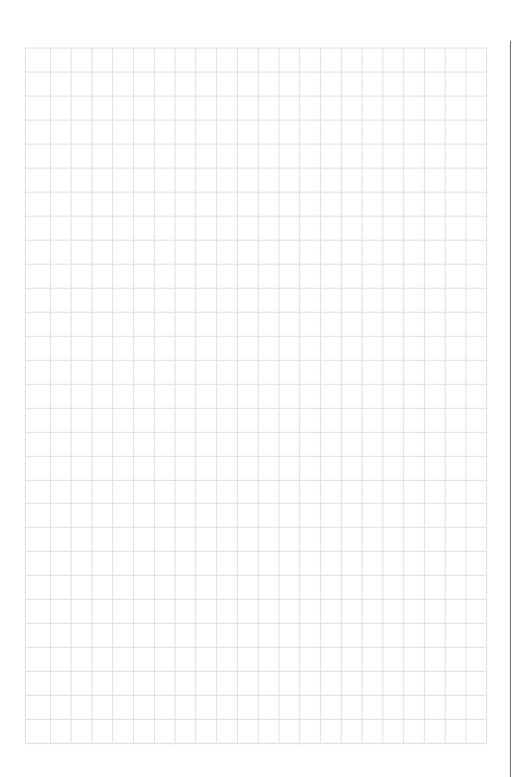
RELATION-**SHIPS**

EMOTIONS

WORK

OTHER





BODY

MIND

EMOTIONS

SPIRIT

RELATION-SHIPS

WORK

HOME

BODY

MIND

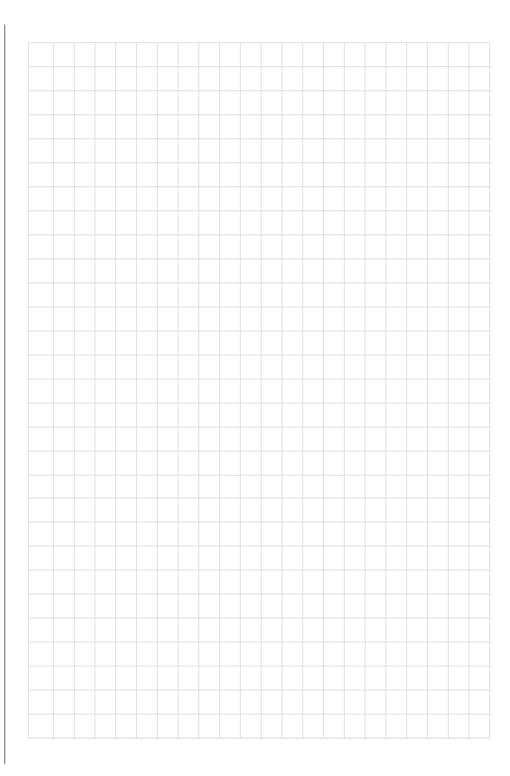
EMOTIONS

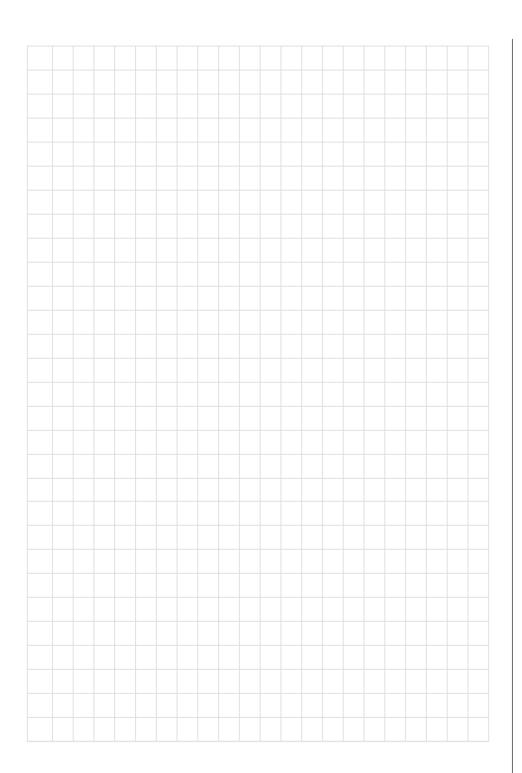
SPIRIT

RELATION-**SHIPS**

WORK

HOME





BODY

MIND

EMOTIONS

SPIRIT

RELATION-SHIPS

WORK

HOME

O BODY

O MIND

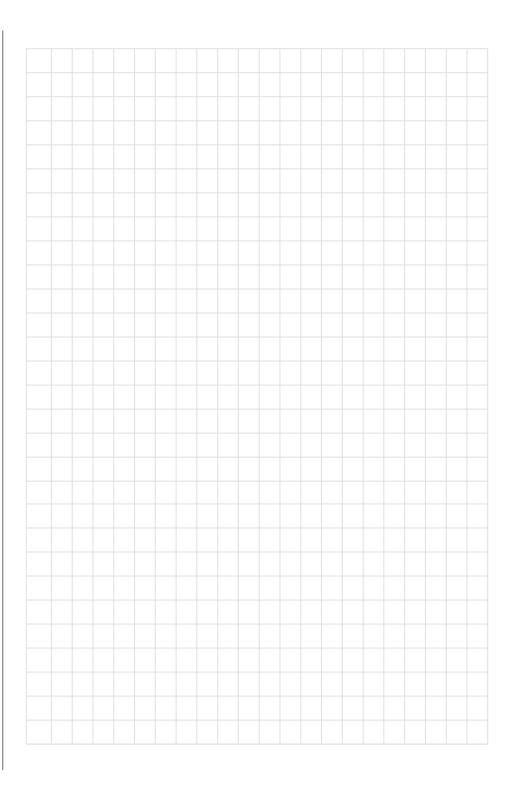
O EMOTIONS

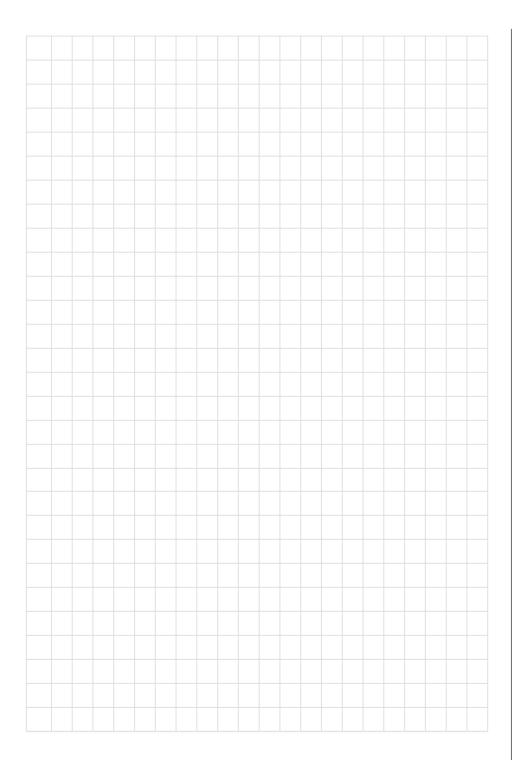
SPIRIT

RELATION-Ships

WORK

HOME





BODY

MIND

EMOTIONS

SPIRIT

RELATION-SHIPS

WORK

HOME

BODY

MIND

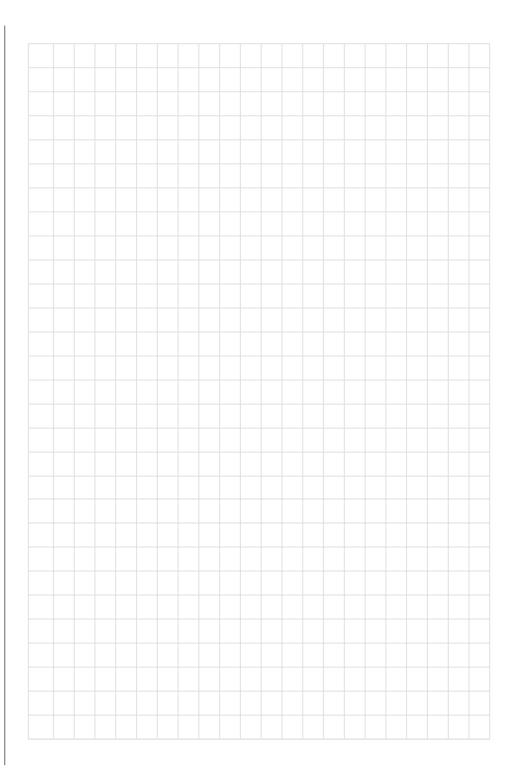
EMOTIONS

SPIRIT

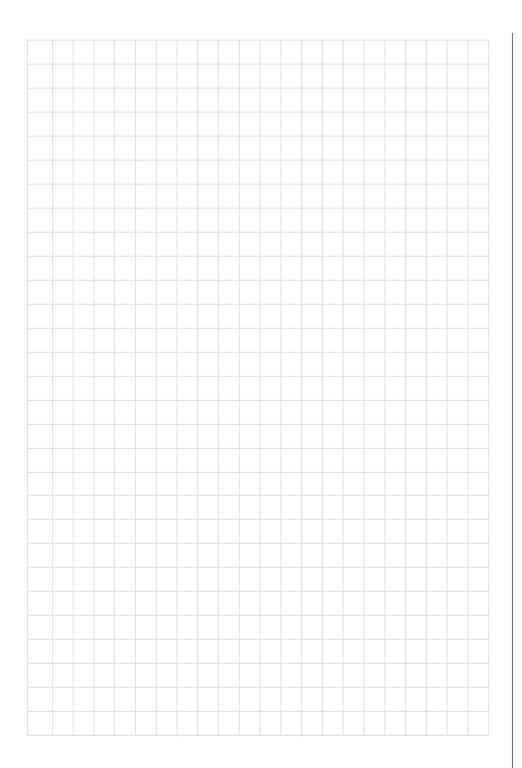
RELATION-**SHIPS**

WORK

HOME







BODY

MIND

EMOTIONS

SPIRIT

RELATION-SHIPS

WORK

HOME

BODY

MIND

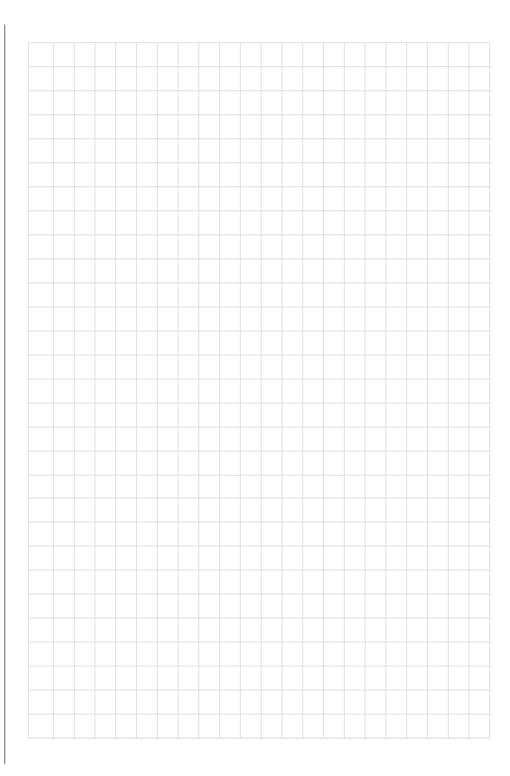
EMOTIONS

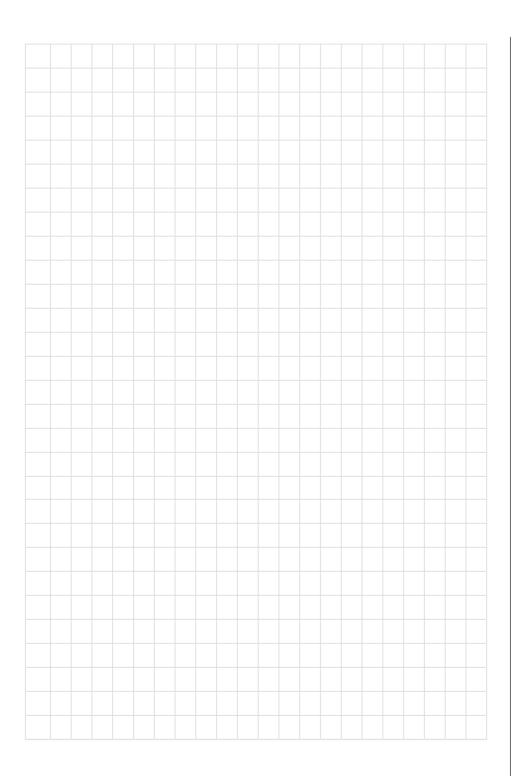
SPIRIT

RELATION-**SHIPS**

WORK

HOME





BODY

MIND

EMOTIONS

SPIRIT

RELATION-SHIPS

WORK

HOME

BODY

MIND

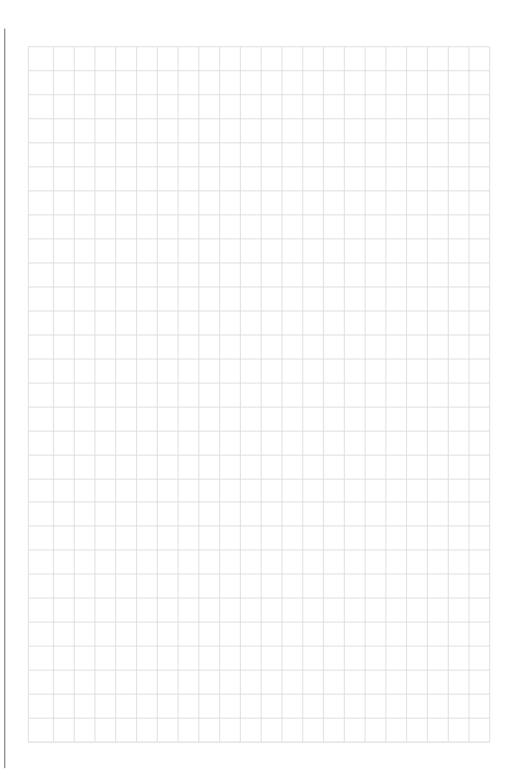
EMOTIONS

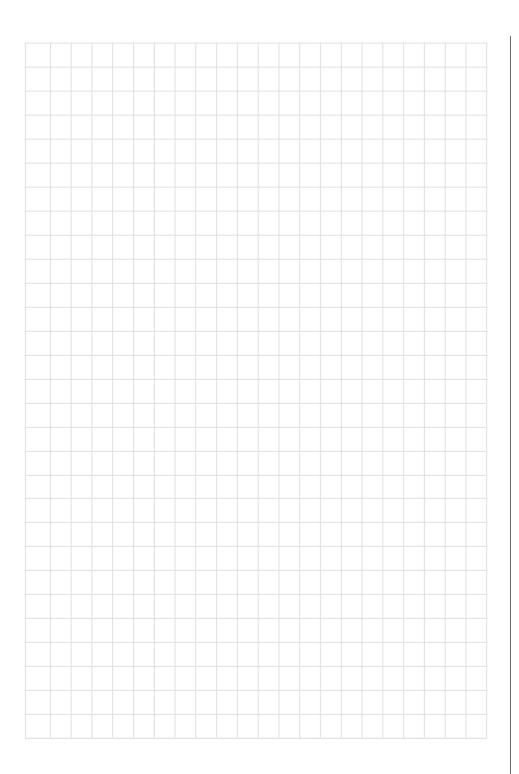
SPIRIT

RELATION-**SHIPS**

WORK

HOME





BODY

MIND

EMOTIONS

SPIRIT

RELATION-SHIPS

WORK

HOME

ARENA

BODY

MIND

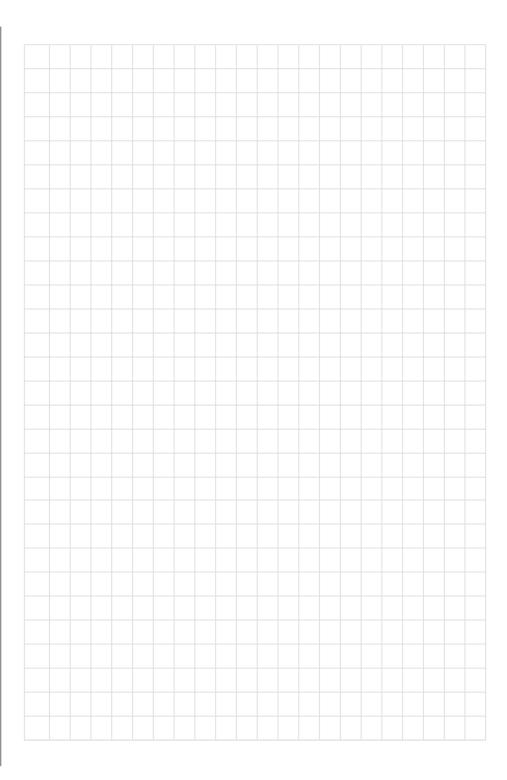
EMOTIONS

SPIRIT

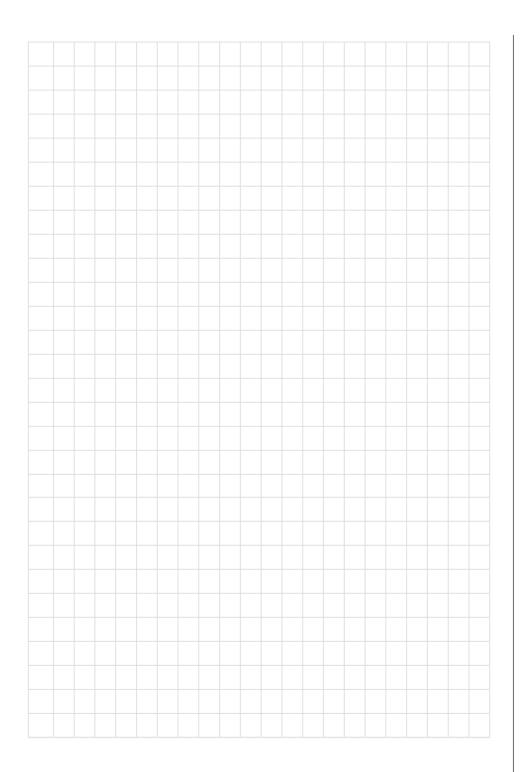
RELATION-**SHIPS**

WORK

HOME







BODY

MIND

EMOTIONS

SPIRIT

RELATION-SHIPS

WORK

HOME

BODY

MIND

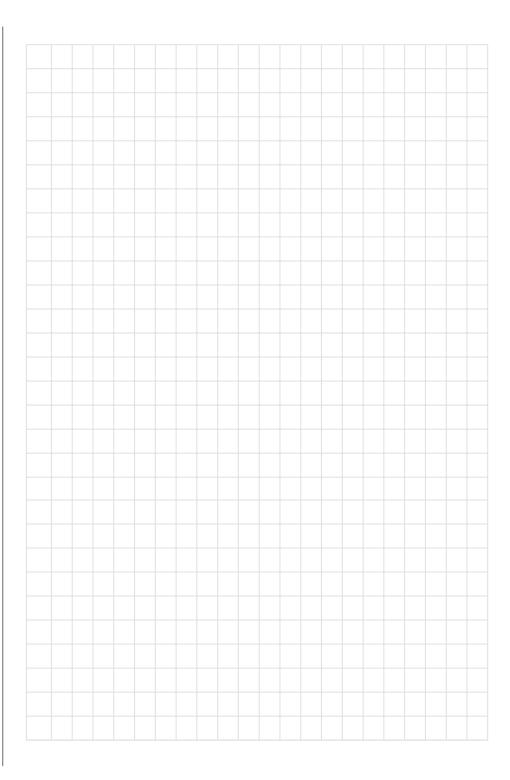
EMOTIONS

SPIRIT

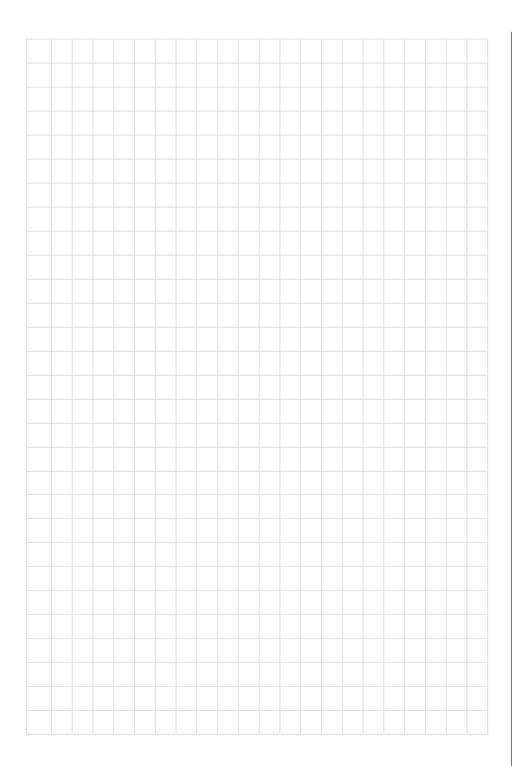
RELATION-**SHIPS**

WORK

HOME







BODY

MIND

EMOTIONS

SPIRIT

RELATION-SHIPS

WORK

HOME

BODY

MIND

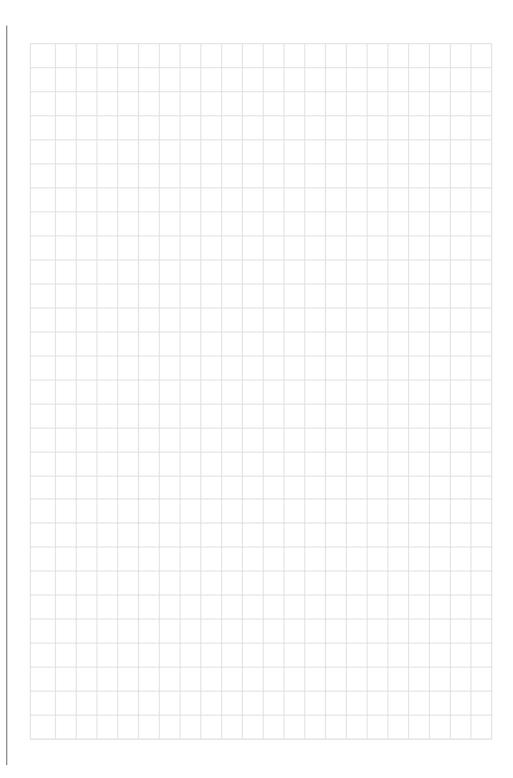
EMOTIONS

SPIRIT

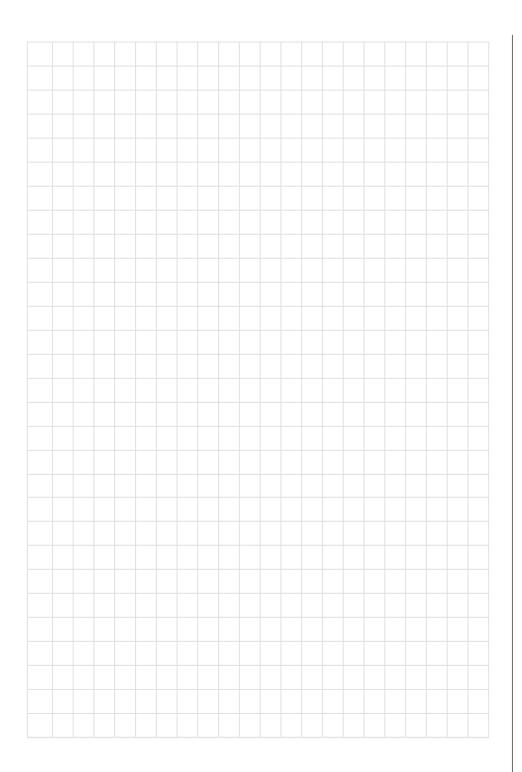
RELATION-**SHIPS**

WORK

HOME







BODY

MIND

EMOTIONS

SPIRIT

RELATION-SHIPS

WORK

HOME

BODY

MIND

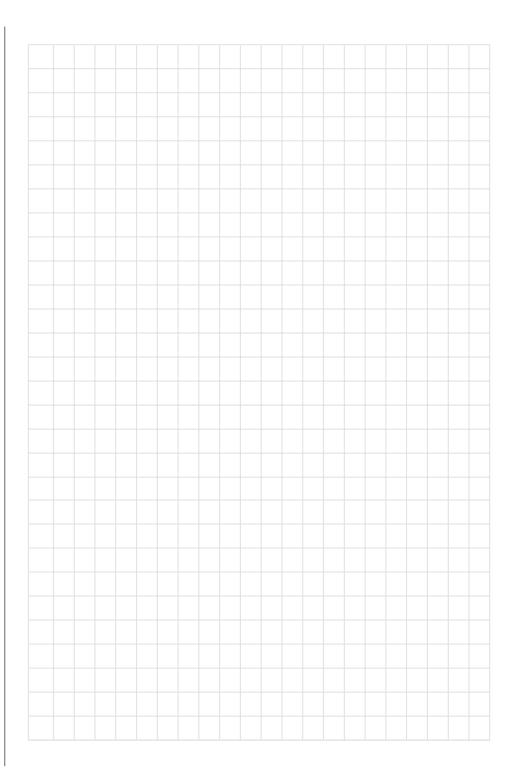
EMOTIONS

SPIRIT

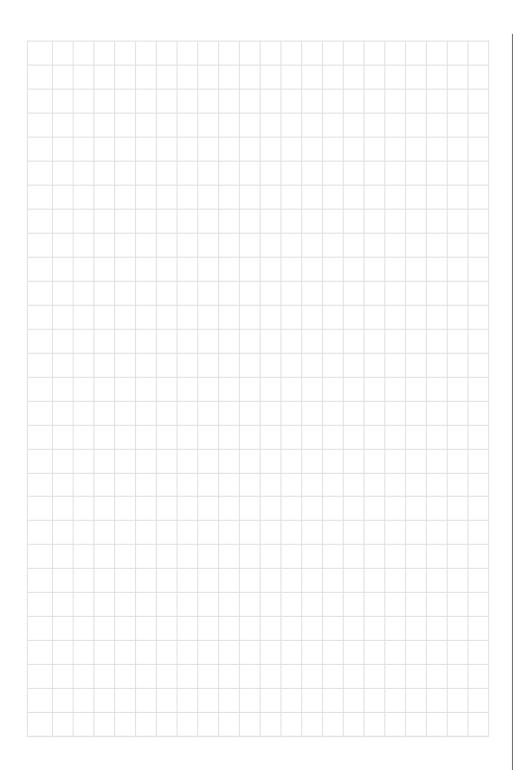
RELATION-**SHIPS**

WORK

HOME







BODY

MIND

EMOTIONS

SPIRIT

RELATION-SHIPS

WORK

HOME



BODY

MIND

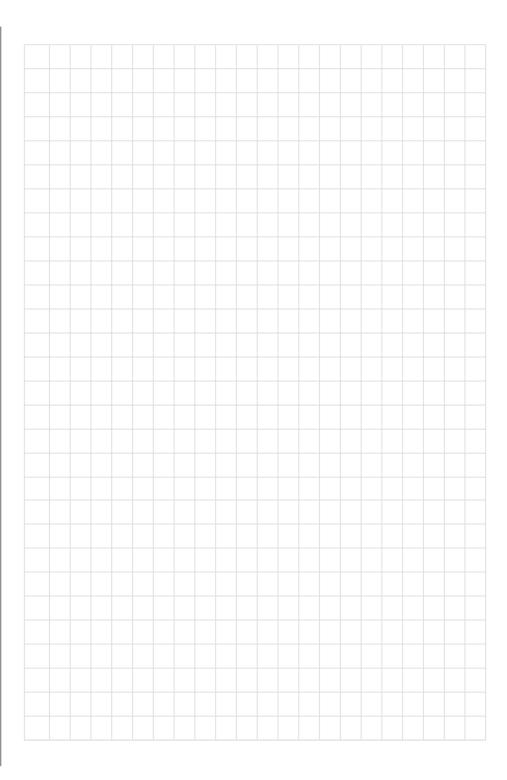
EMOTIONS

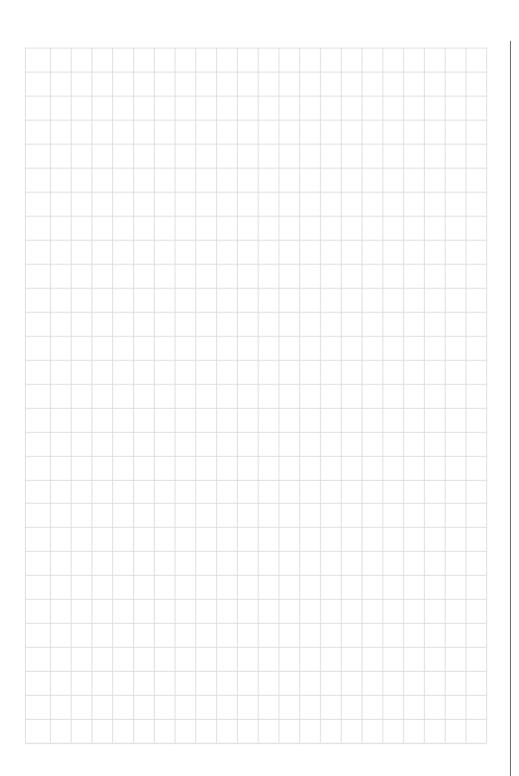
SPIRIT

RELATION-**SHIPS**

WORK

HOME





BODY

MIND

EMOTIONS

SPIRIT

RELATION-SHIPS

WORK

HOME

BODY

MIND

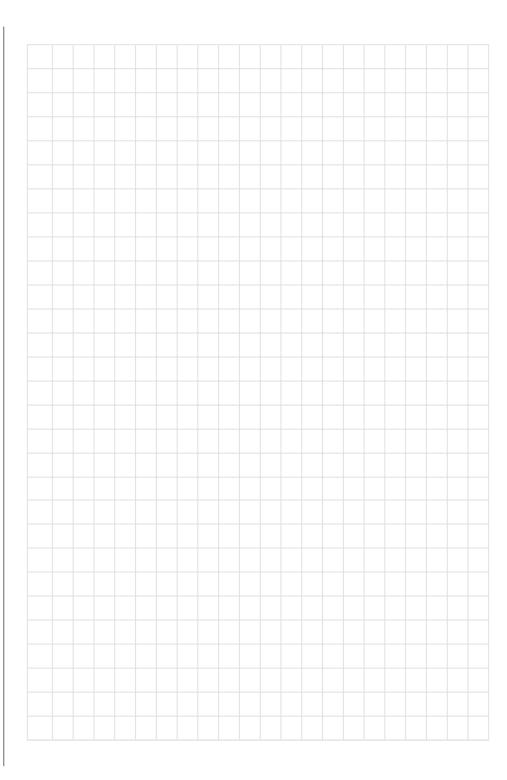
EMOTIONS

SPIRIT

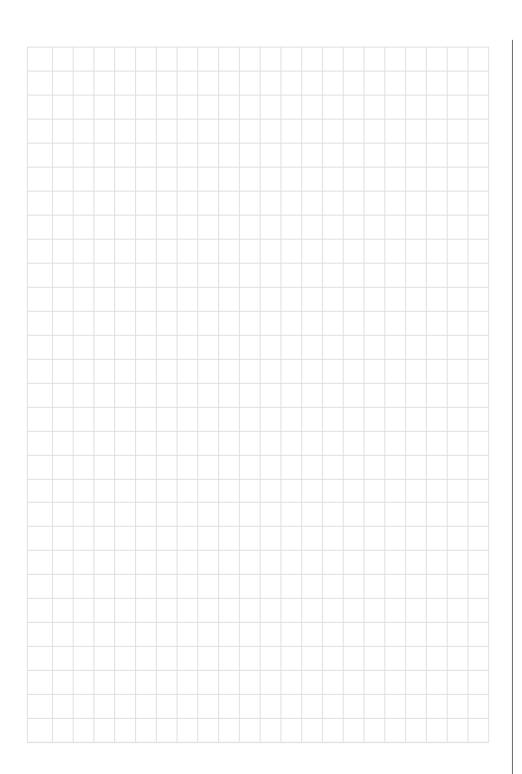
RELATION-**SHIPS**

WORK

HOME







BODY

MIND

EMOTIONS

SPIRIT

RELATION-SHIPS

WORK

HOME

BODY

MIND

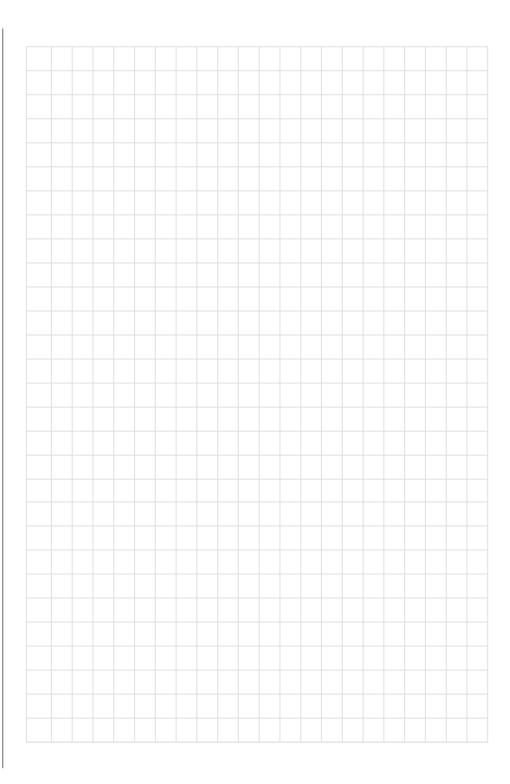
EMOTIONS

SPIRIT

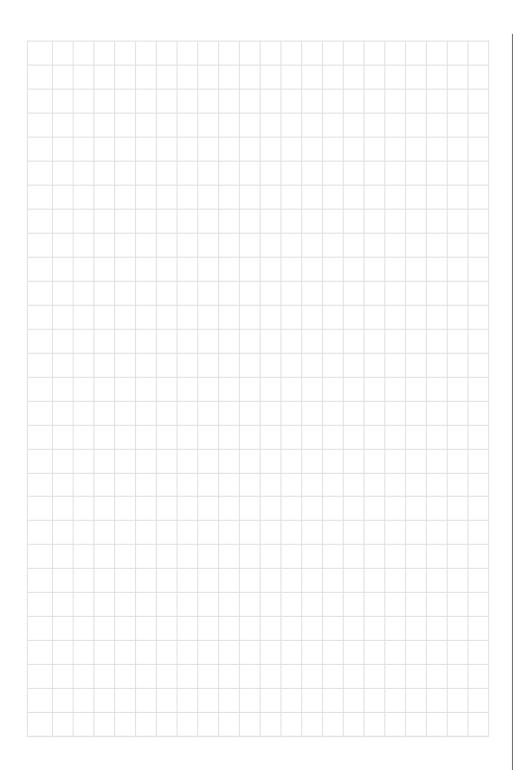
RELATION-**SHIPS**

WORK

HOME







BODY

MIND

EMOTIONS

SPIRIT

RELATION-SHIPS

WORK

HOME

O BODY

O MIND

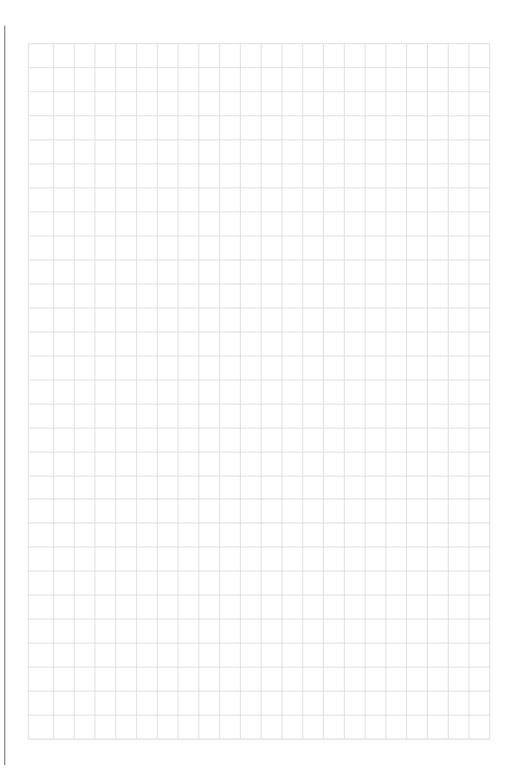
O EMOTIONS

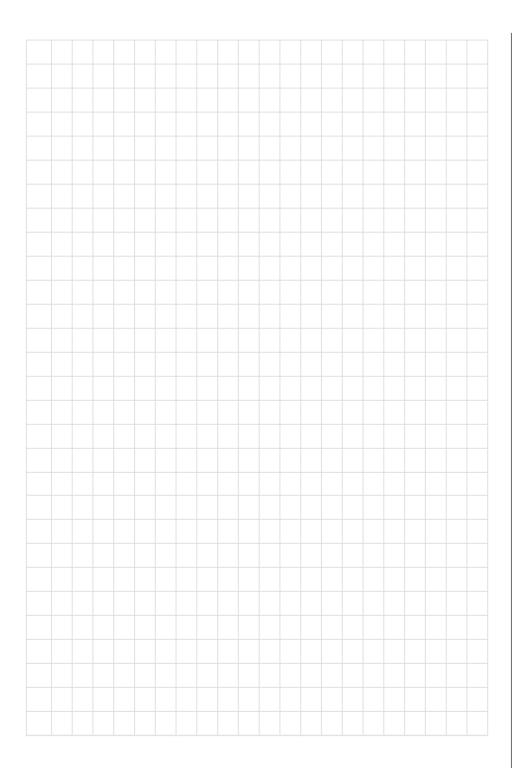
SPIRIT

RELATION-Ships

WORK

HOME





BODY

MIND

EMOTIONS

SPIRIT

RELATION-SHIPS

WORK

HOME

O BODY

O MIND

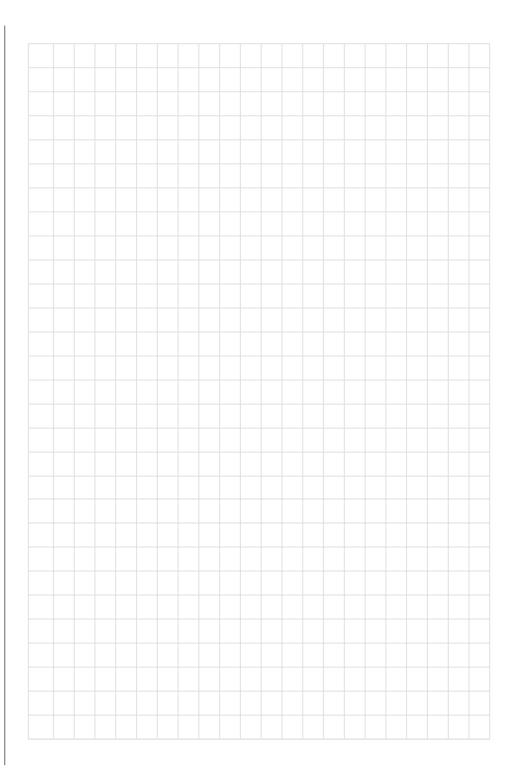
EMOTIONS

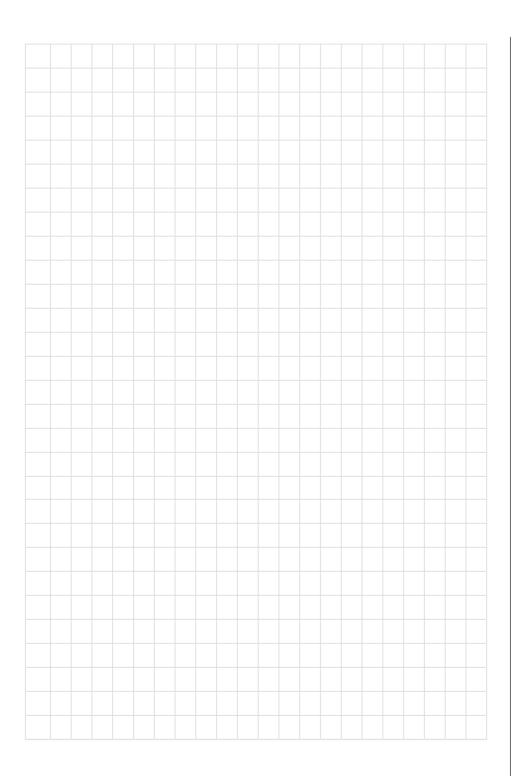
SPIRIT

RELATION-SHIPS

WORK

HOME





BODY

MIND

EMOTIONS

SPIRIT

RELATION-SHIPS

WORK

HOME

BODY

MIND

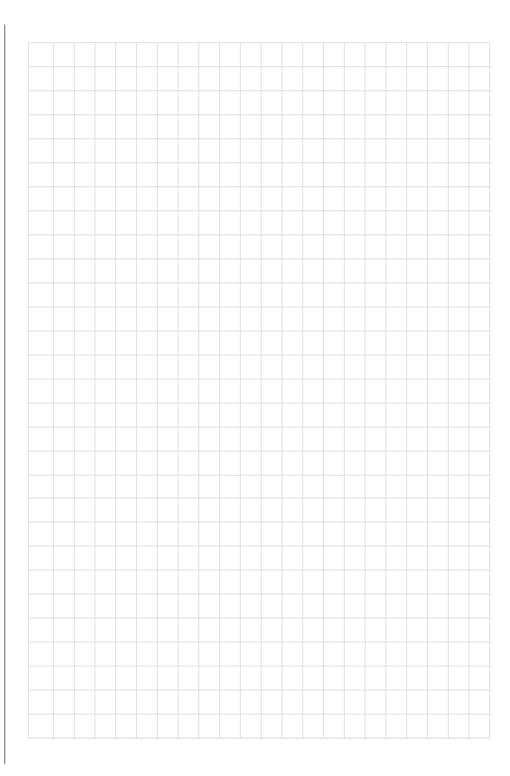
EMOTIONS

SPIRIT

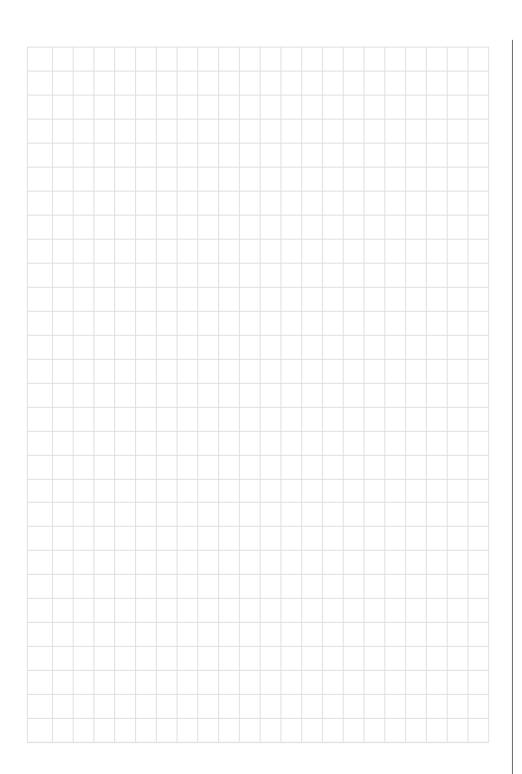
RELATION-**SHIPS**

WORK

HOME







BODY

MIND

EMOTIONS

SPIRIT

RELATION-SHIPS

WORK

HOME

BODY

MIND

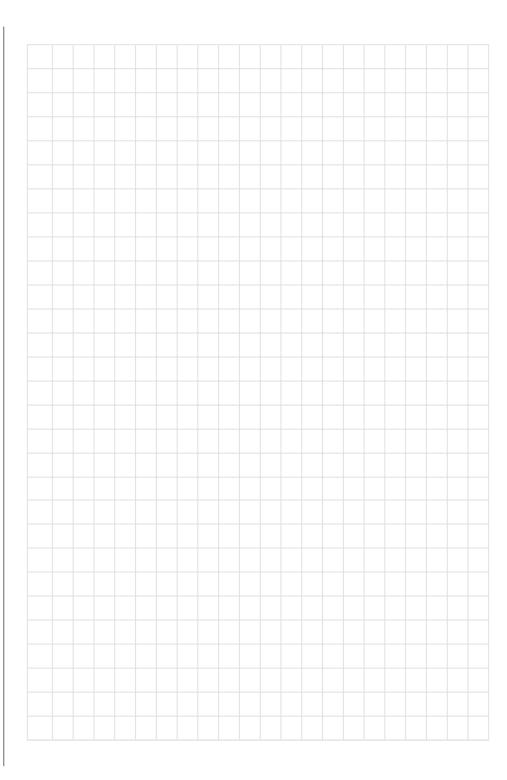
EMOTIONS

SPIRIT

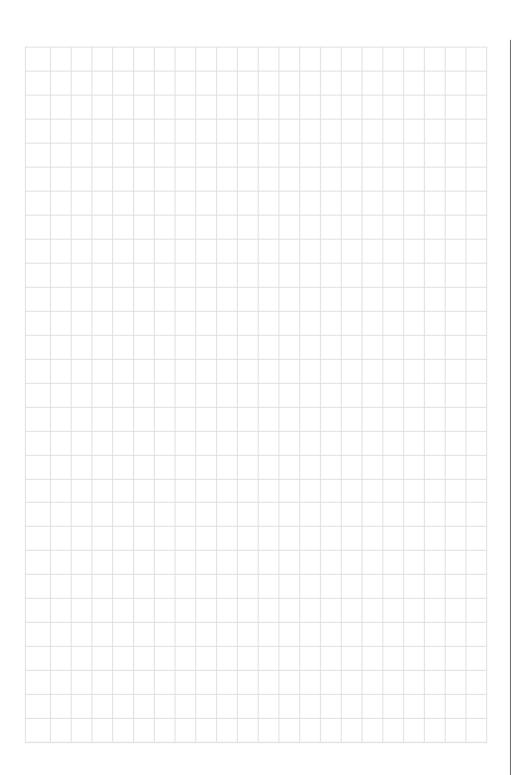
RELATION-**SHIPS**

WORK

HOME







BODY

MIND

EMOTIONS

SPIRIT

RELATION-SHIPS

WORK

HOME

BODY

MIND

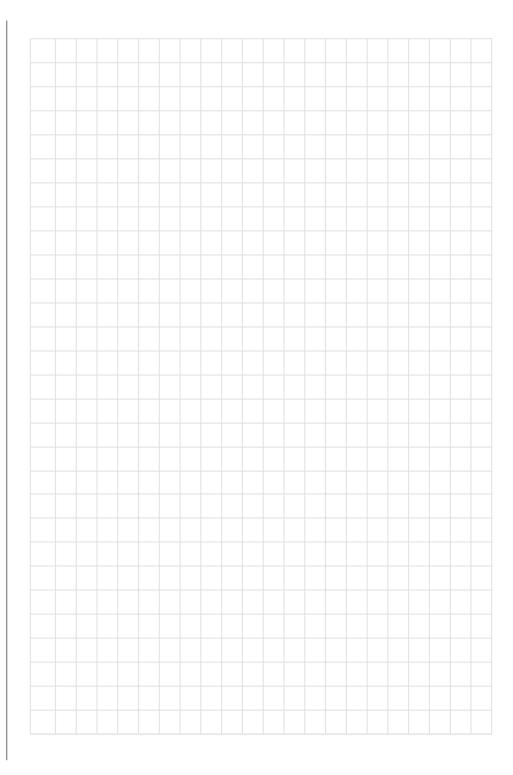
EMOTIONS

SPIRIT

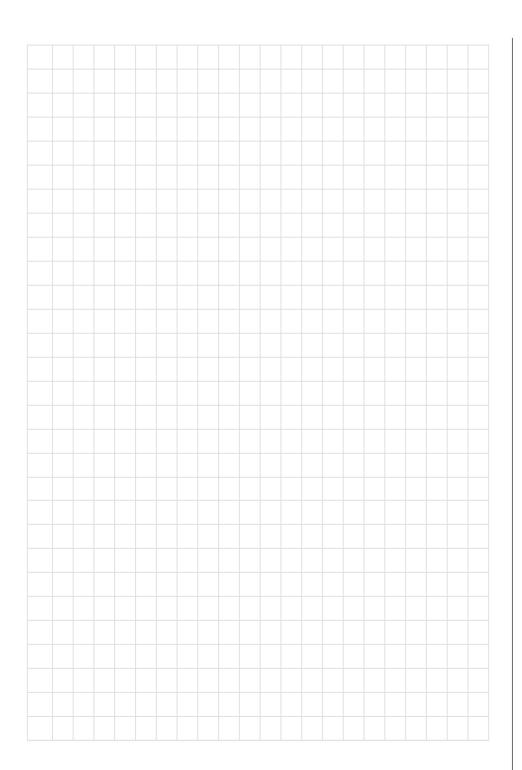
RELATION-**SHIPS**

WORK

HOME







BODY

MIND

EMOTIONS

SPIRIT

RELATION-SHIPS

WORK

HOME

BODY

MIND

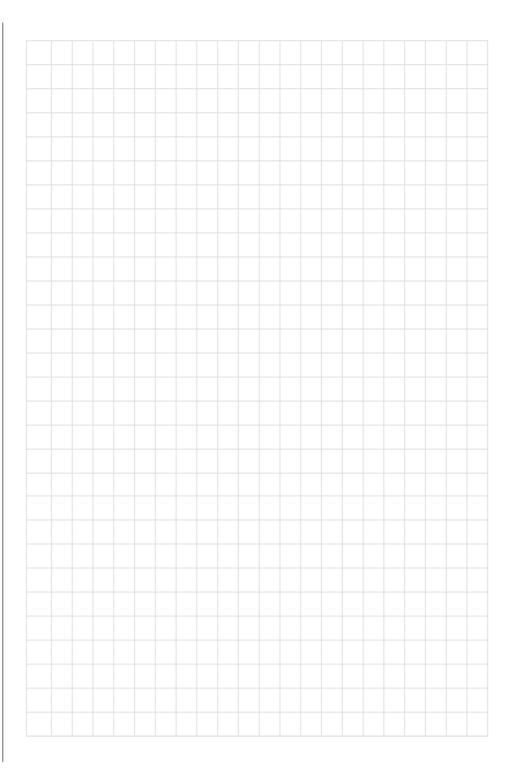
EMOTIONS

SPIRIT

RELATION-**SHIPS**

WORK

HOME



Life Arenas



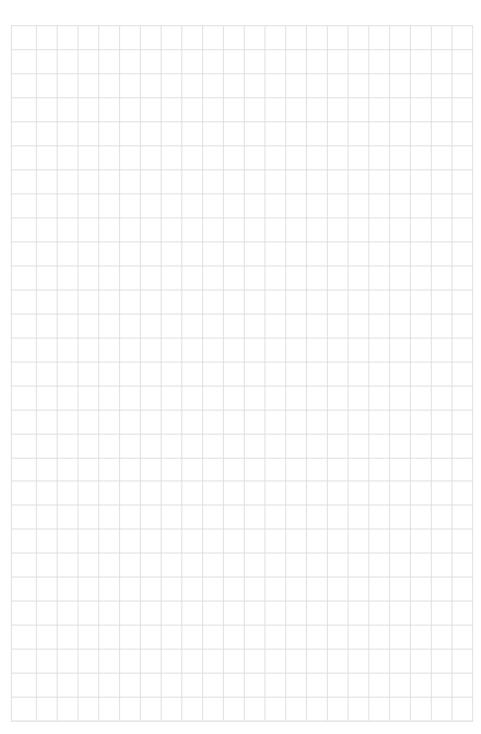
epending on your current level of body awareness, engaging in a dialogue with your body will be more or less difficult for you. If you find you don't often become aware of what's going on with your body, you might consider doing a complete body scan at least once a day to increase your awareness. Say goodnight to your body in the evening by doing a scan starting with your toes and working your way up to the top of your head. I find when I do an evening scan, often I go to sleep by the time I get to my thighs. If this is the case for you, do your scan earlier in the day. The goal is to be aware of your body's sensations before you have to feel pain. Your body is very wise. It's best to be a good friend with it.

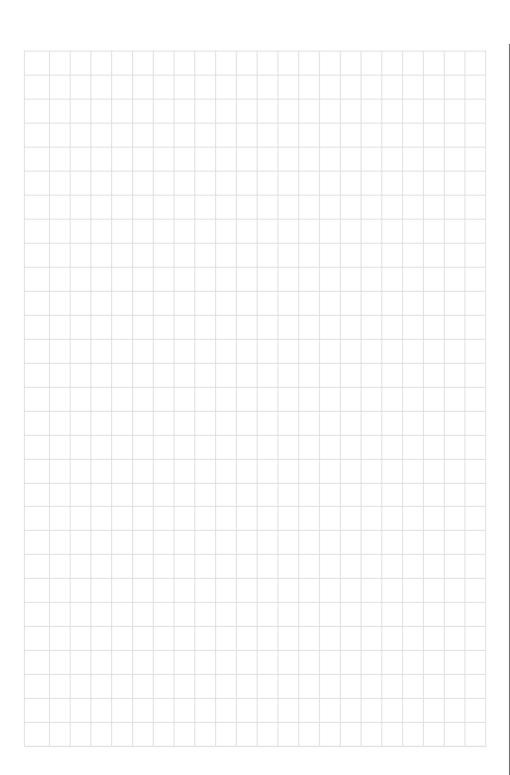
Exercises in LifeDancing and the Master Class that you may be using your Journal to expand on are:

- **Body Scans**
- Intuitive Messages
- Dreams About Your Body
- Goals for Your Body
- **Body Traumas**
- Befriending Your Body
- Your Body's Story
- **Body Changes**
- Body Illness or Disease
- Notes to Your Body





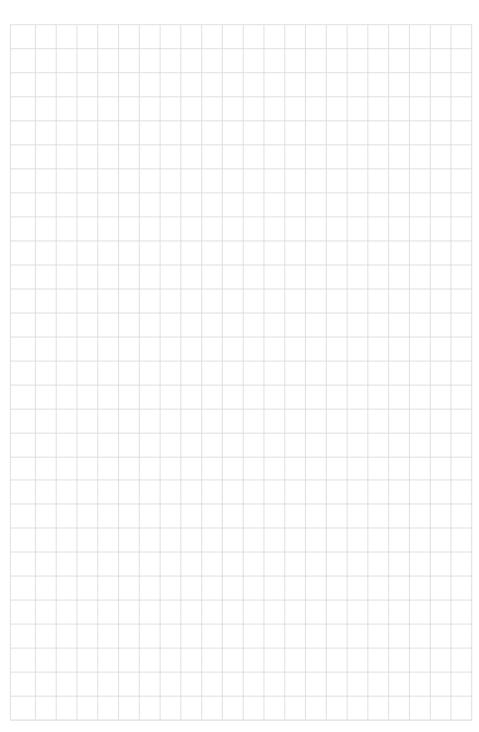




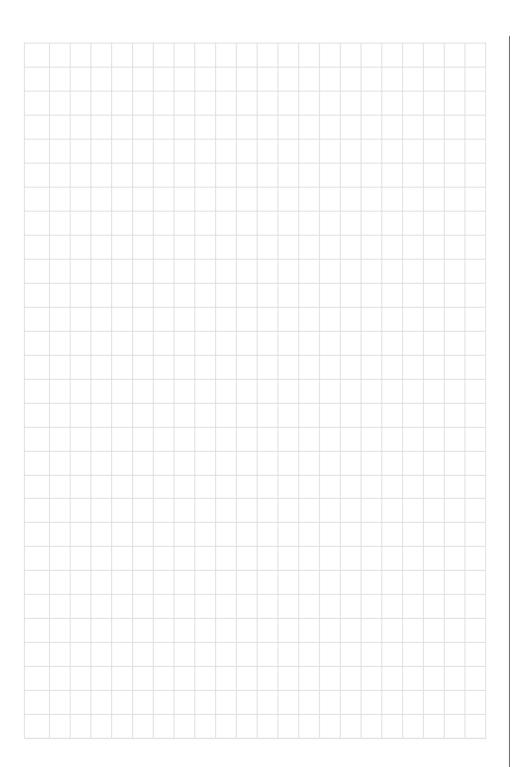








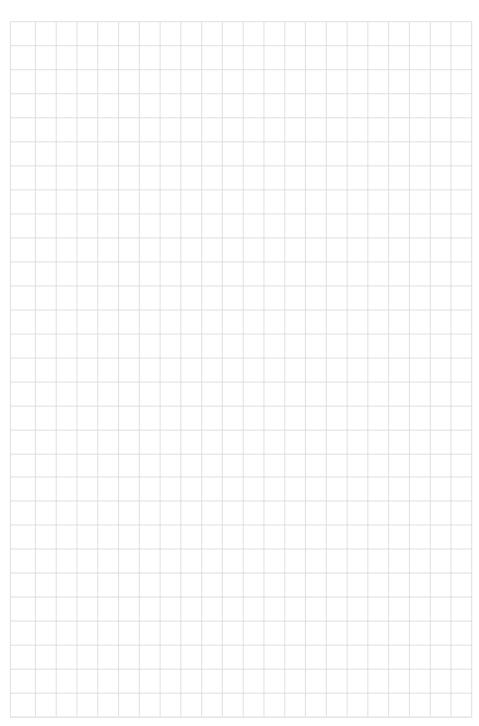




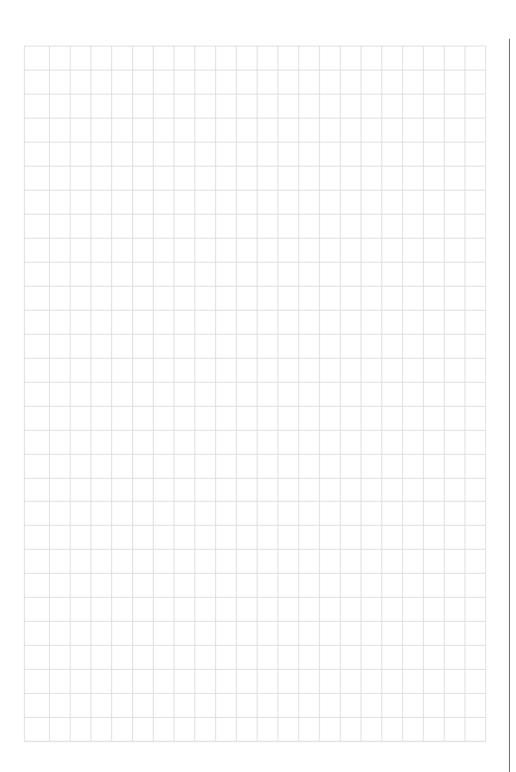








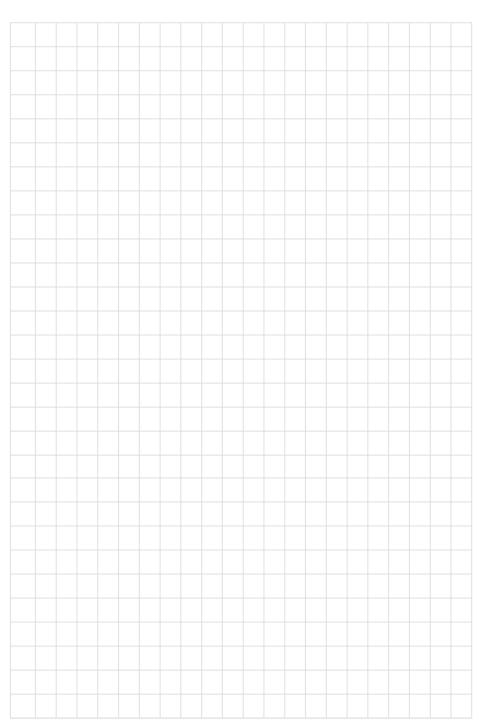




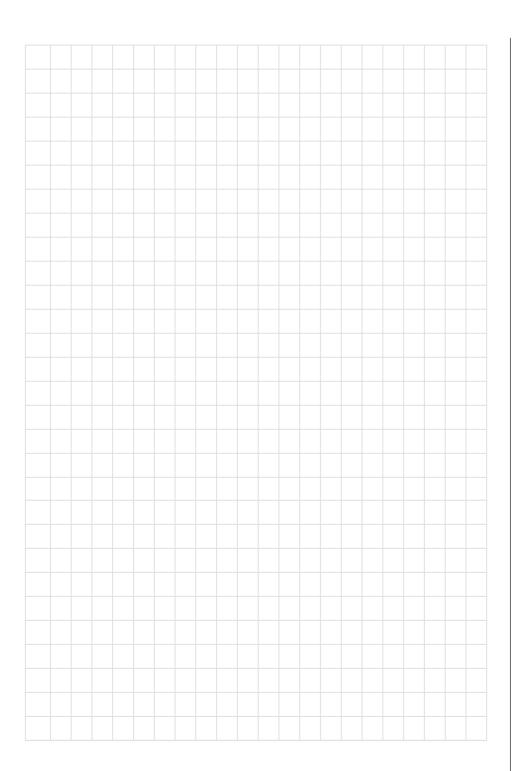








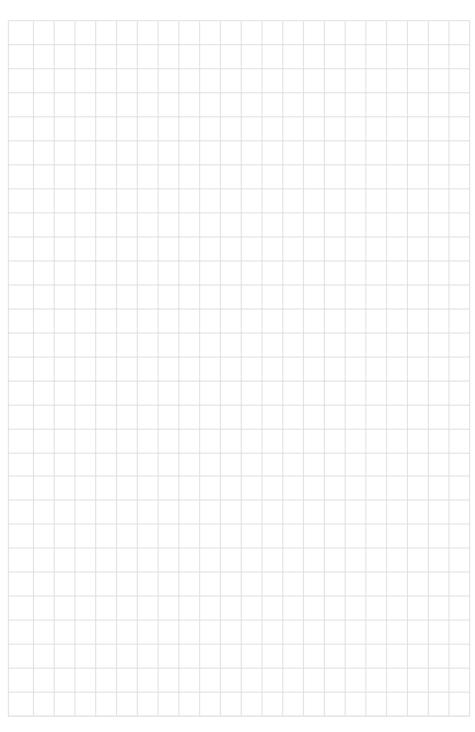


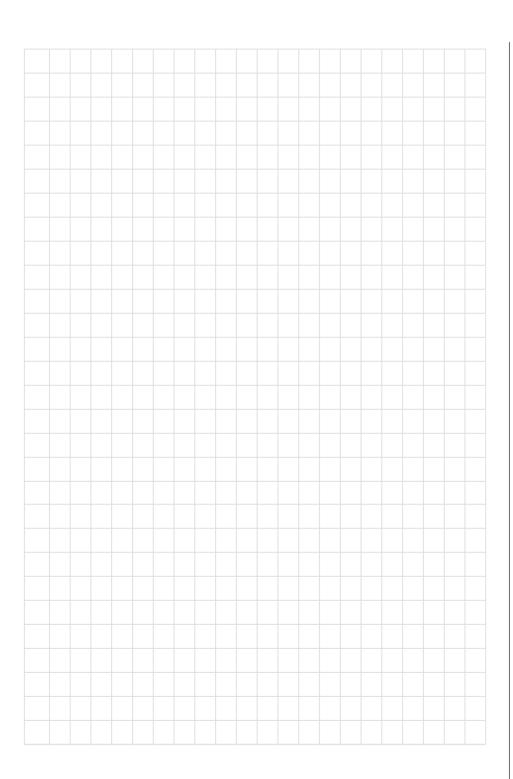








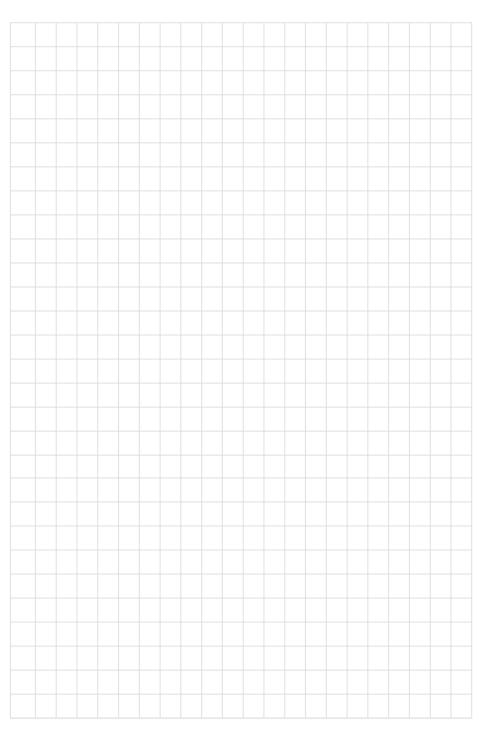




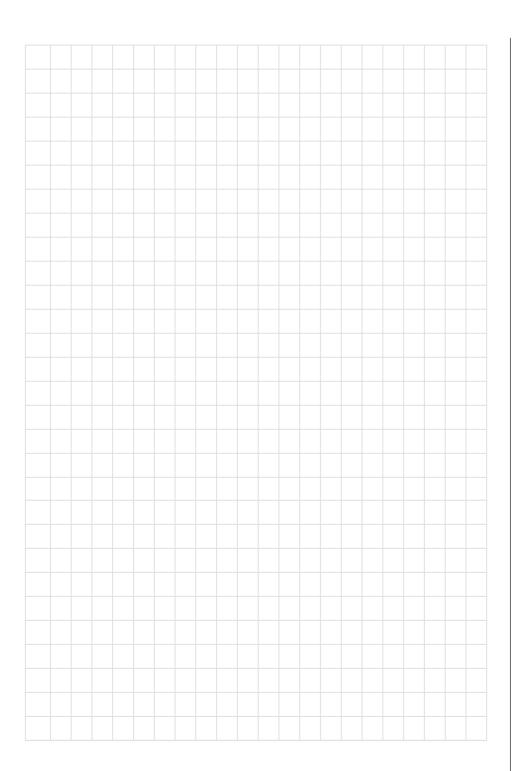








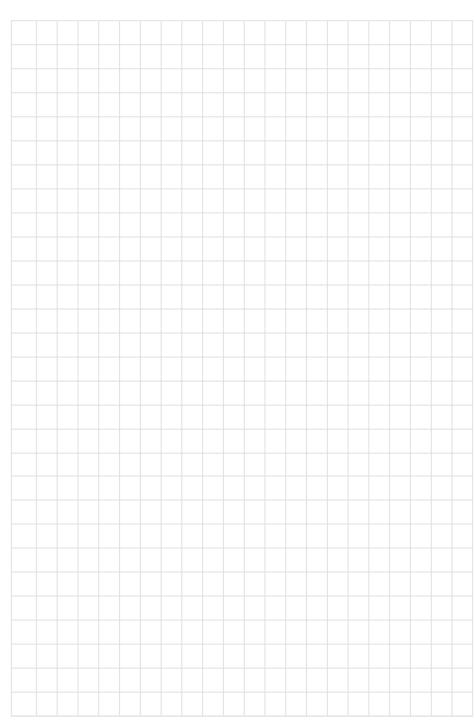


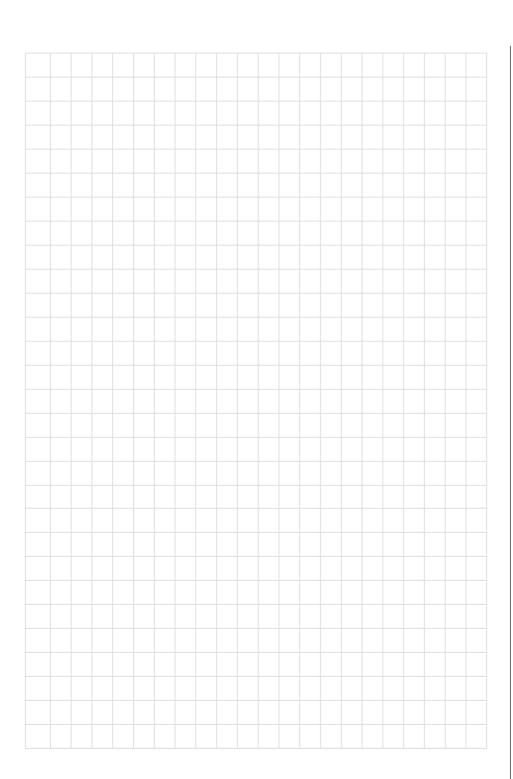








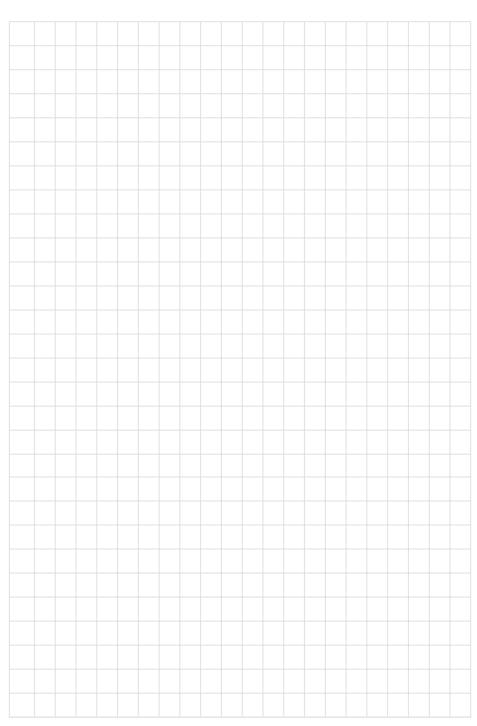


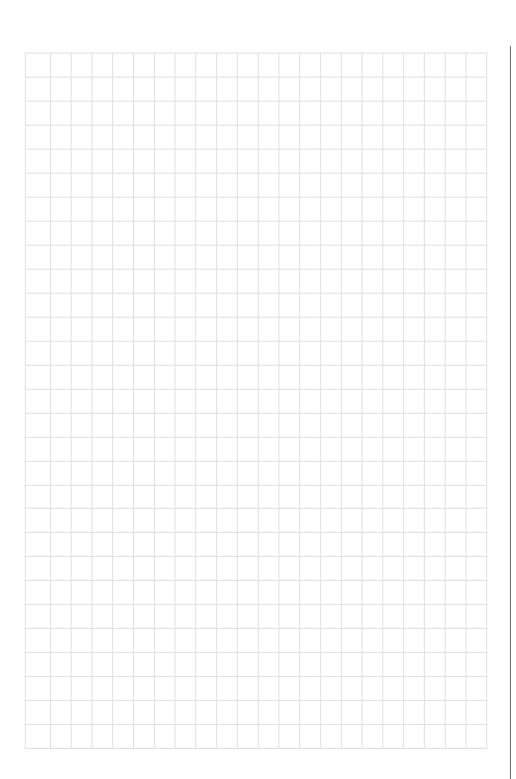








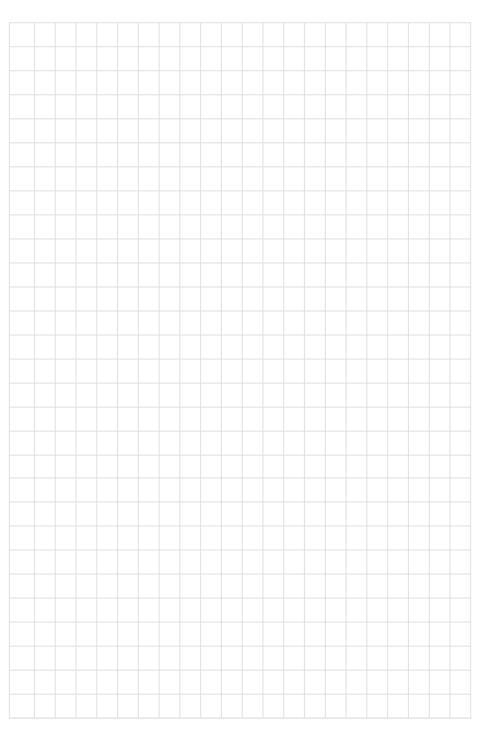


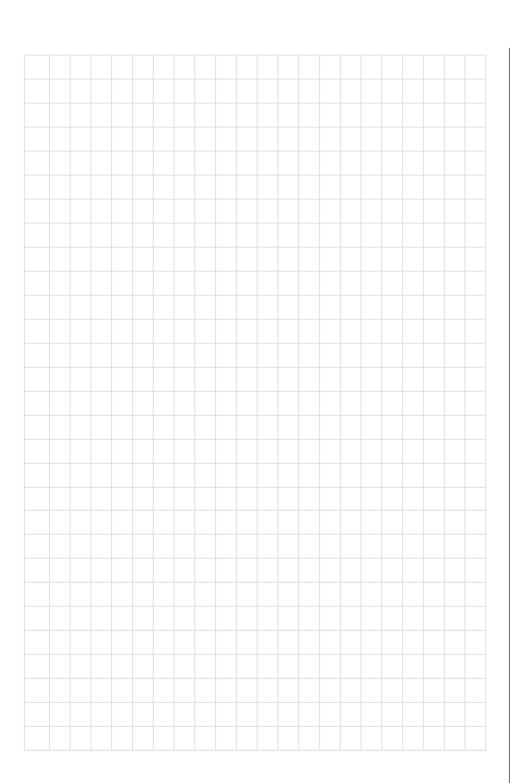








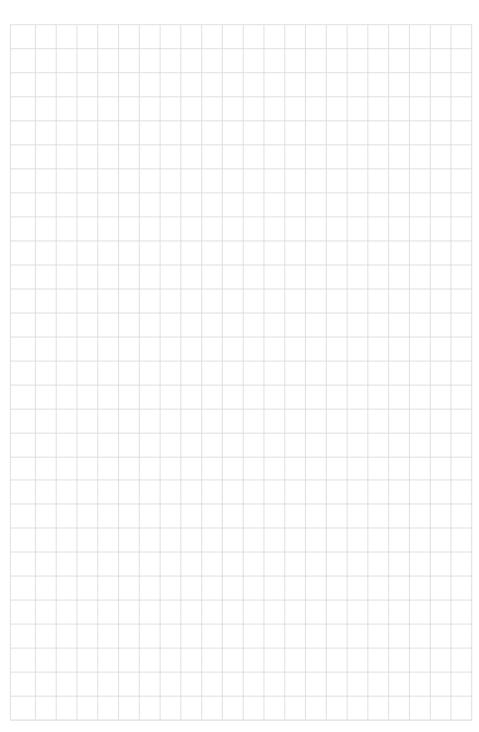












Life Arenas



MIND

his Life Arena can be confusing. Some people ask me if it is about your brain or your mind, or are they the same? For the purposes of LifeDancing, I identify the organ in your skull in all of its mysteries as the brain. Then, all of the thoughts, feelings, beliefs and much more, I consider to be your mind.

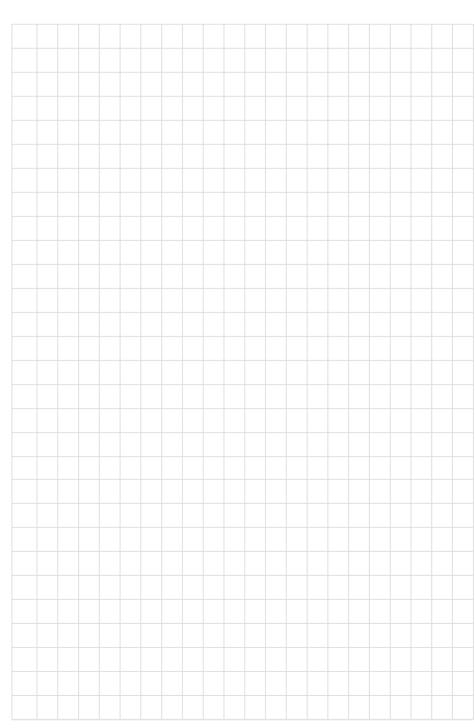
I like to use information from Dr. Dan Siegel, a professor at UCLA Medical School, to describe this intimate relationship. He argues that the mind can be shared with others via inter-personal neural networks that can shape the structure of your brain. He believes that the mind is a collection of thoughts, patterns, perceptions, beliefs, memories and attitudes and explains that, "The mind can use the brain to perceive itself, and the mind can be used to change the brain.

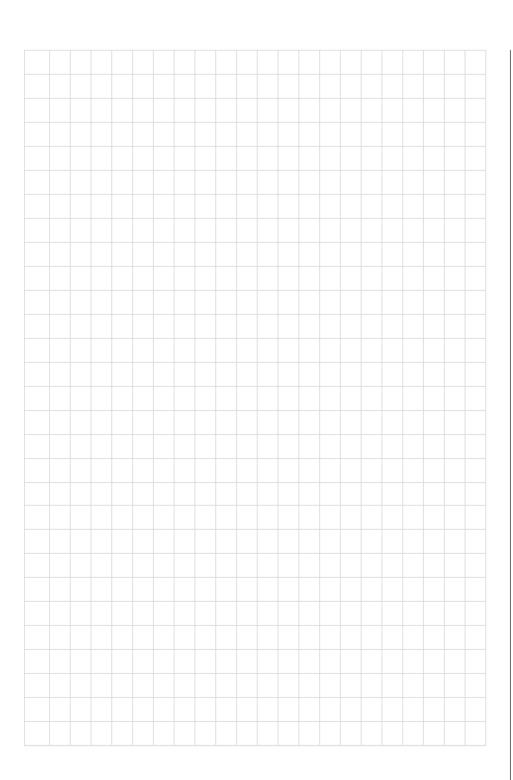
If you're still confused, don't worry. Just use this section as it works for you regarding thoughts or whatever you believe goes in your mind. You'll be using this Arena as directed in LifeDancing and Master Class for:

- Mental Fitness Exercises and Habits
- The Areas Used on Your Healthy Mind Platter
- New Ways to Use Your Mind





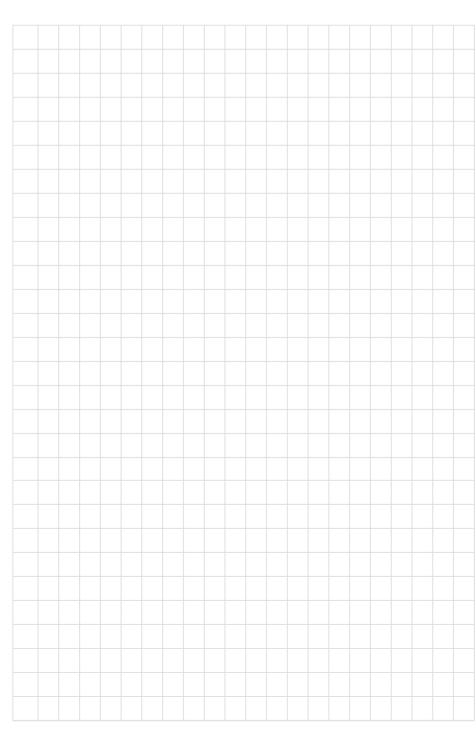


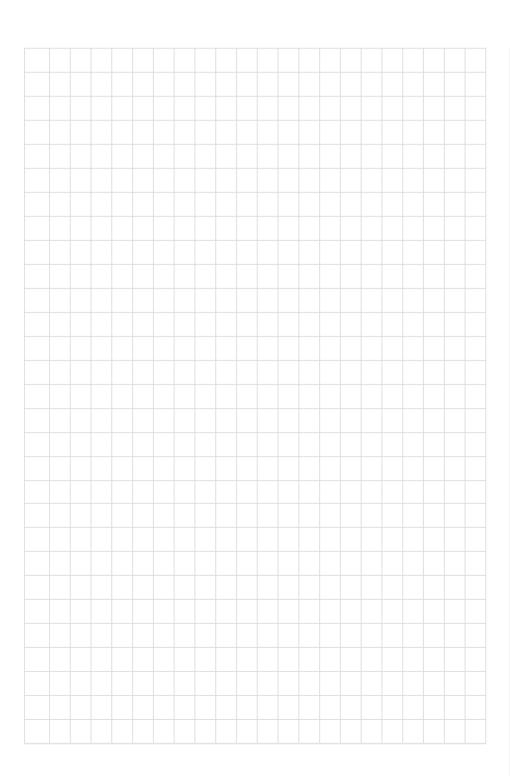








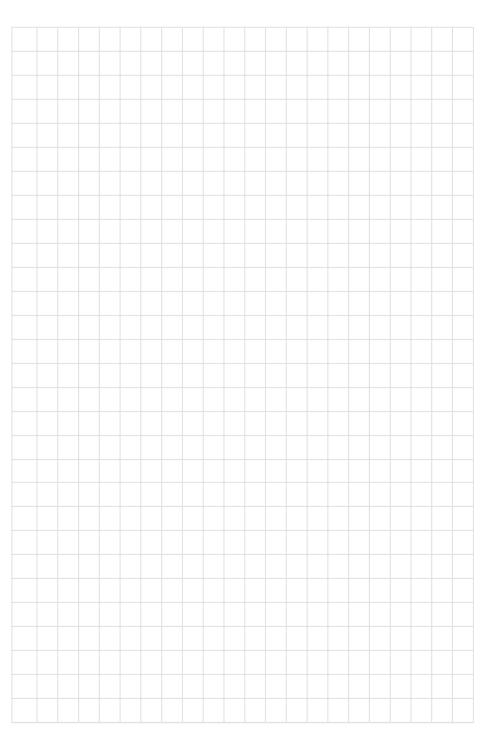


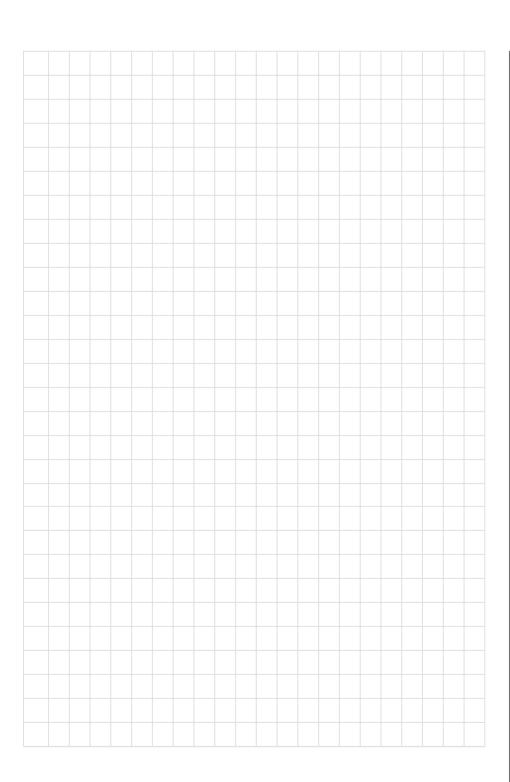








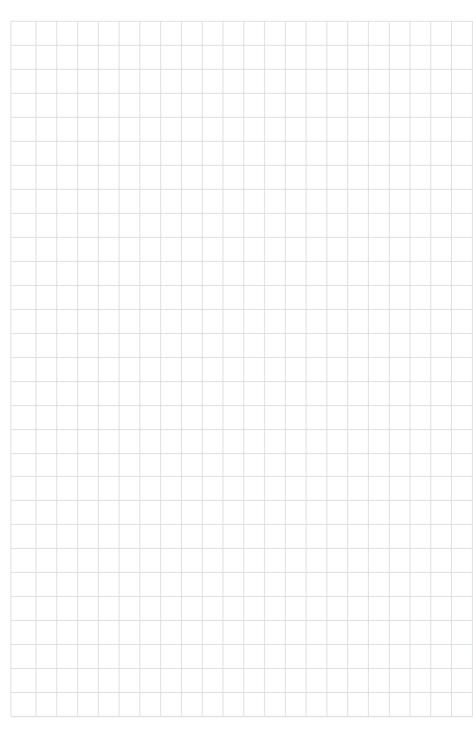


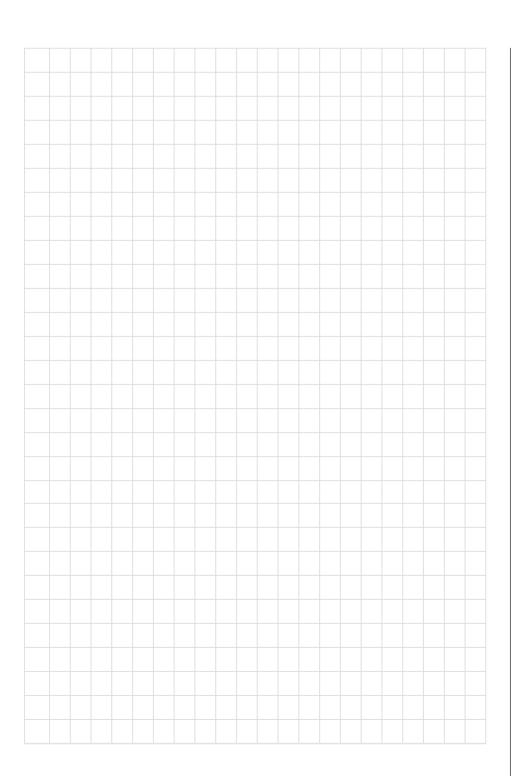








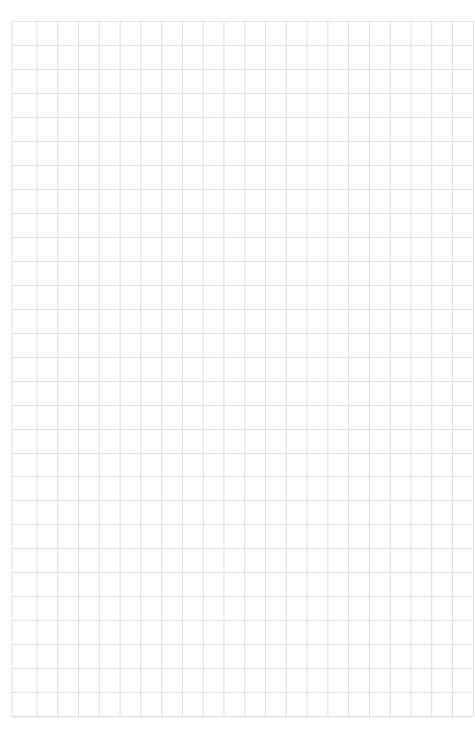


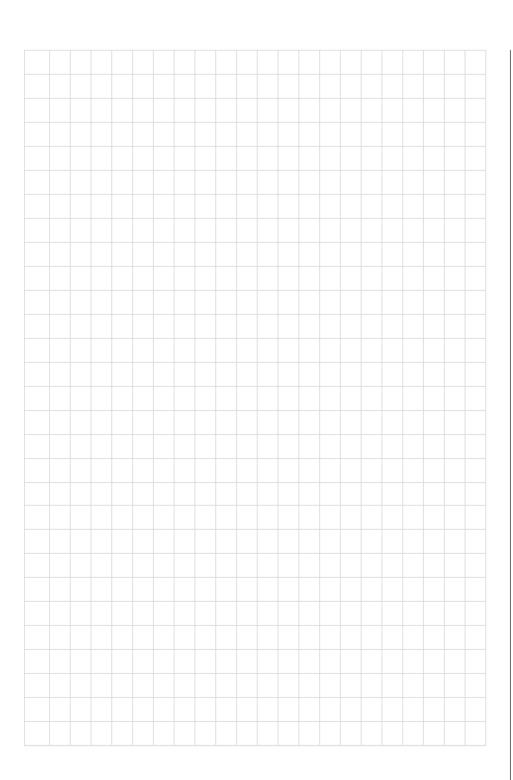








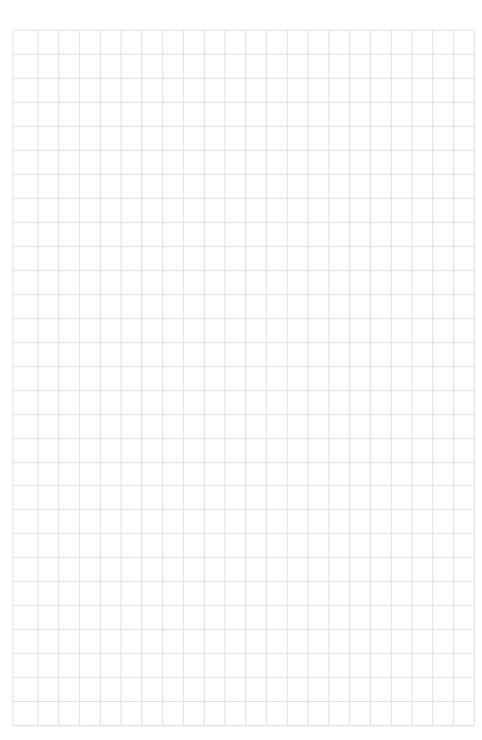


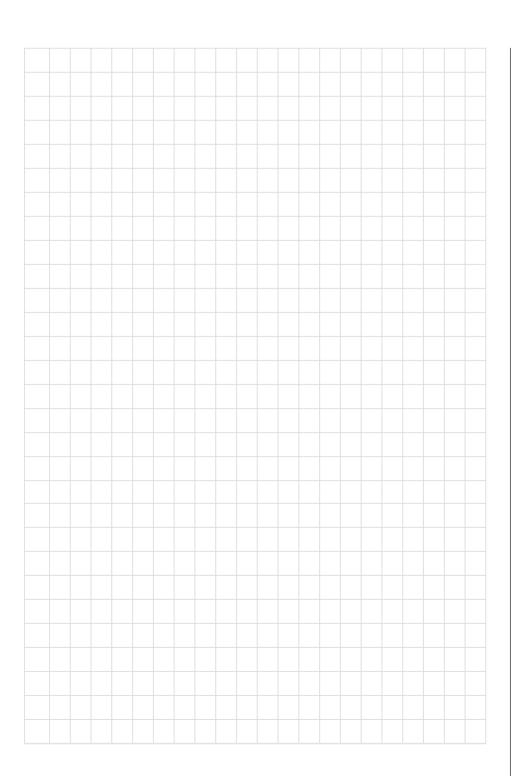








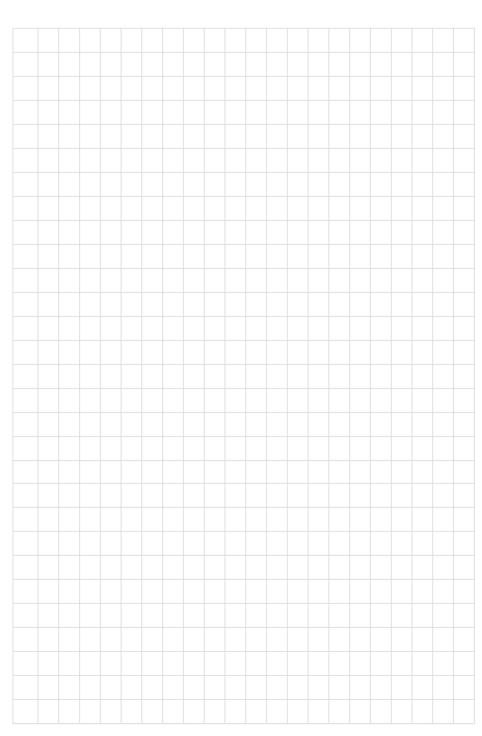


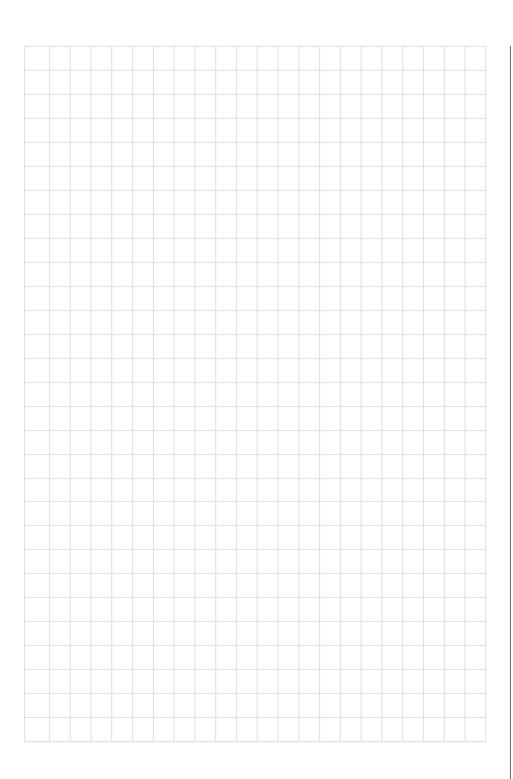








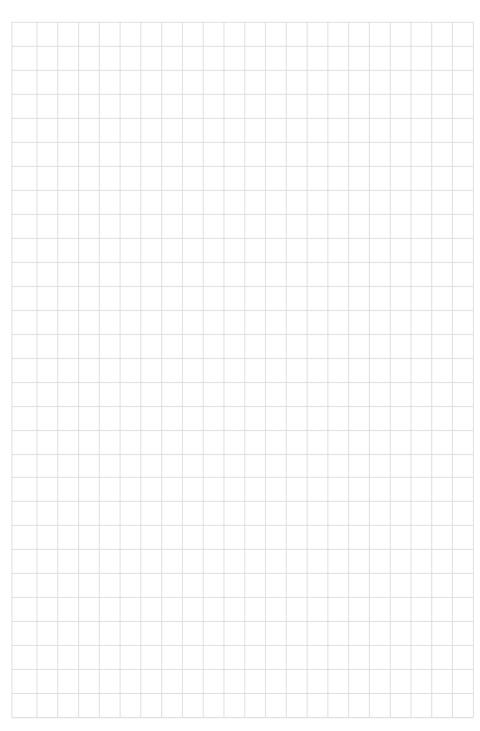


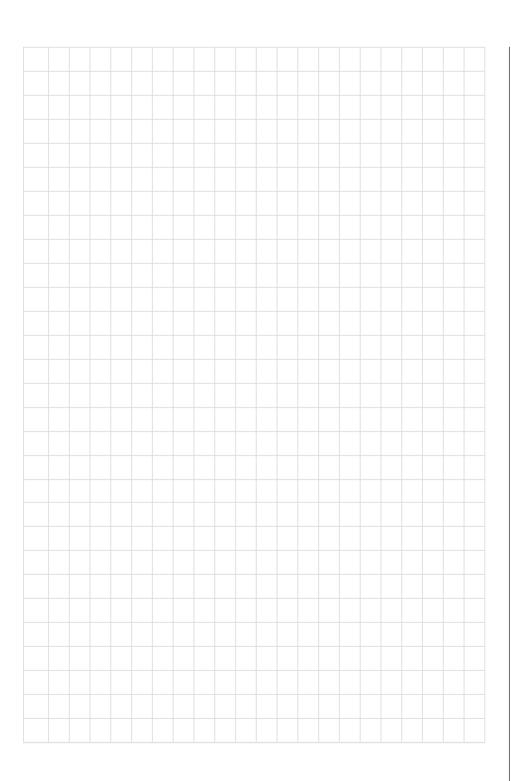








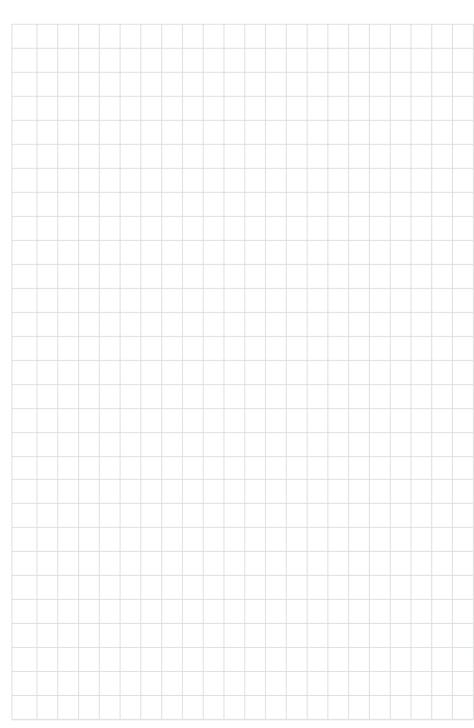


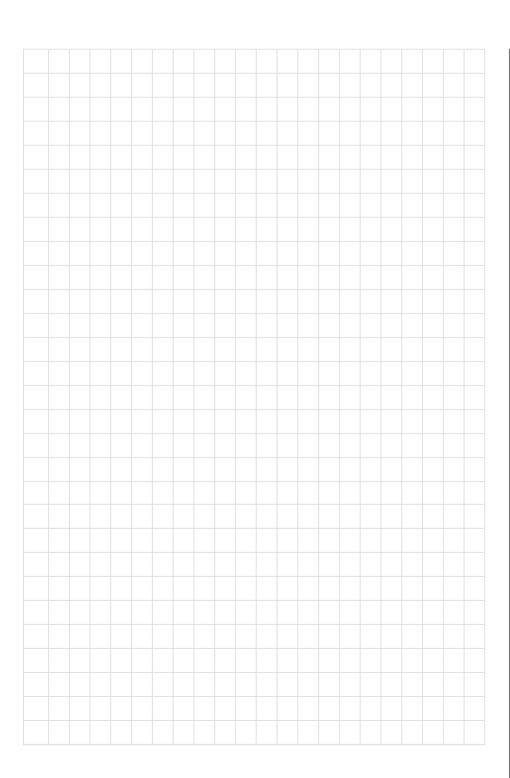








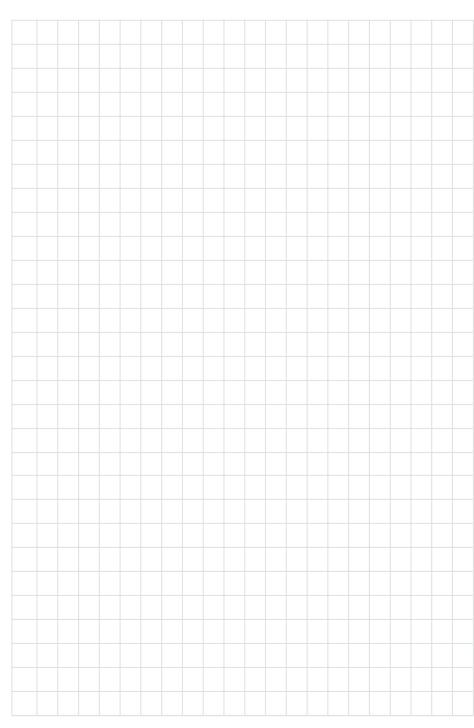












Life Arenas



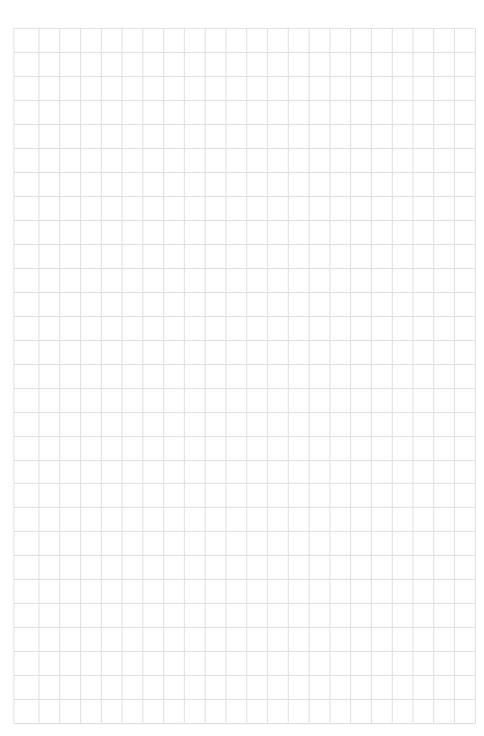
motions come in many names and colors and can be VERY confusing. They can also be very debilitating and pleasurable. You can use your LifeDancing Journal to express feelings that you are afraid to share with others, but want to understand better or some of the charge out of them. Some people use colored pencils or pens to draw their feelings.

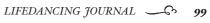
You might want to track your inner, emotional life here from day to day. You can identify tipping points, or circumstances and events that seem to send you over the edge. And then there are the feelings around past or current trauma that need to be healed. You'll also be using this Arena to:

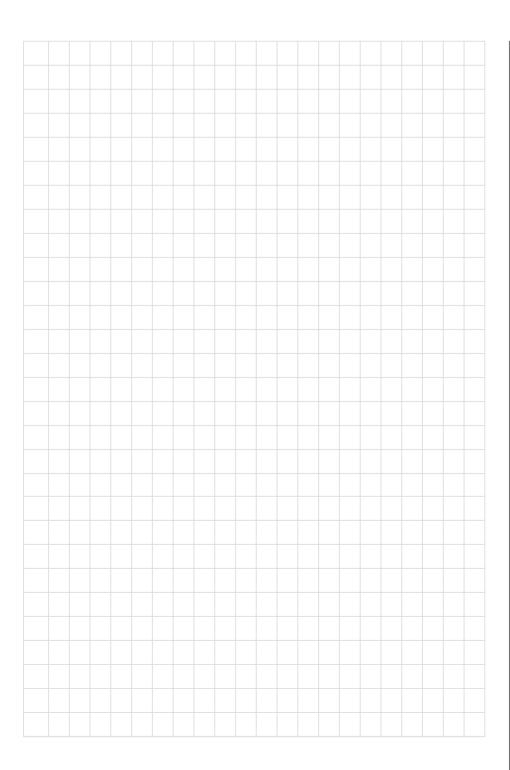
- Track your growth in Emotional Intelligence
- Record "scripts" from your inner child/ren, adult or other roles you play in your life.
- Write narratives that create or support positive emotions.
- Record your daily emotional well-being or distress.







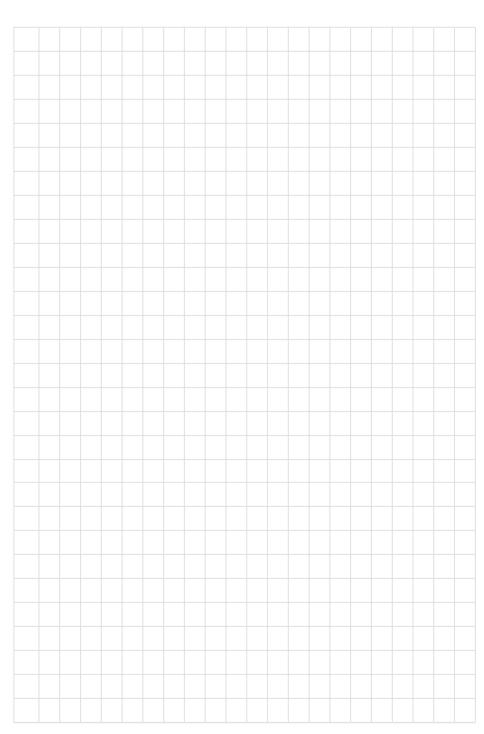


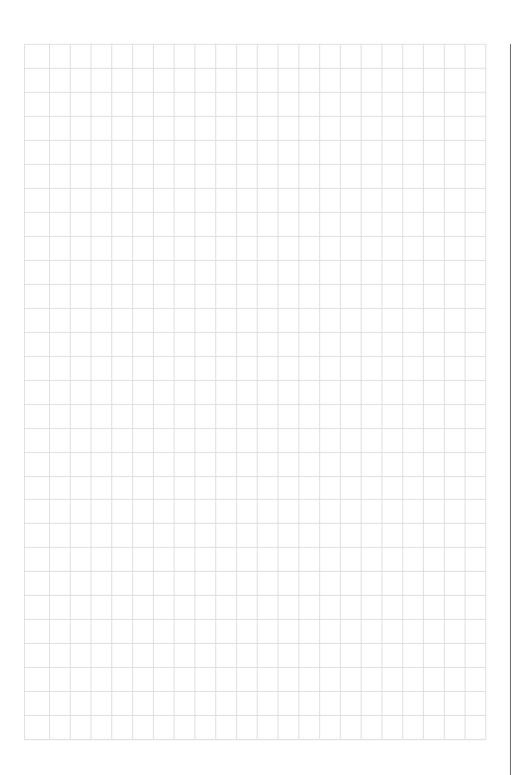






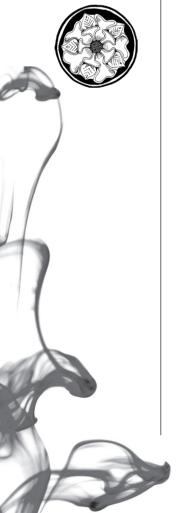


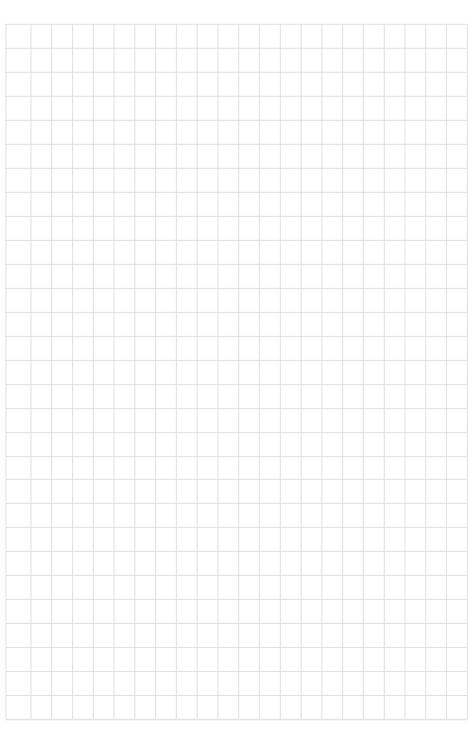


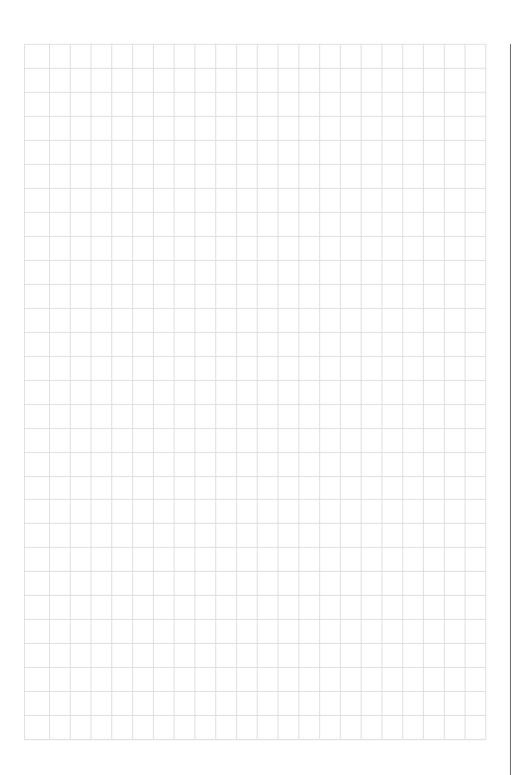




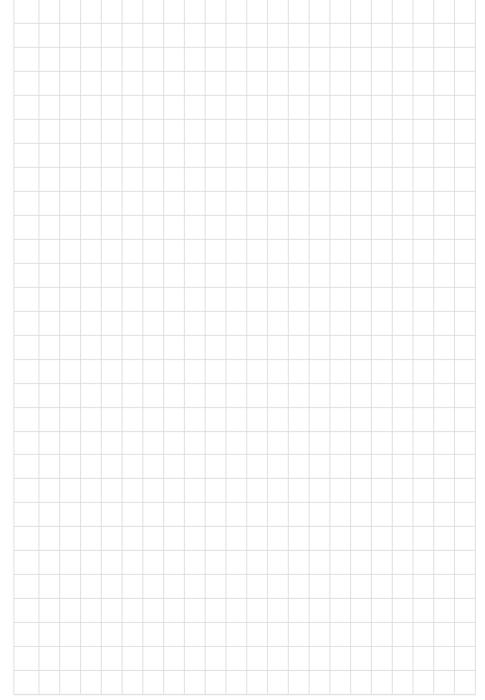




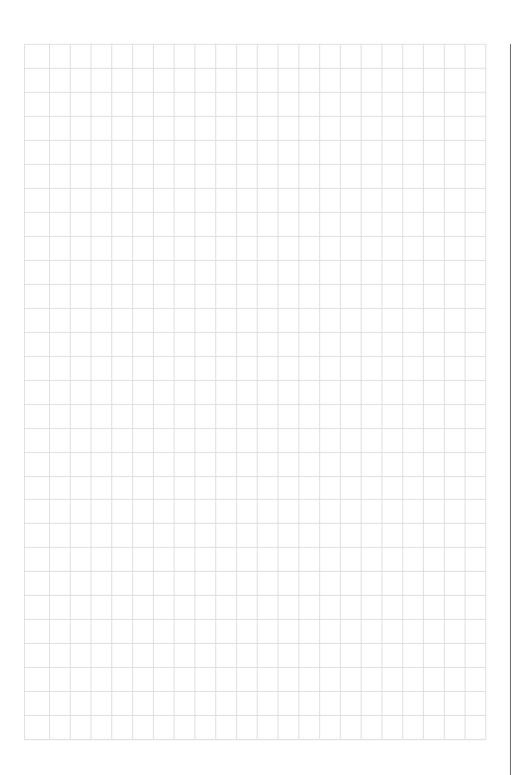








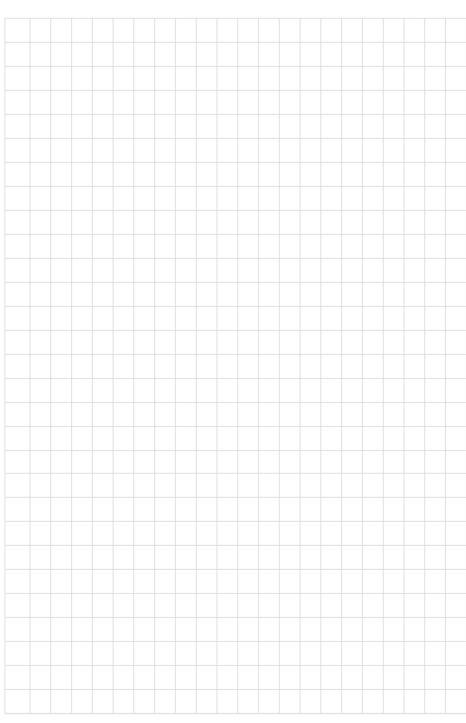


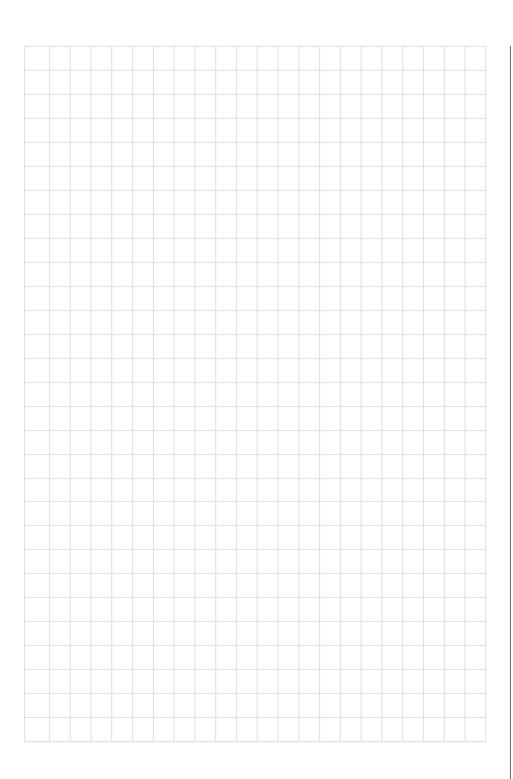




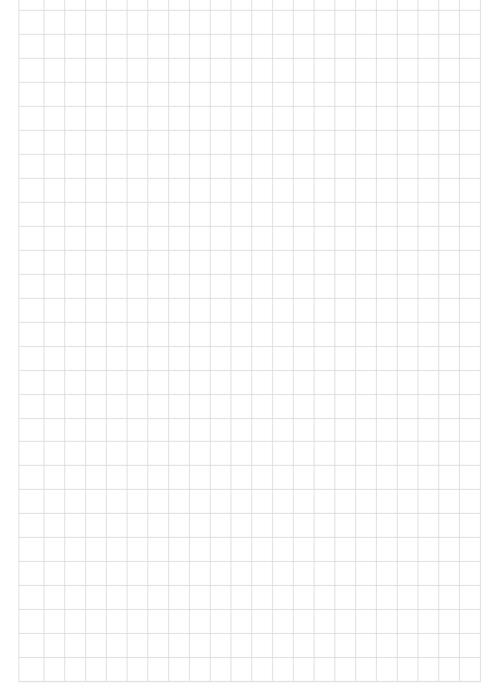




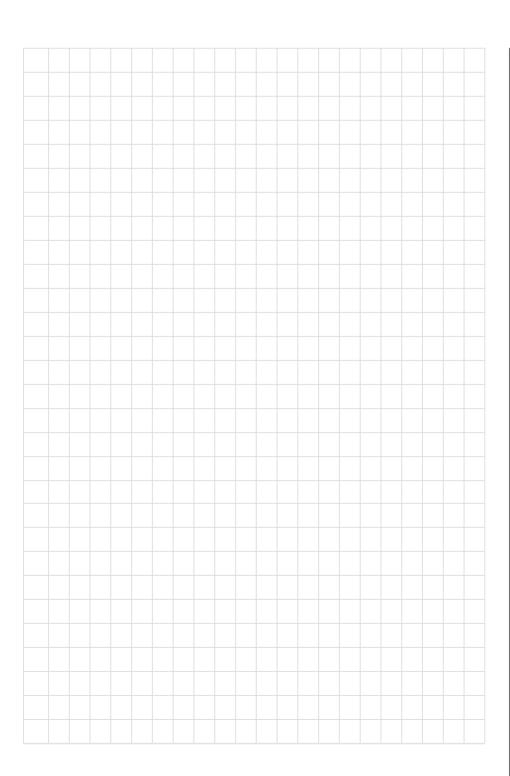




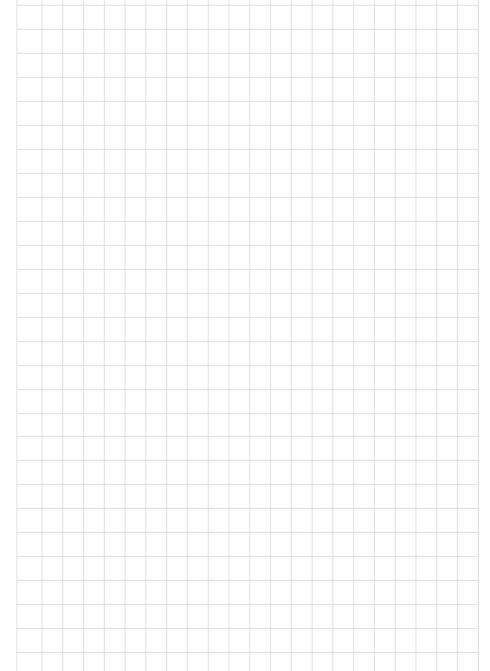




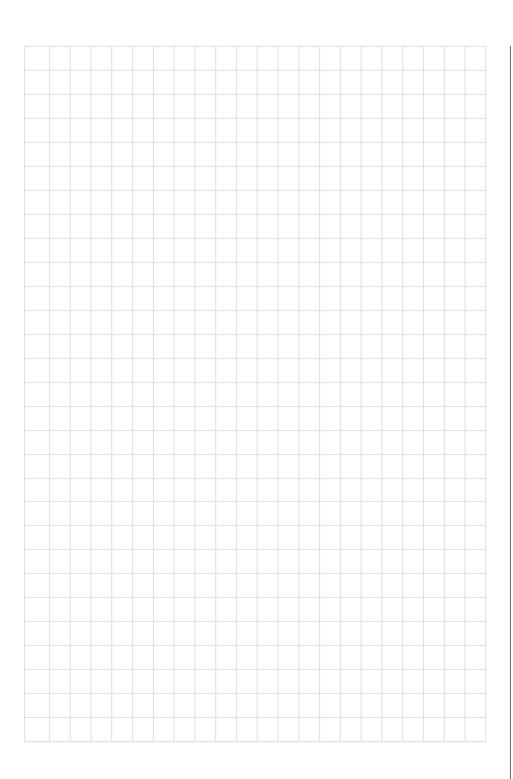






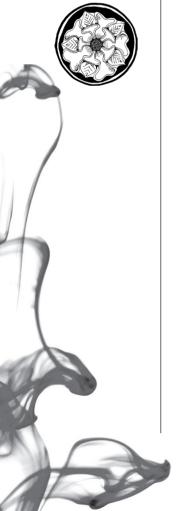


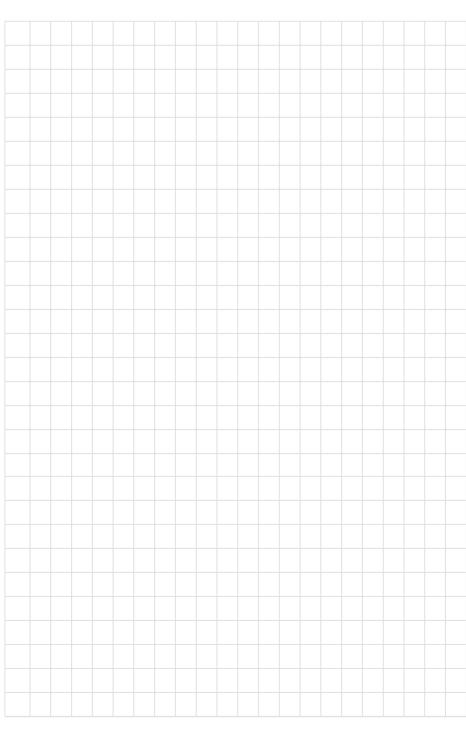


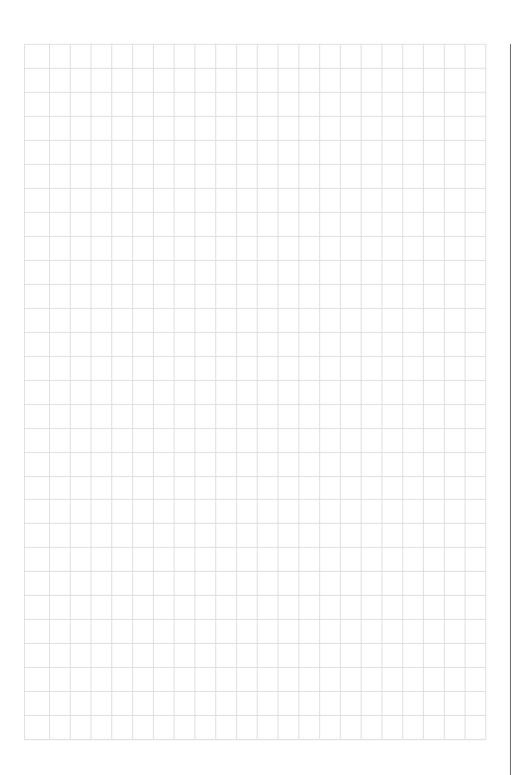








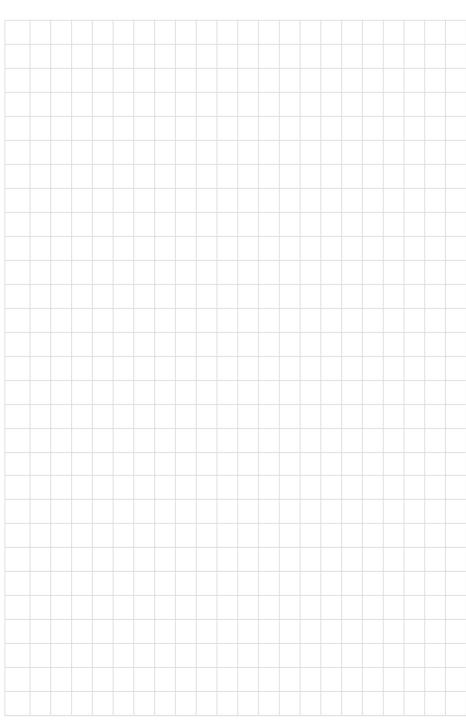


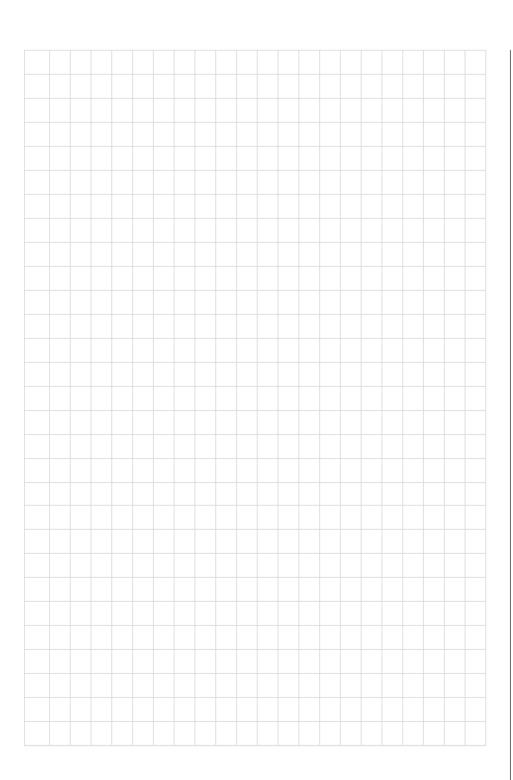






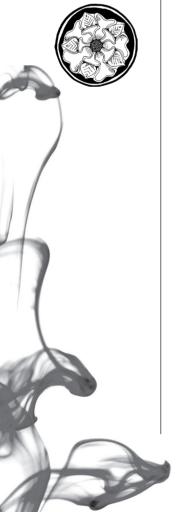


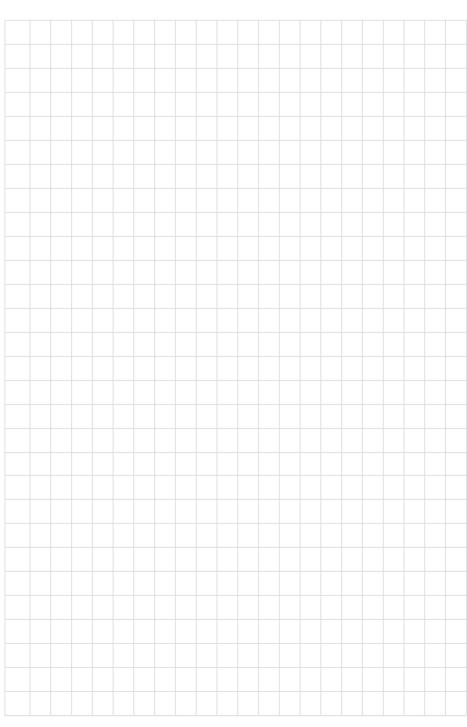












Life Arenas

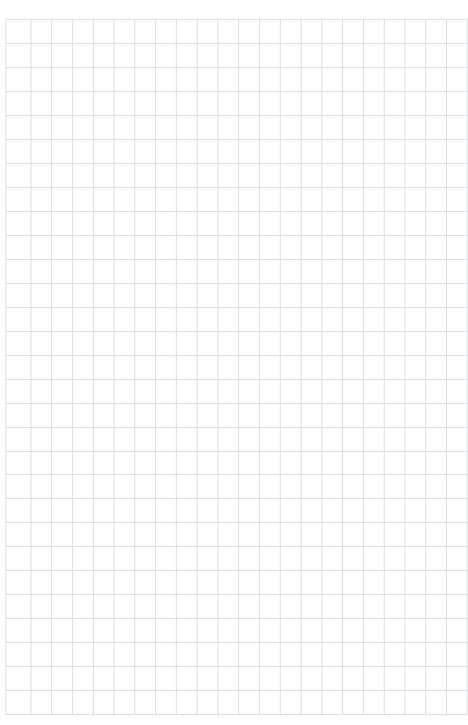


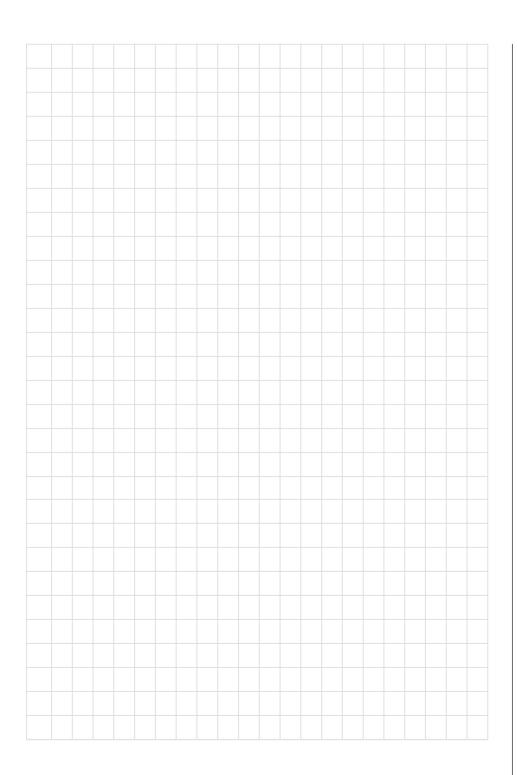
pirit, or spirituality, is different for everybody. You can use this arena to help yourself define your own spirituality and engage in a dialogue with it. Here's where you can record those moments in your day that brought you closer to your sense of spirit. You can also:

- Explore how to create your own Sacred Space, Inner & Outer
- Record Meditation Insights
- Your Blessings and Struggles in Your Spiritual Community
- Spiritual Goals





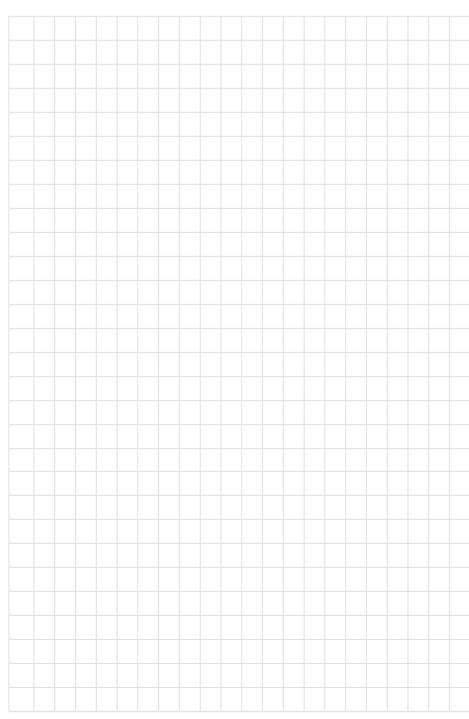


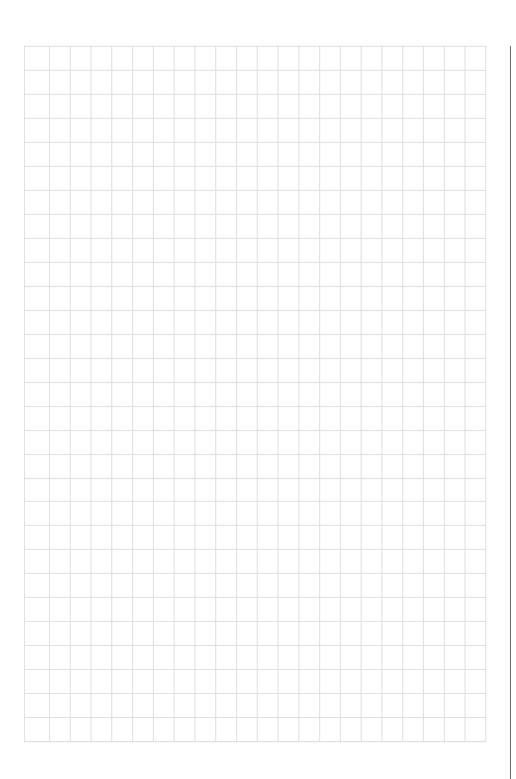








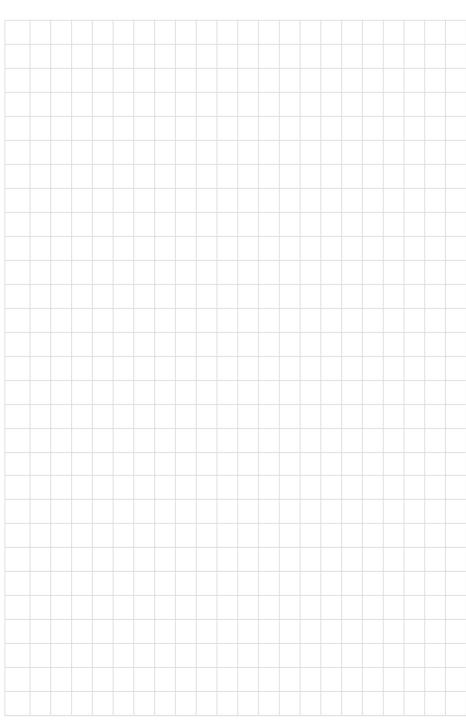


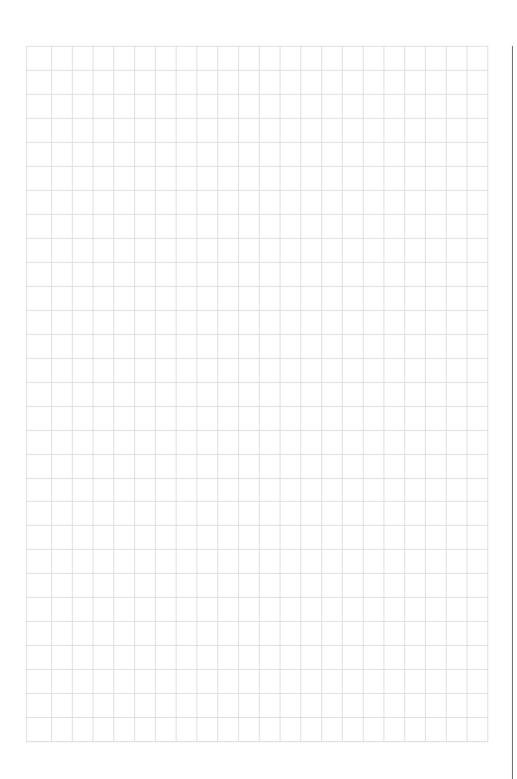








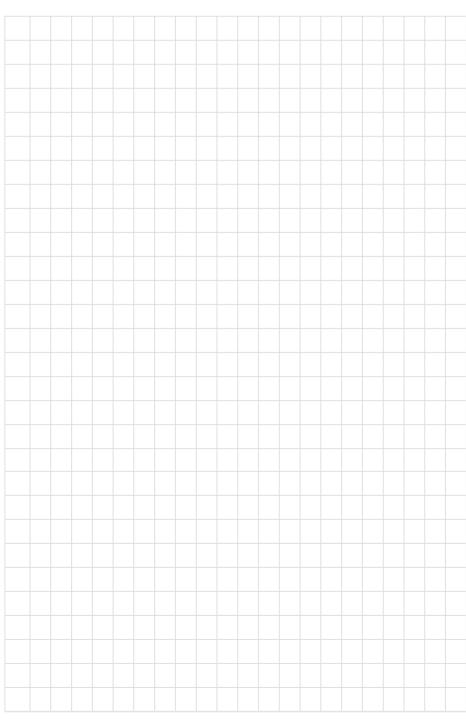


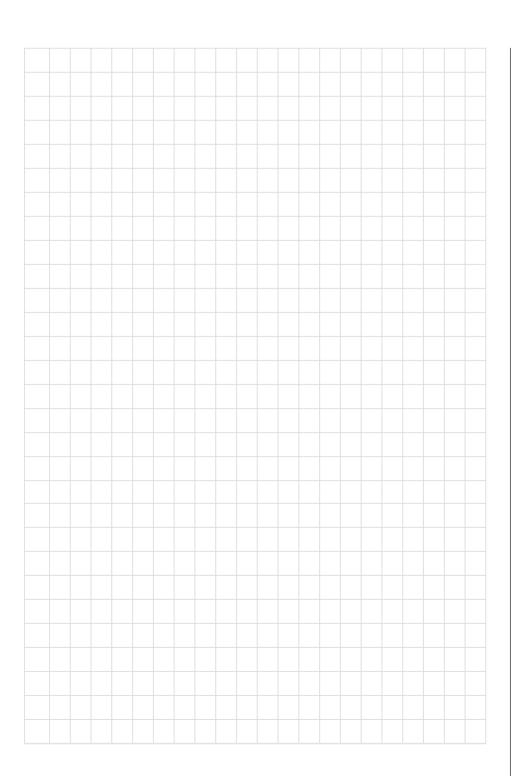








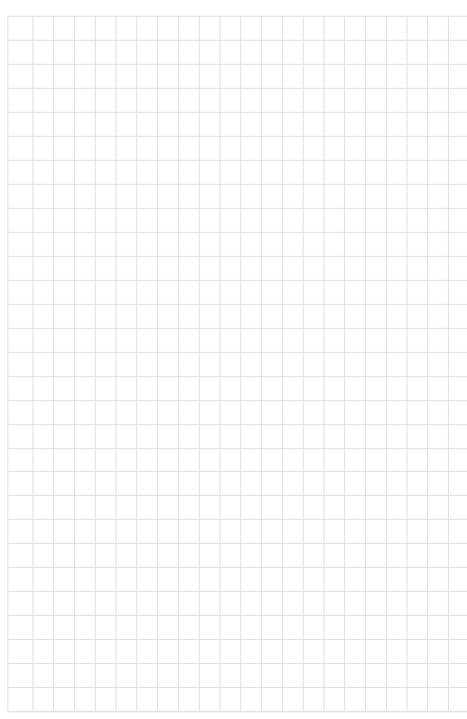


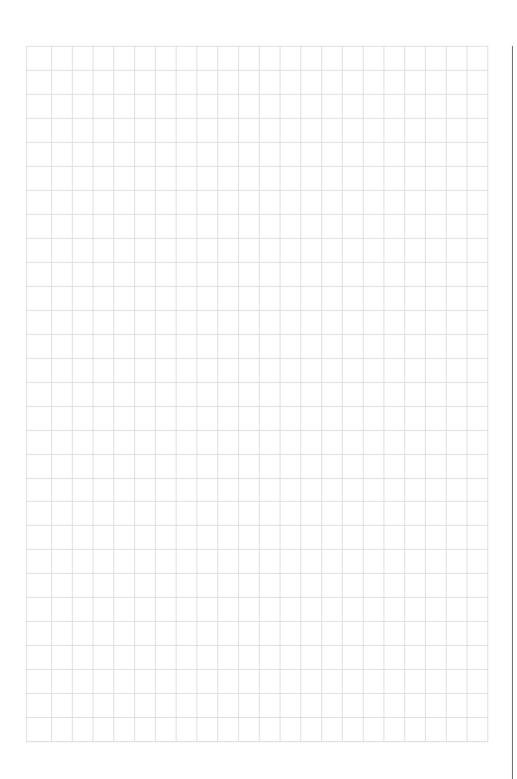








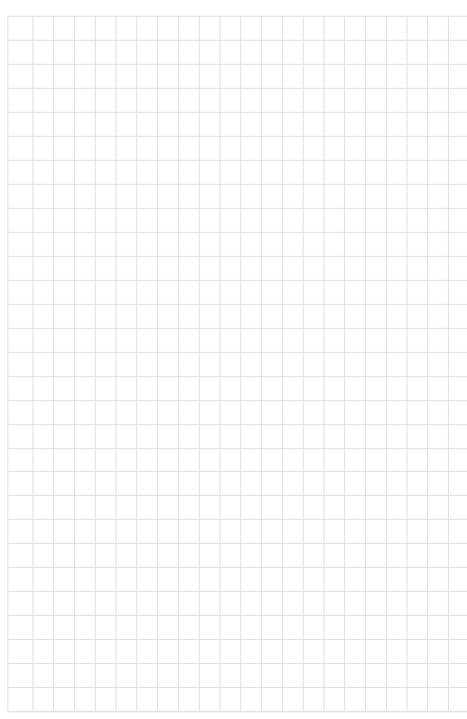


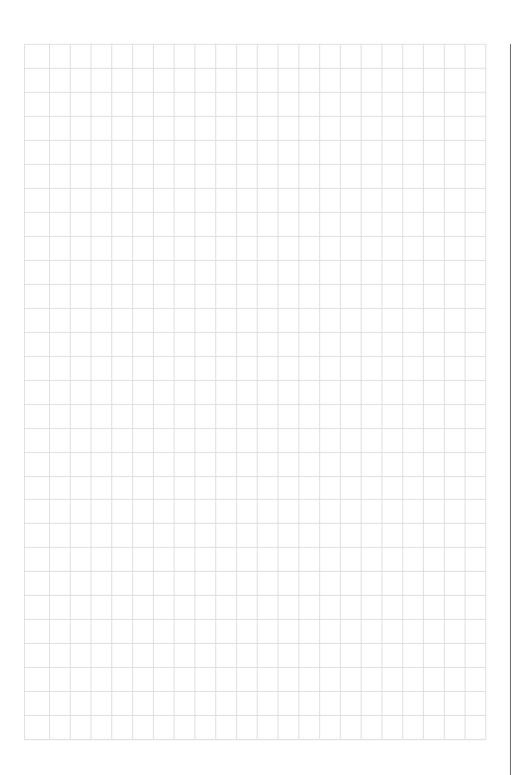








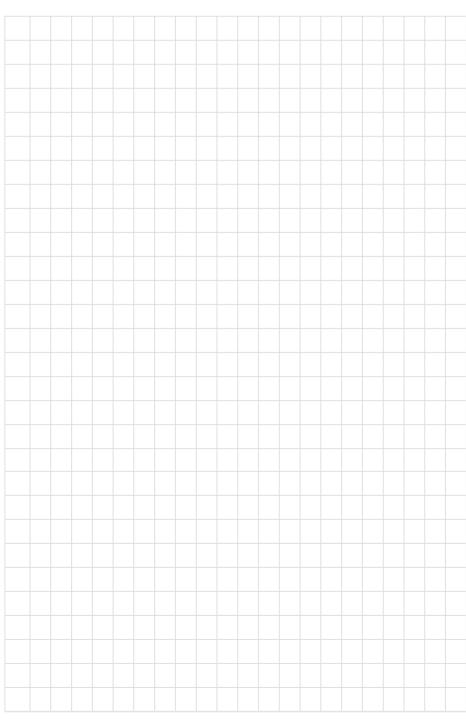


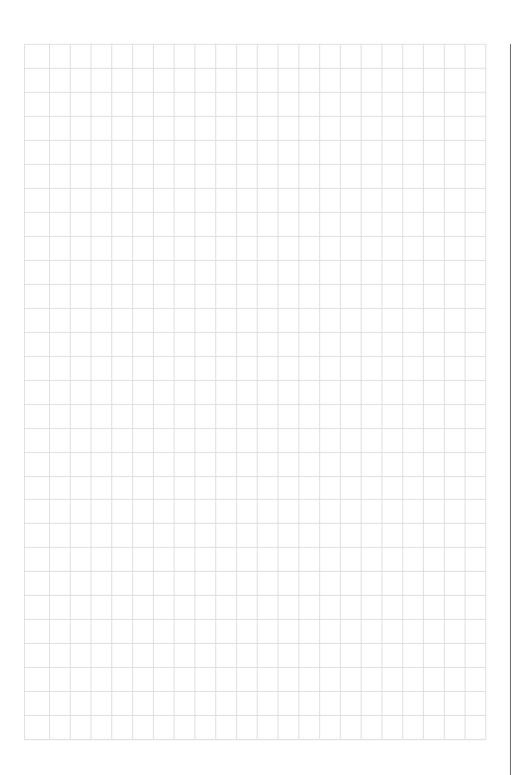








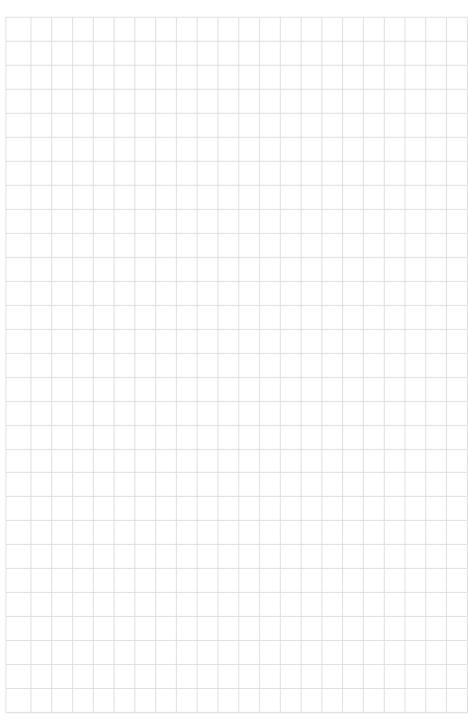


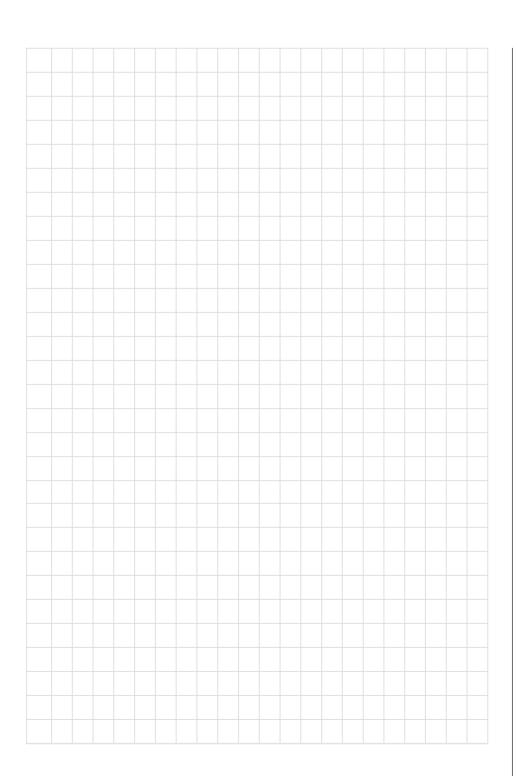








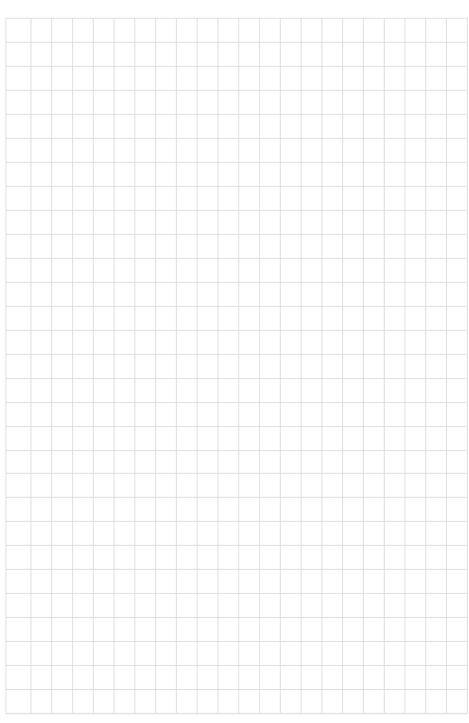


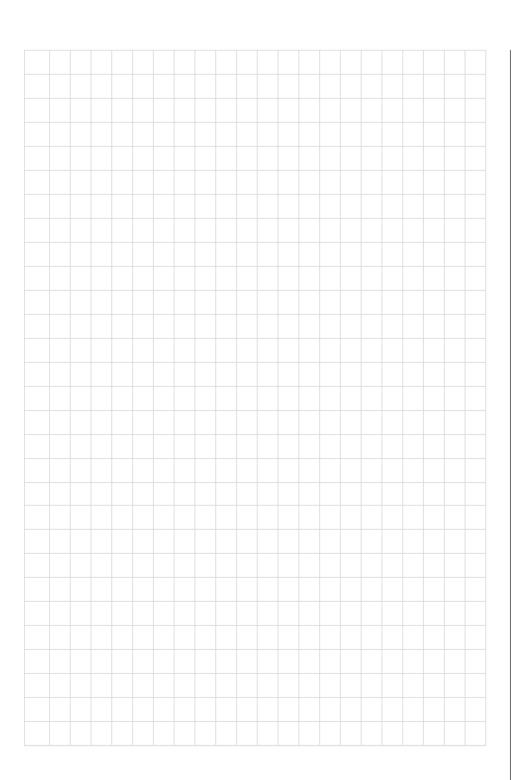








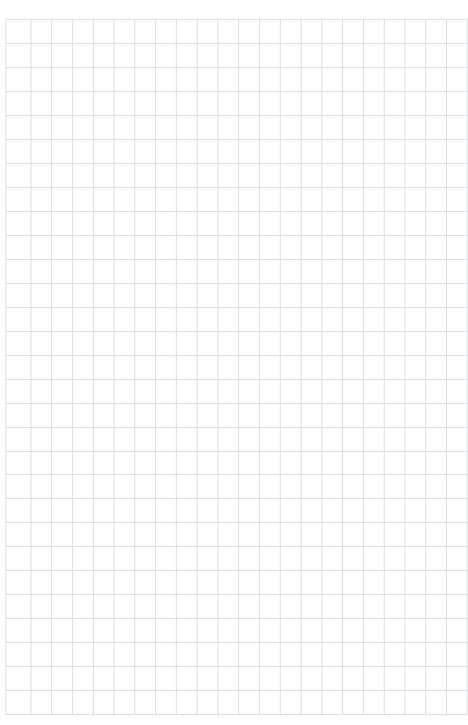












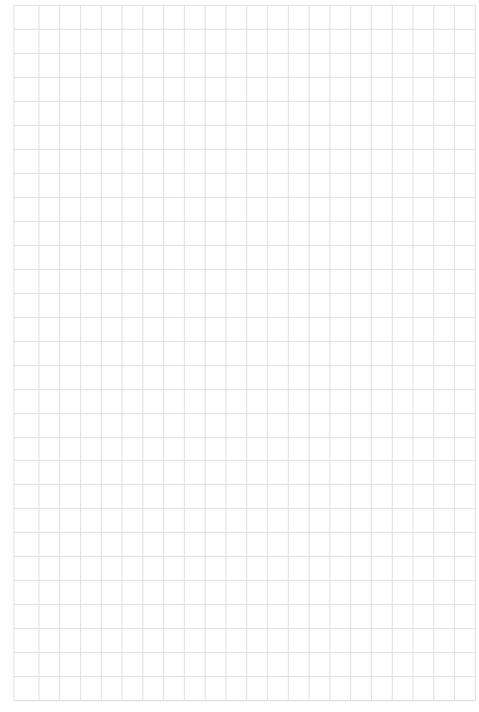
Life Arenas

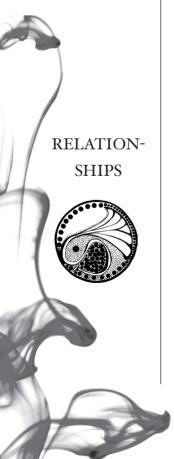


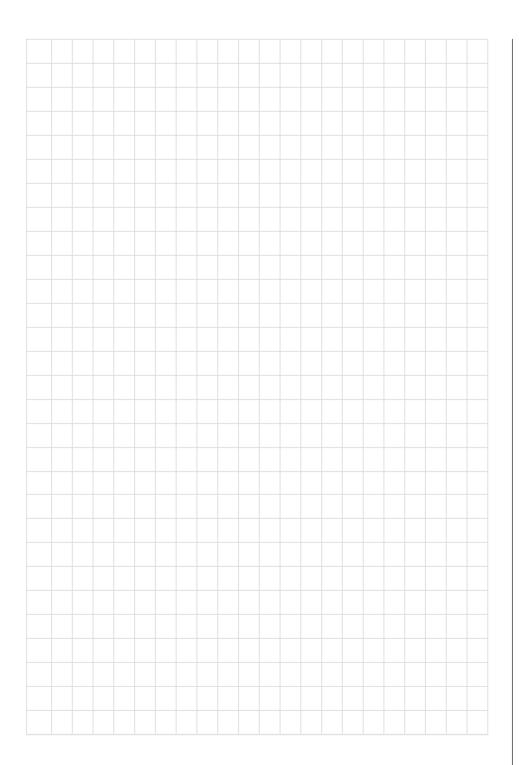
RELATIONSHIPS

his Life Arena includes your relationships with others, as well as your relationship with yourself. In fact, your relationship to EVERYTHING begins with you. Your relationship could be to your cat, your dog, a sculpture, a plant, spiders or anything you respond to, even memories. We humans appear to be designed to be in relationship, so you may be using this section a lot. You might even create separate pages for people, places, things and more if journal entries about them are frequent. In this Arena you can also explore:

- Shadow Work
- Issues Around Intimacy & Attachment
- Self Esteem
- Your Johari Window

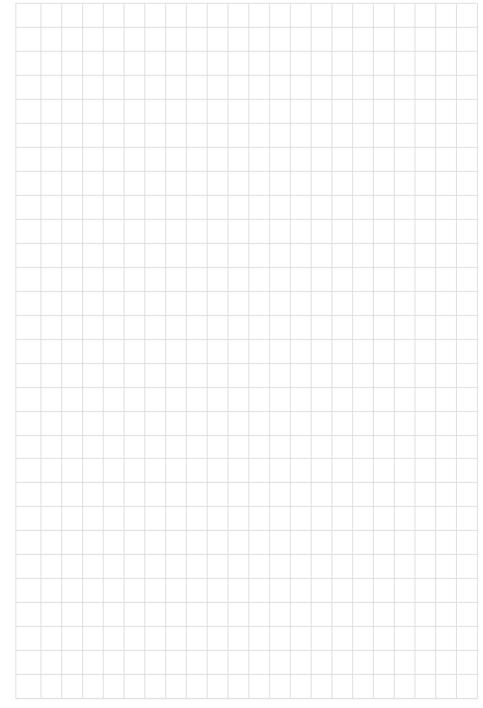


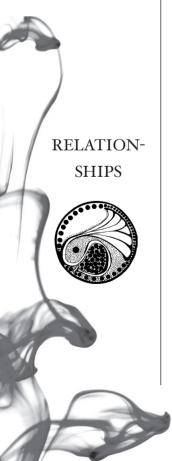


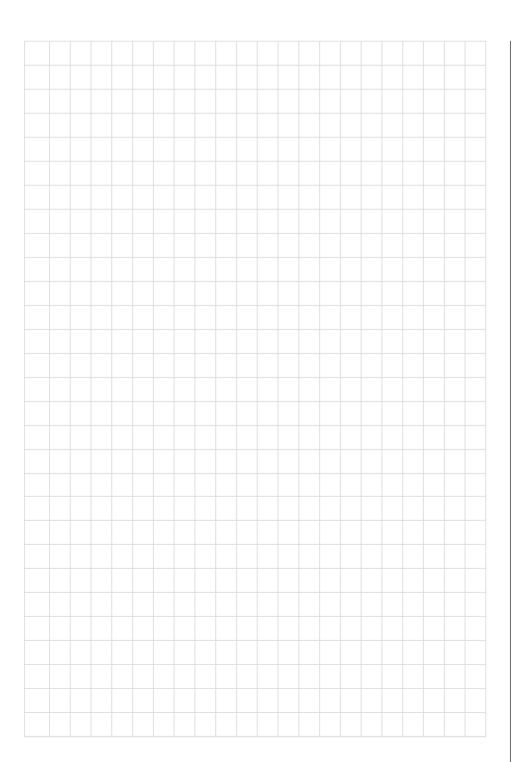


RELATION-SHIPS



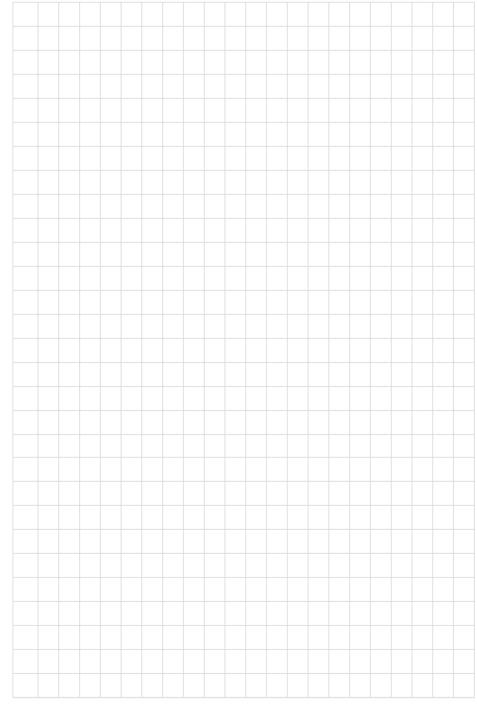


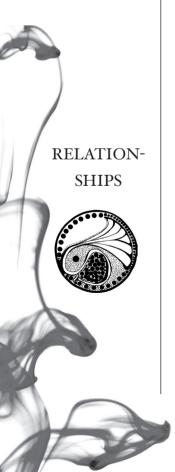


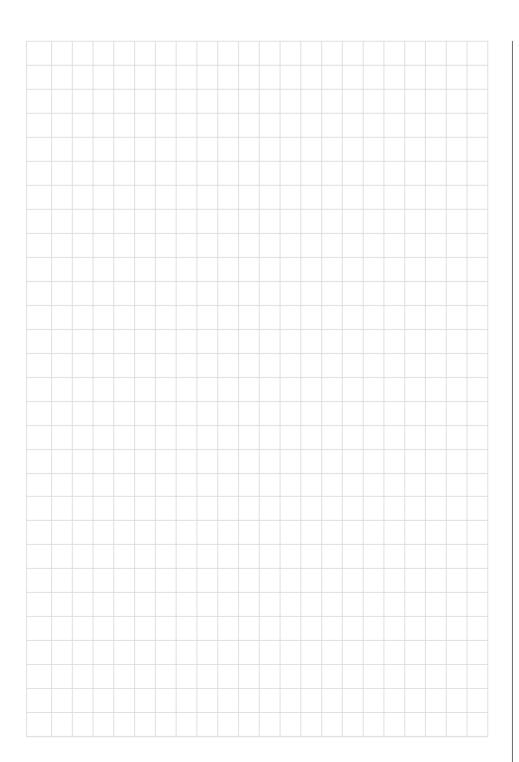


RELATION-SHIPS



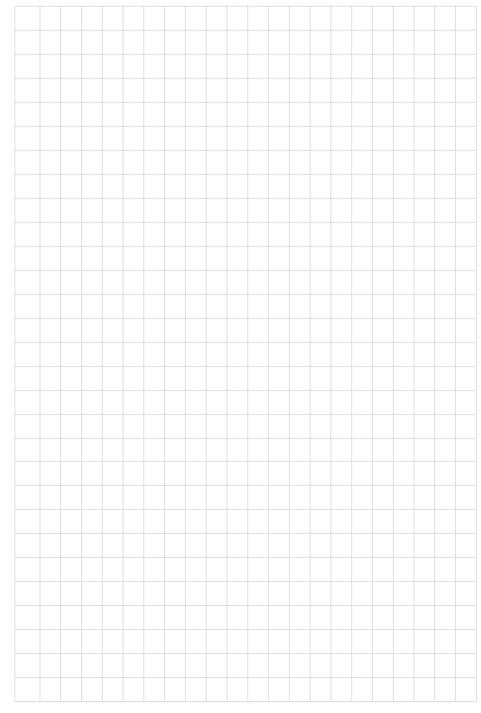


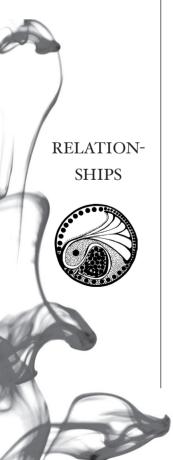




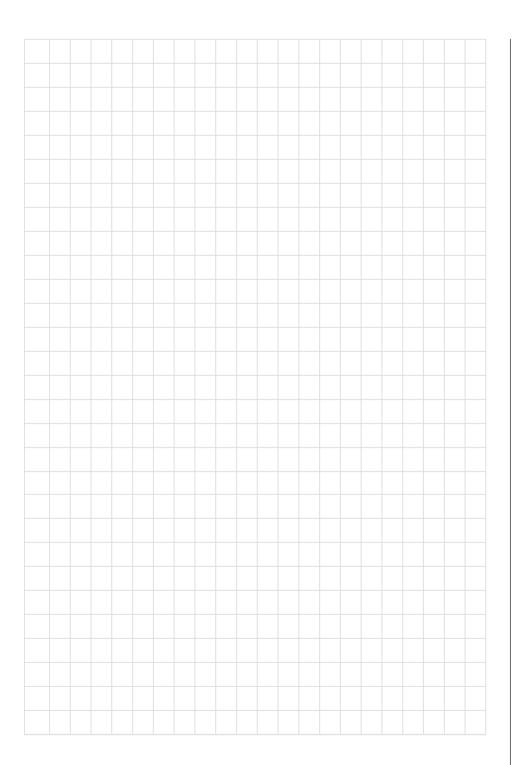
RELATION-SHIPS





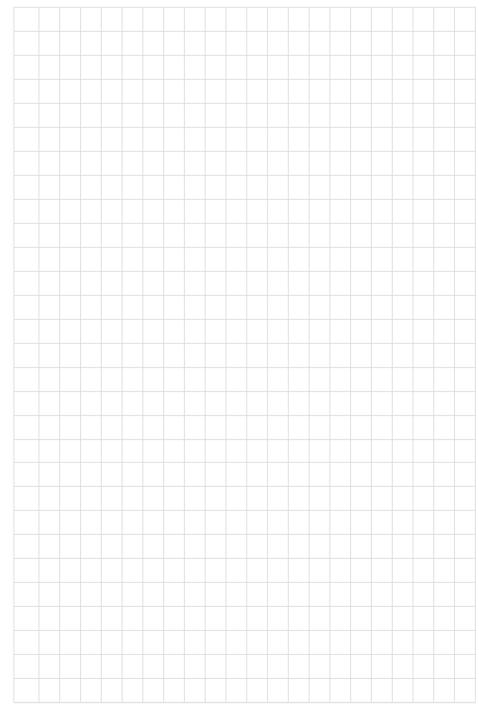


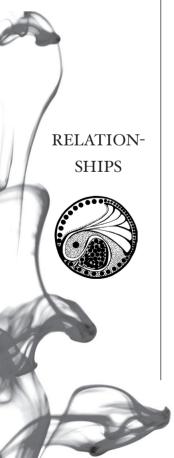


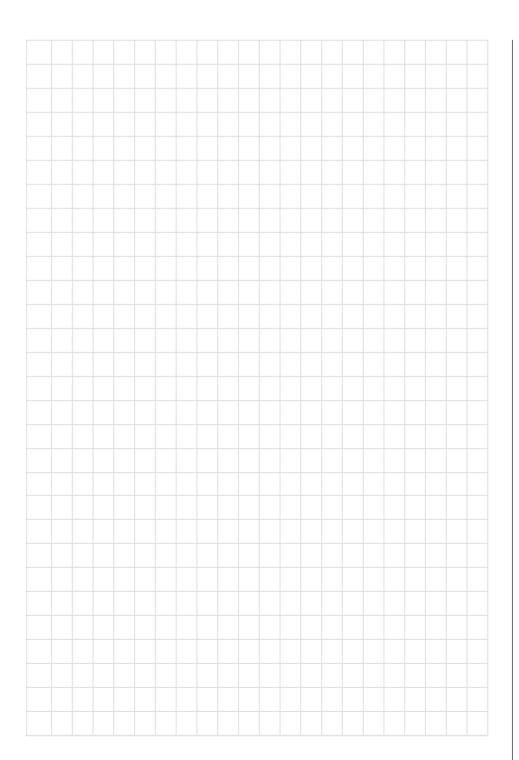


RELATION-SHIPS



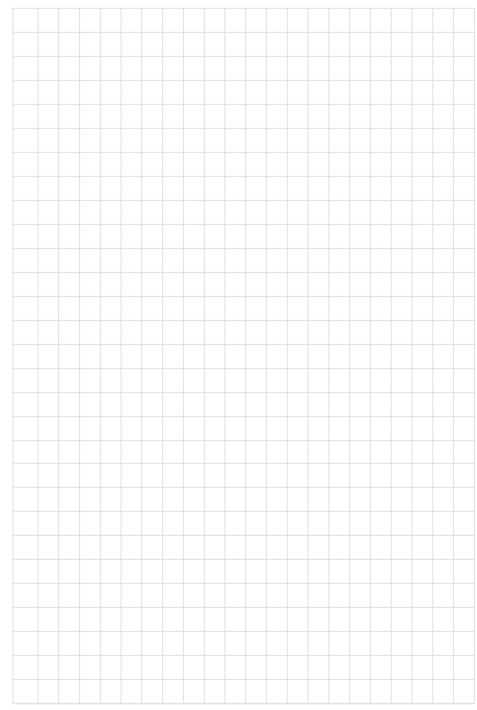


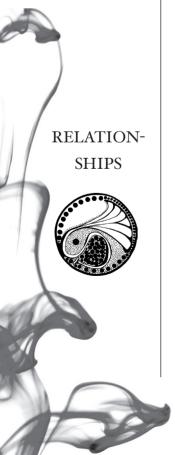


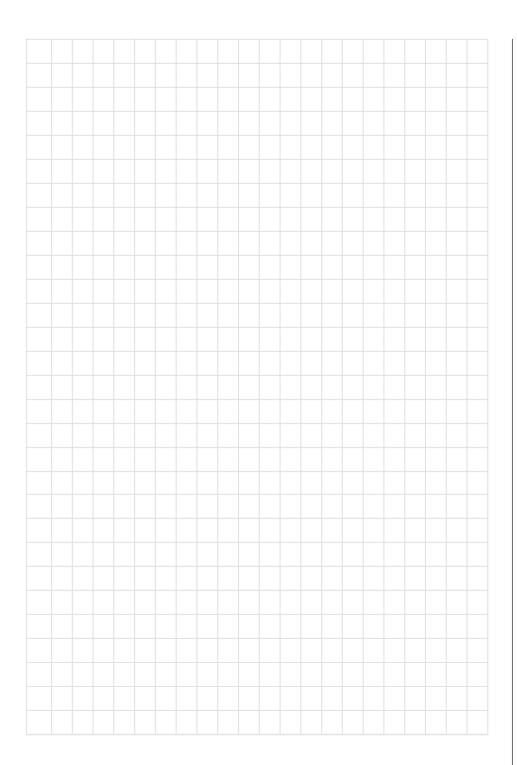


RELATION-SHIPS



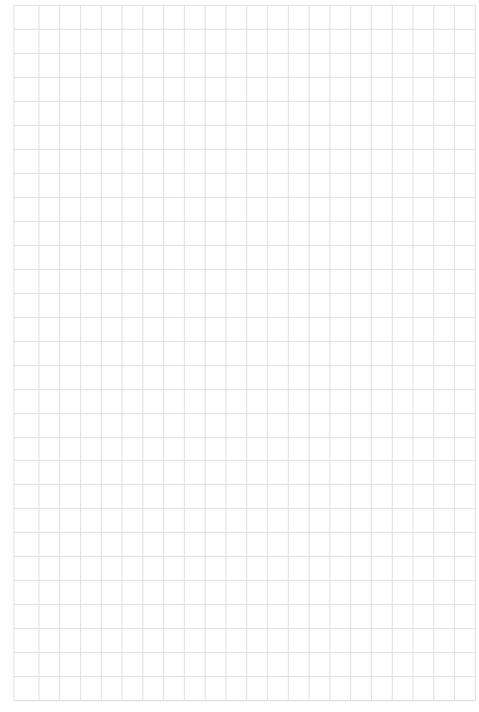


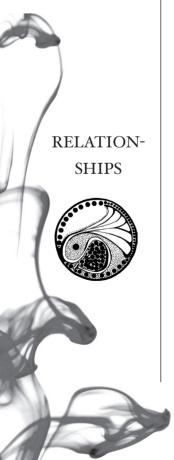


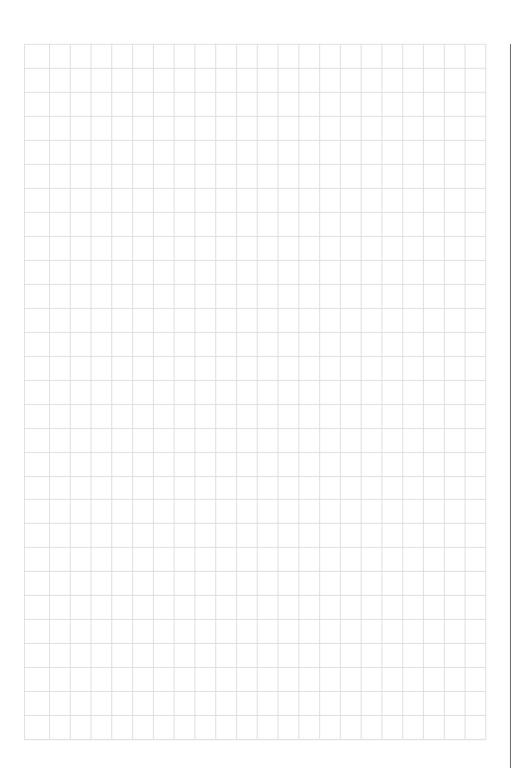


RELATION-SHIPS



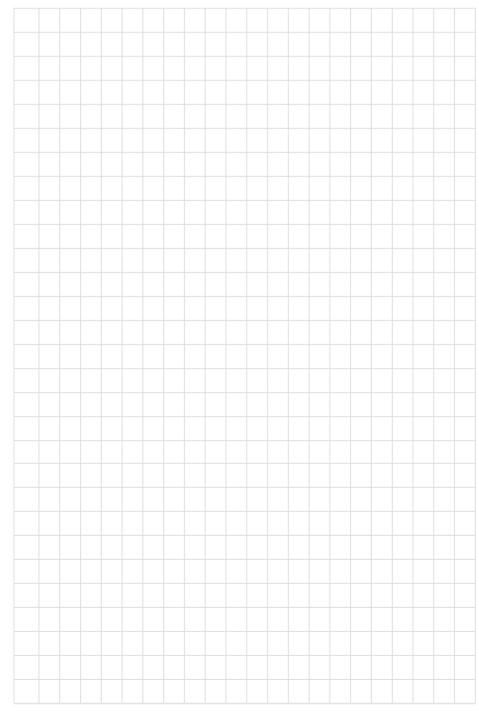


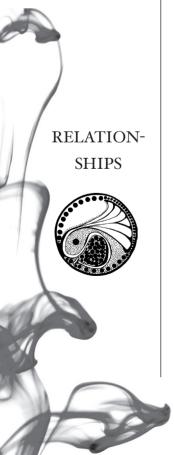


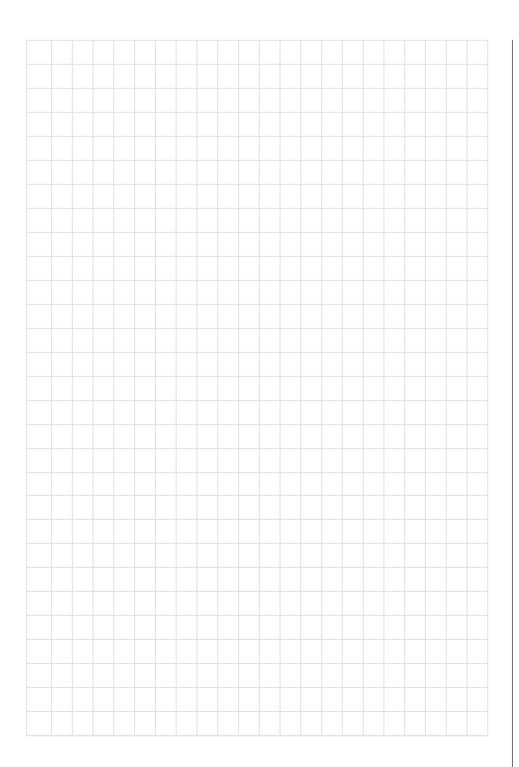


RELATION-SHIPS



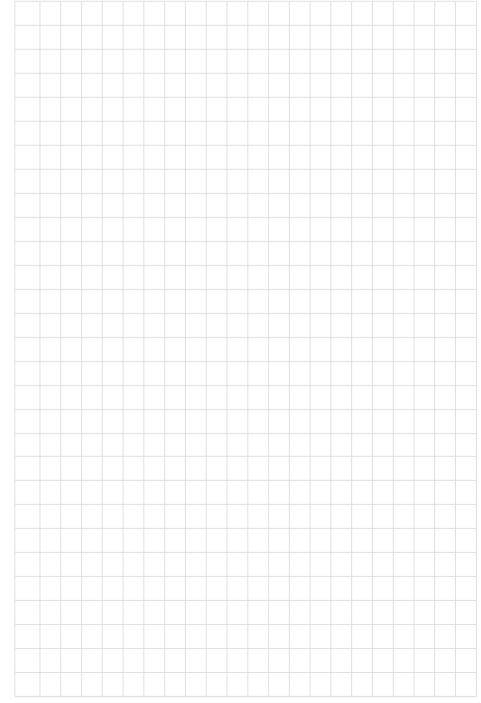


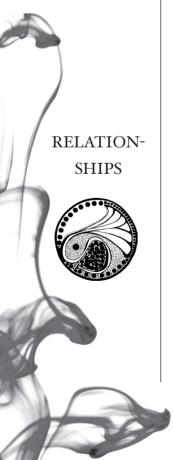


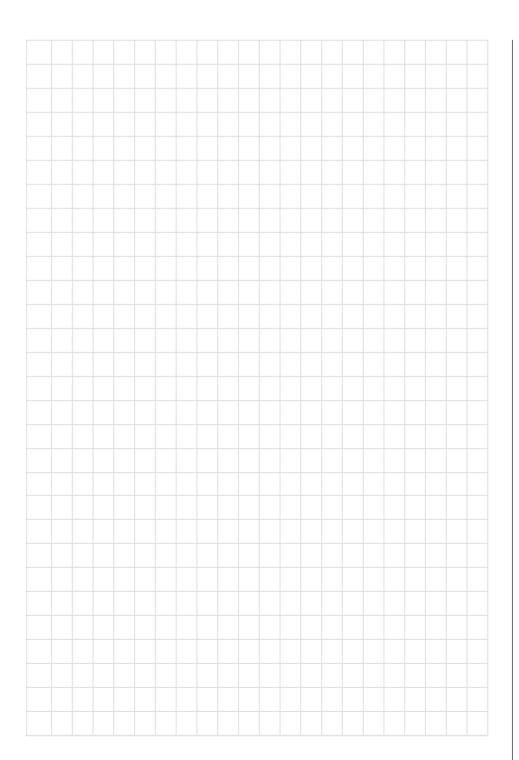


RELATION-SHIPS



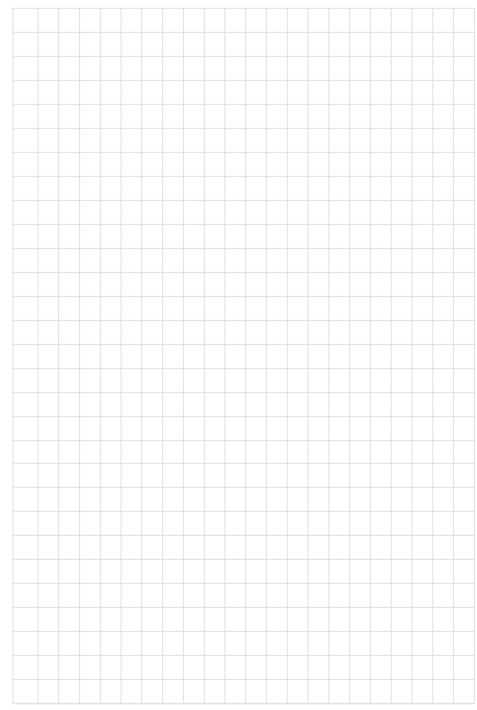


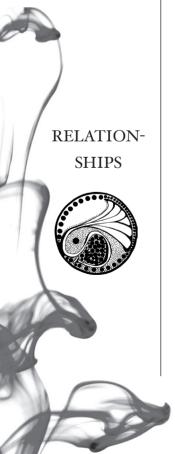




RELATION-SHIPS







Life Arenas

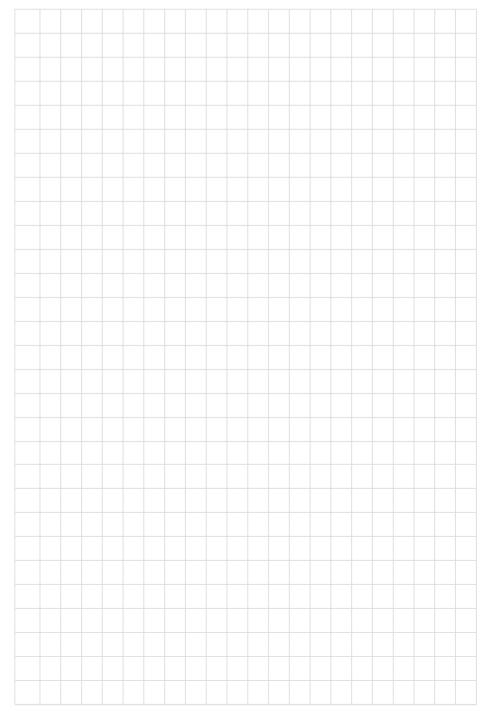


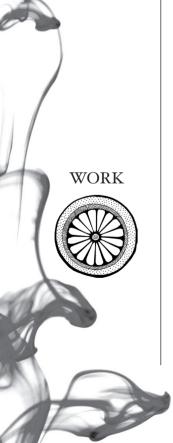
ach person has her own work experiences, the good, the bad and the ugly. We also define work from our own perspectives, for example, the person who recently had a car accident may be "working on" healing their wounds, both physical and emotional. The college graduate who is looking for "work" has a different view. The idealist who seeks "work" that is a true expression of Self has yet another. Here you can explore your definition/s of work, and your life work journey to find a way to best express your gifts.

On a more immediate note, log your daily work experience and struggles and victories that unfold.

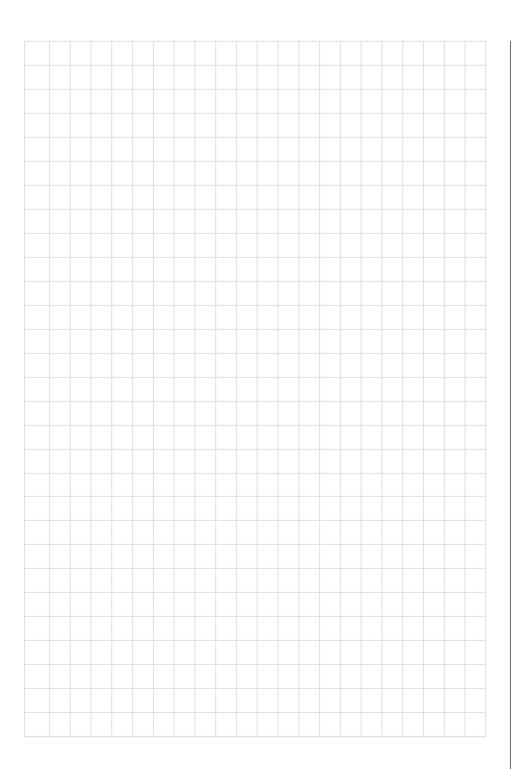
After you've created your "Work Story Grid," you may find memories about your work history that were forgotten. Write about them here, you may discover even more about yourself. Other areas to explore are:

- How to better integrate work into your LifeStyle.
- Become more Mindful about your work.
- Discover insights into how to make your work more enjoyable and congruent with your values and preferences.
- Work Goals

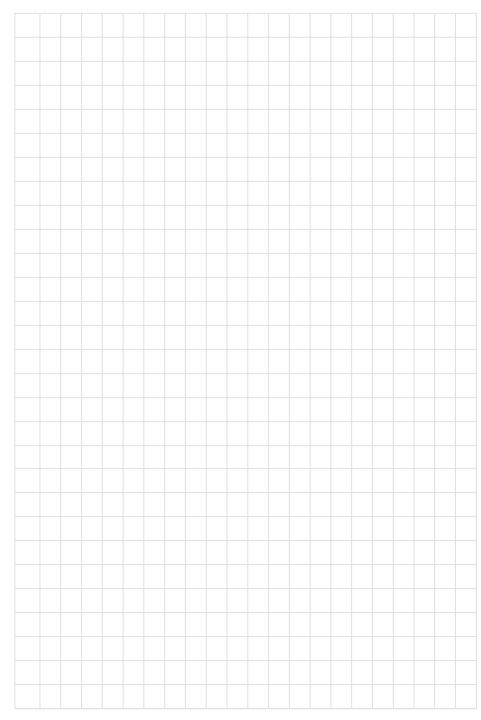


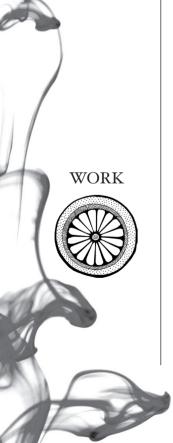


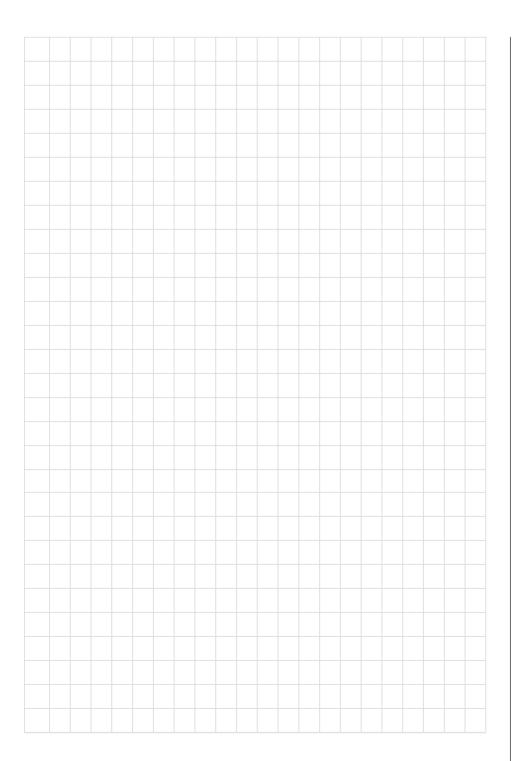




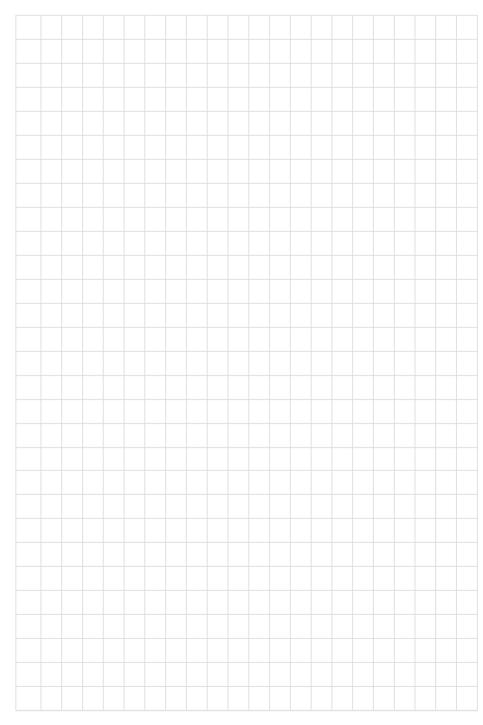


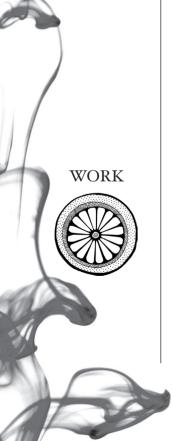


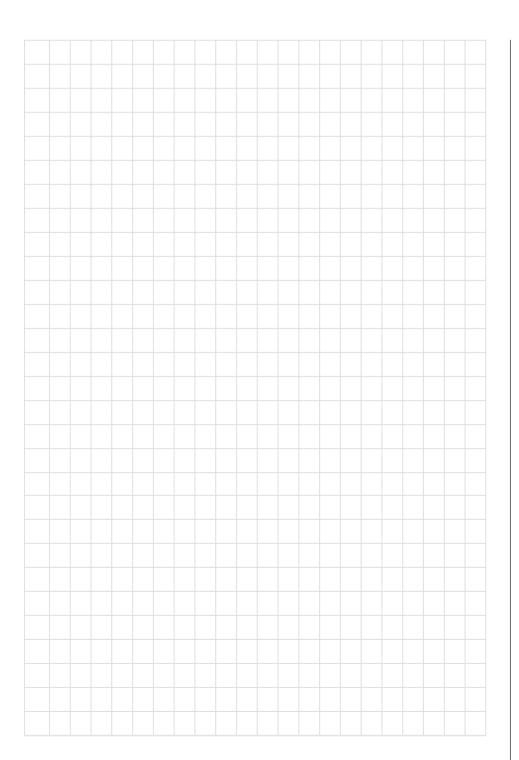




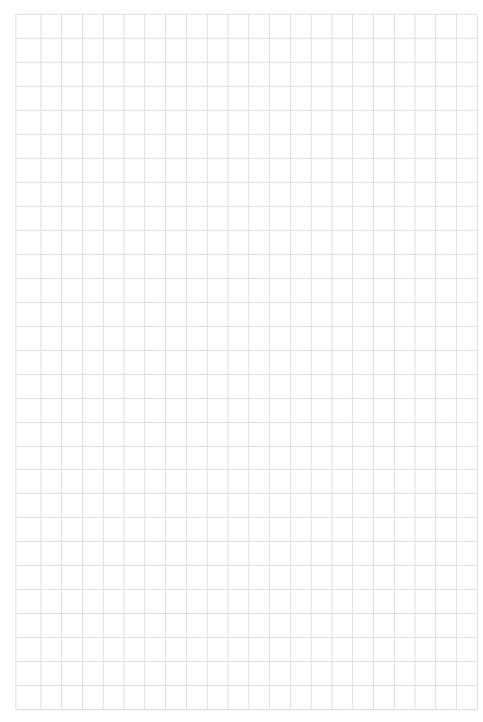


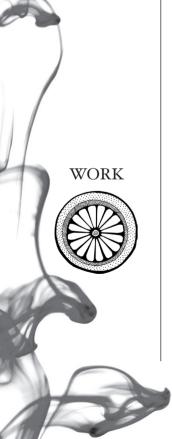


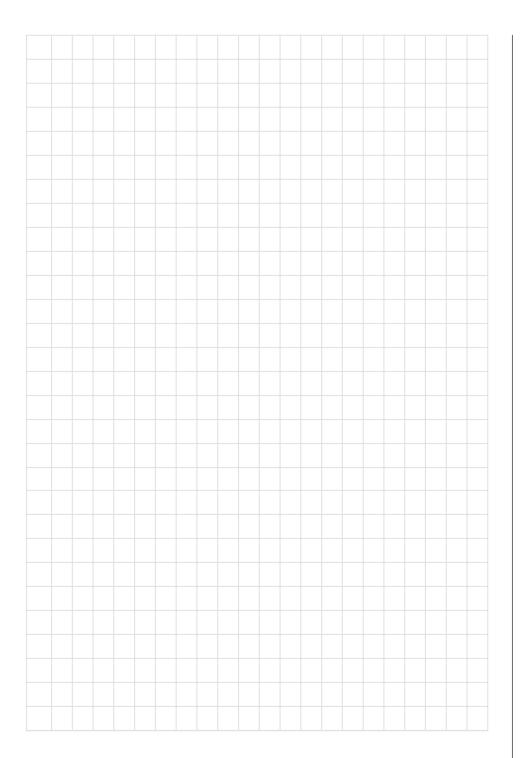




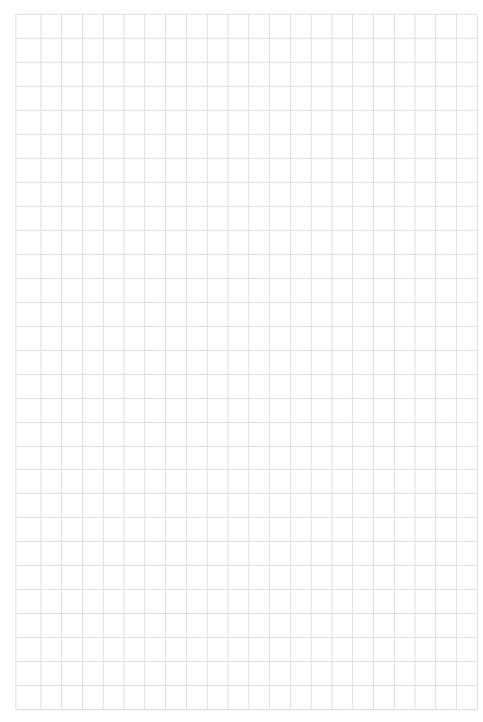


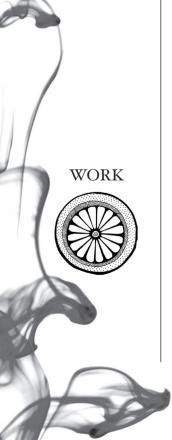


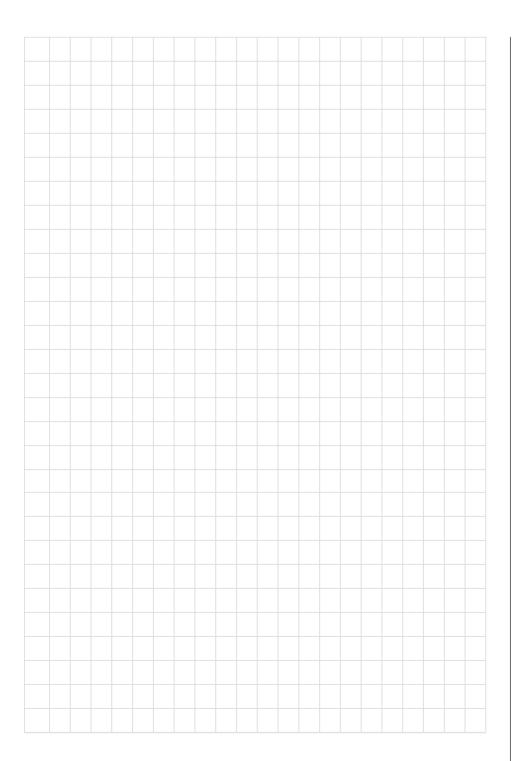




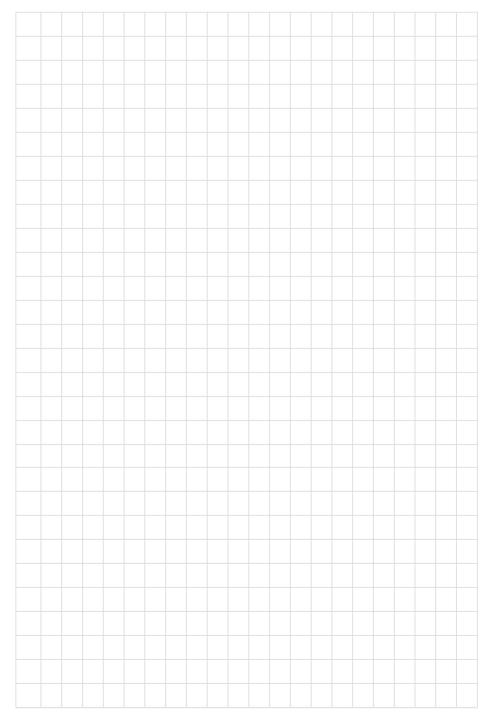


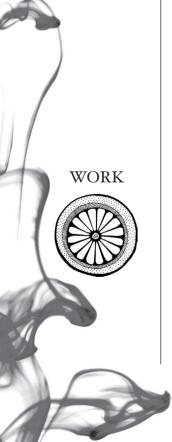


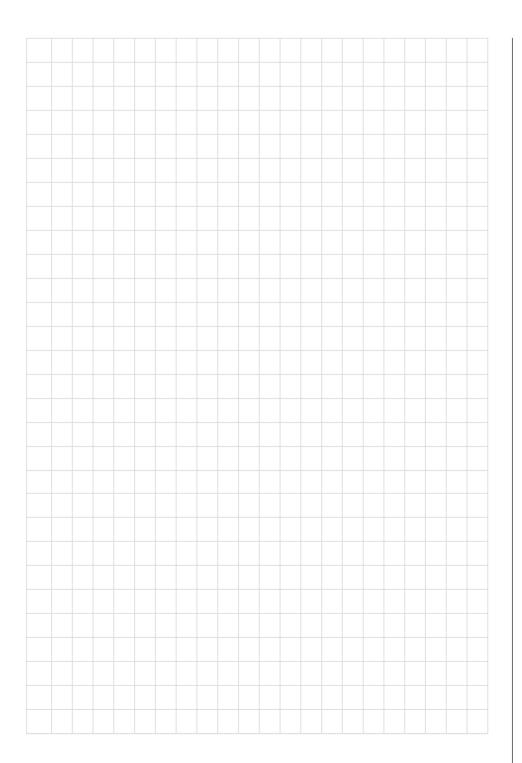




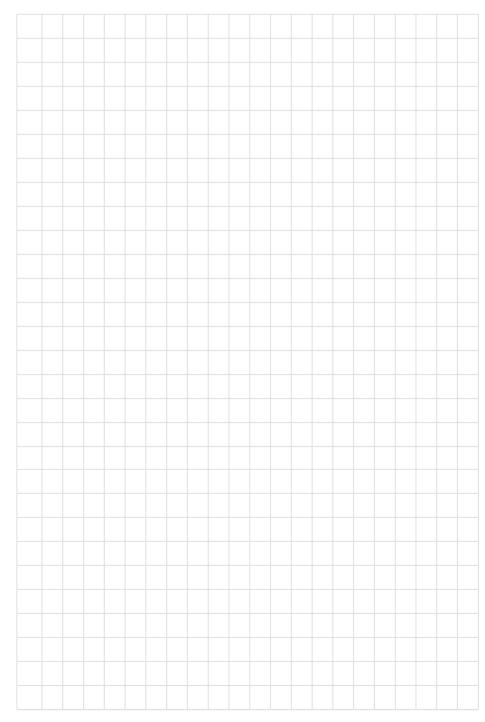


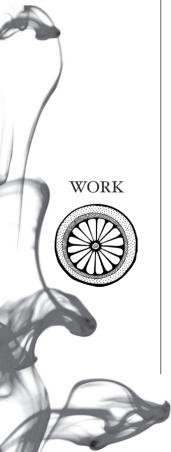


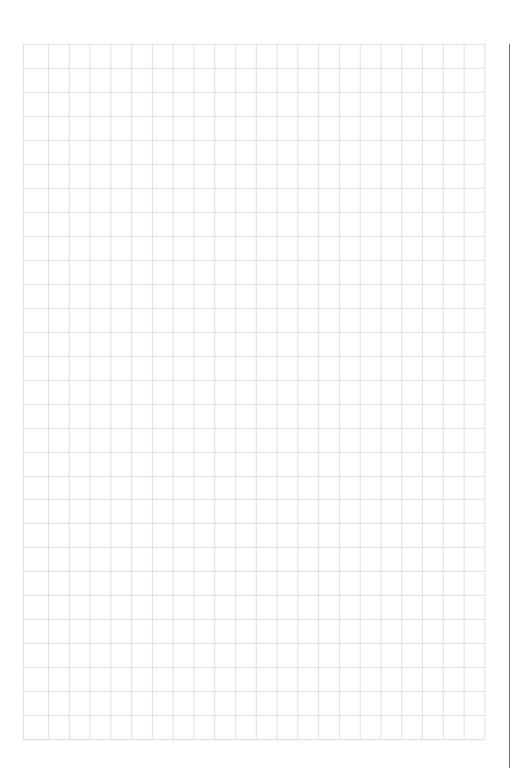




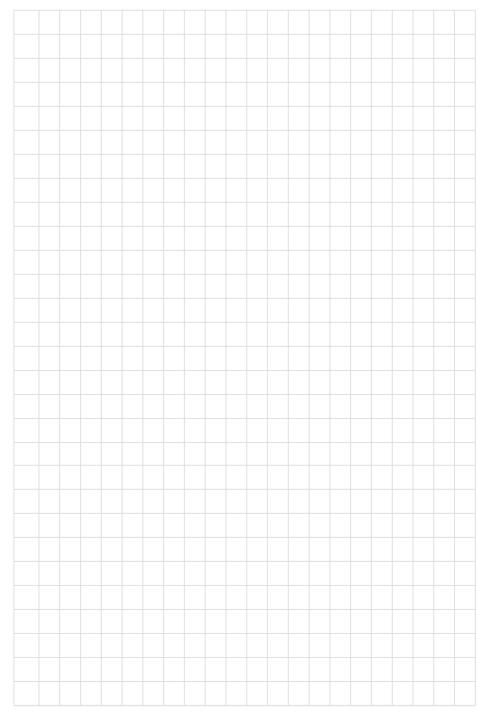


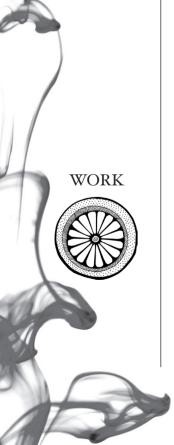


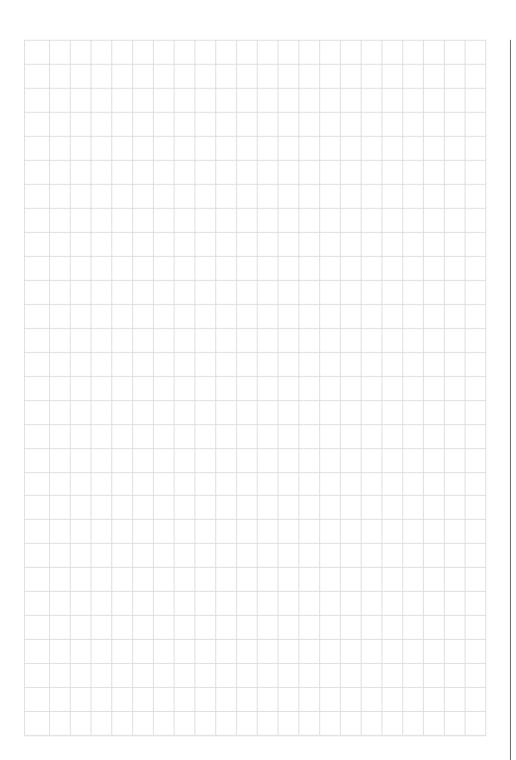




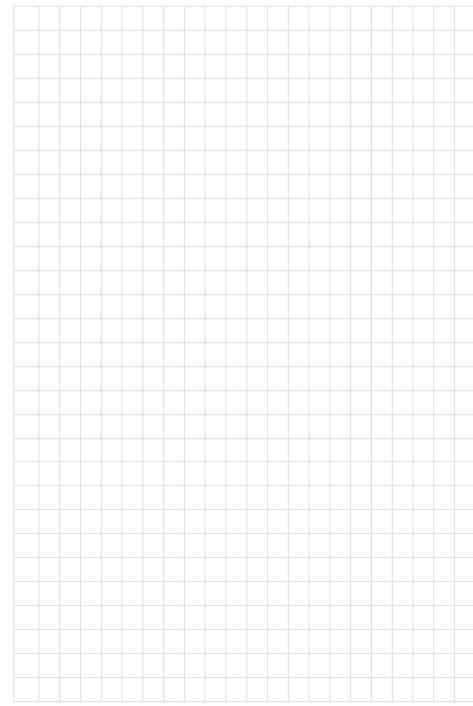


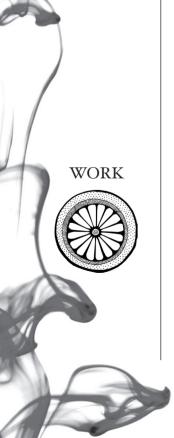


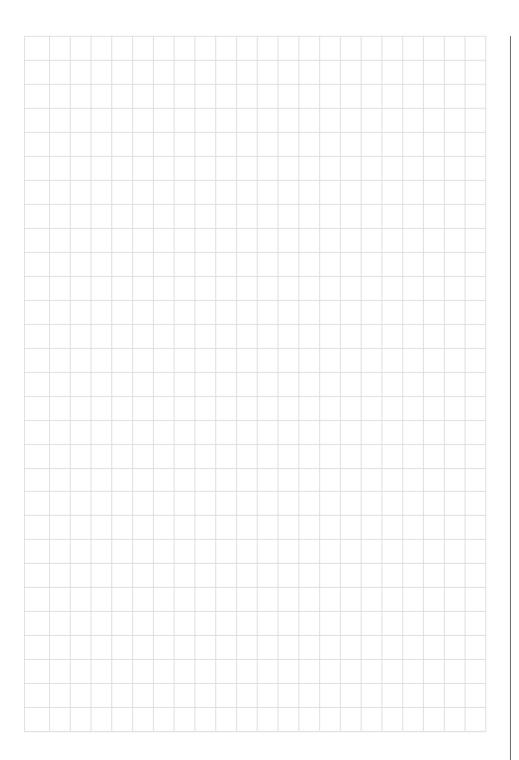




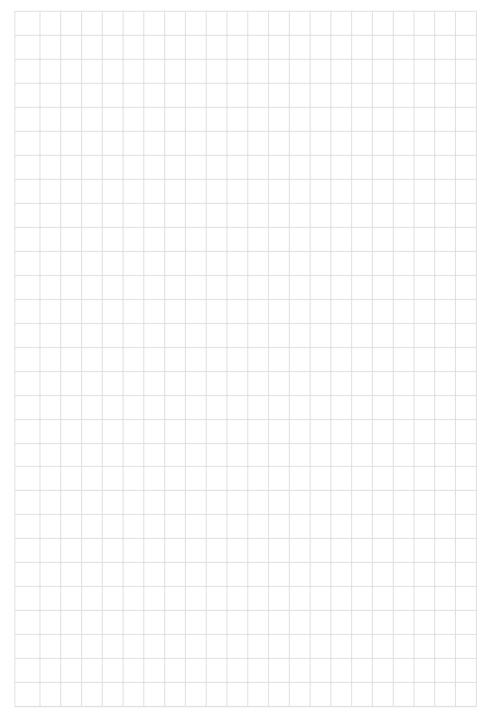


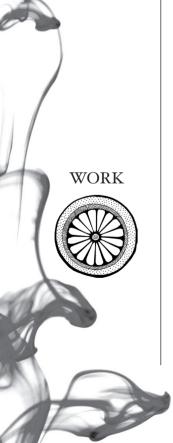












Life Arenas

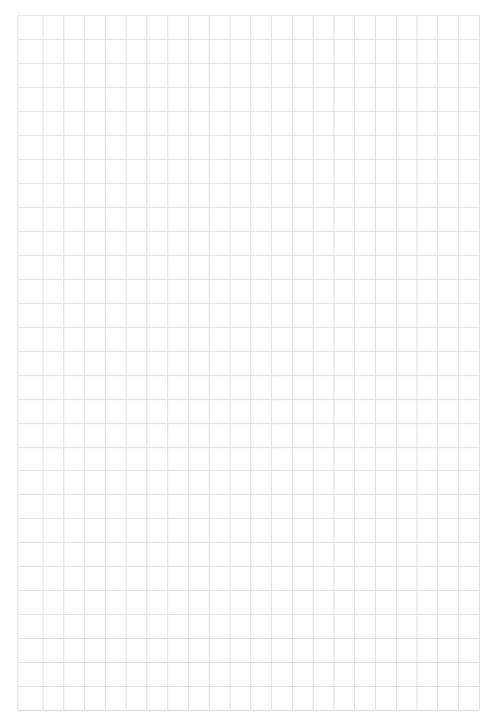


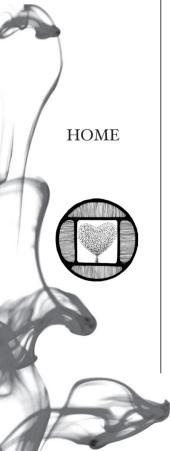
es, home is where the heart is, so this section can cover all the places your metaphorical heart resides. I wonder if this phrase comes from the ancient practice of Regals and Clergy, who after they died, had their hearts removed and placed in an urn to be kept wherever they considered their "Home" to be.

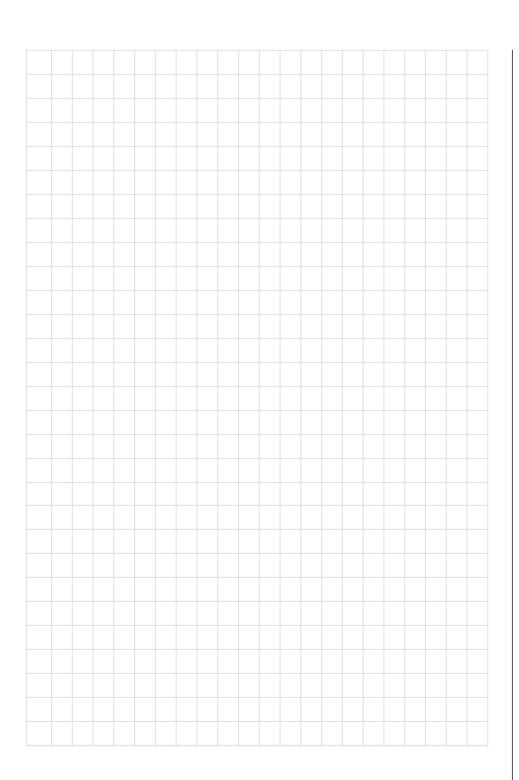
I'm sure your "Home Story" will bring up things to record here. Journaling will also help you clearly define just where your home/s are, you can have more than one. You can also brainstorm here as you design your "Perfect Home."

When issues that are related to Home come up, like refinancing, remodeling, losing it, or better or worse, you can work out those issues in this section. Other issues can be:

- Designing your perfect Inner Home.
- De-cluttering your current Home.
- Finding New Homes

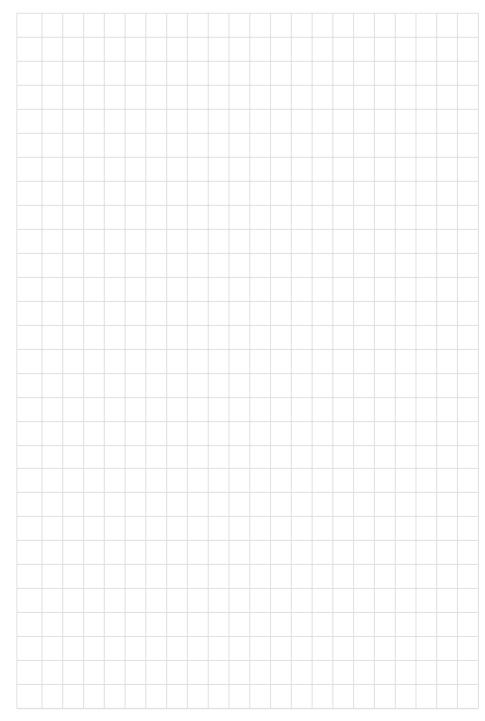






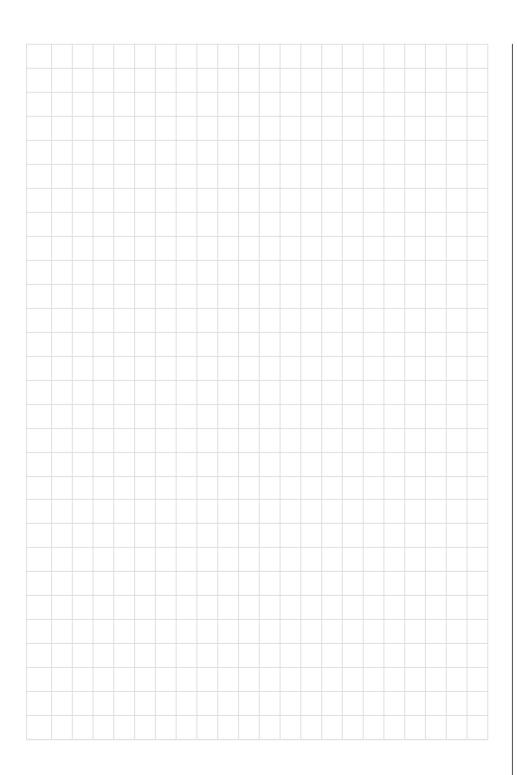
HOME



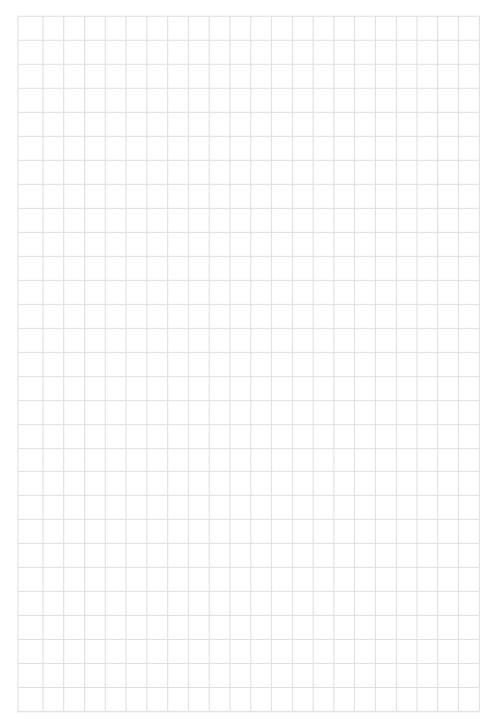


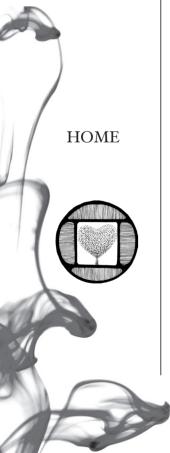


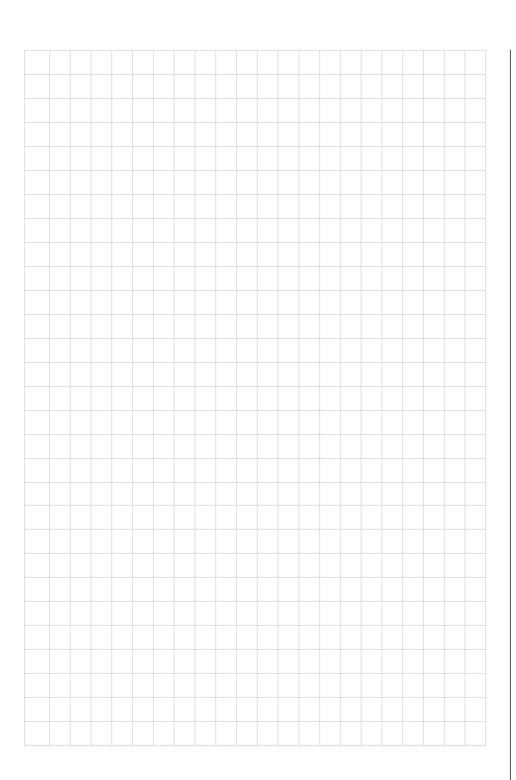




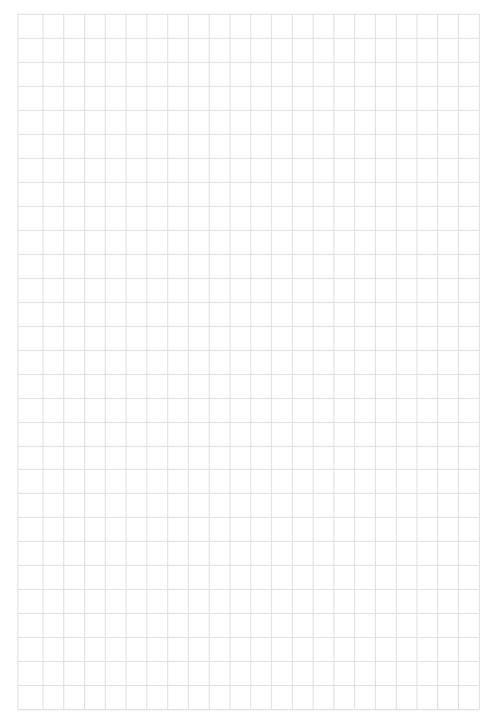


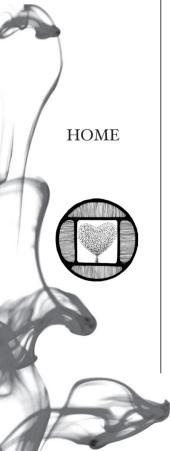


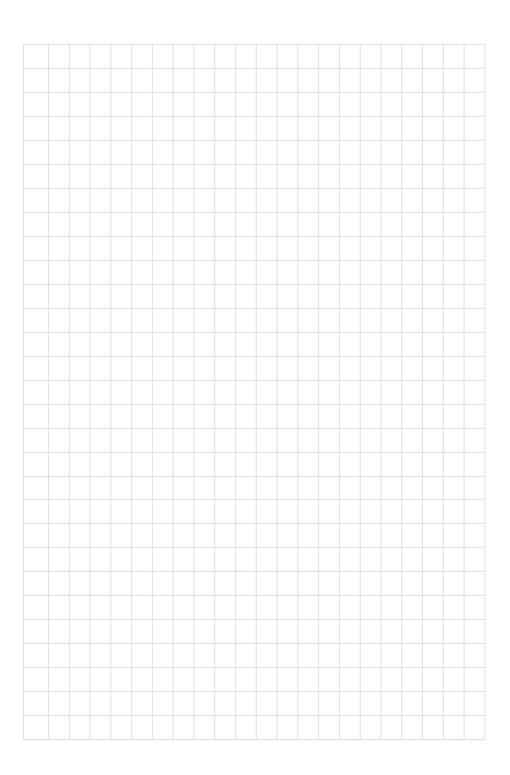


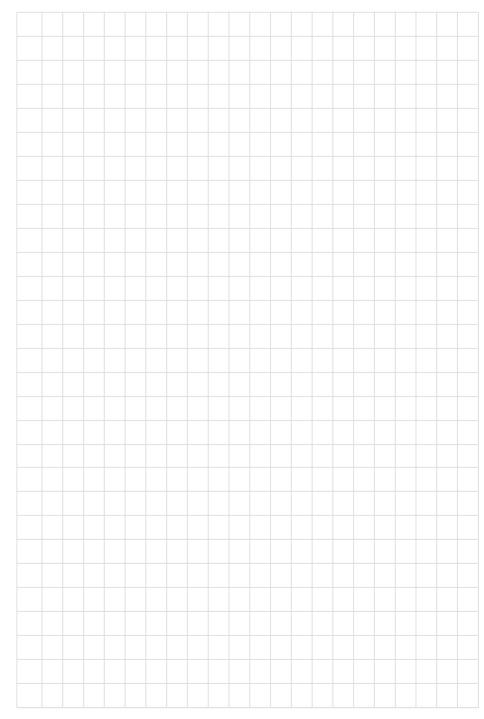






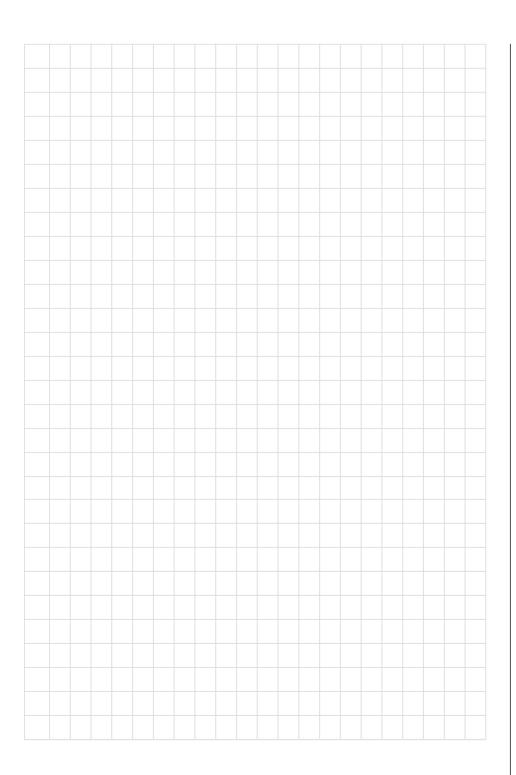




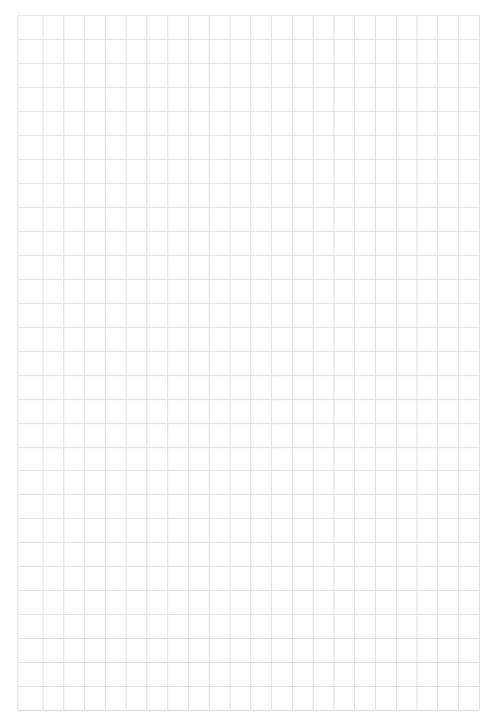


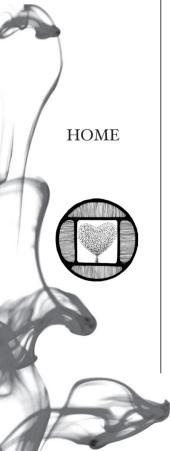




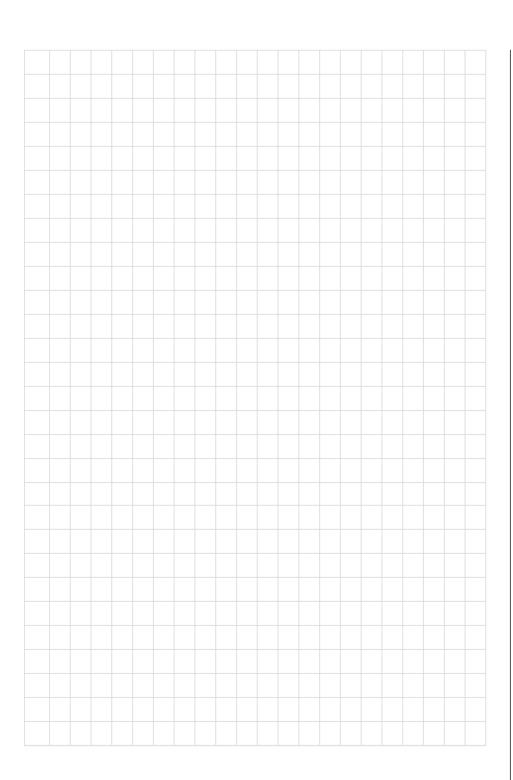




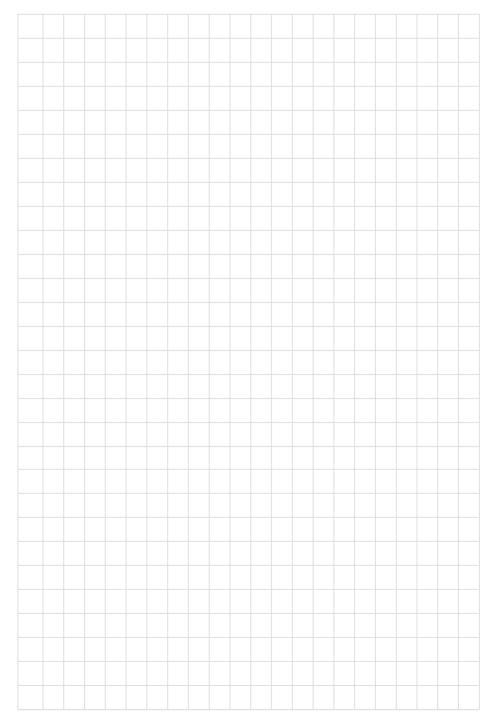




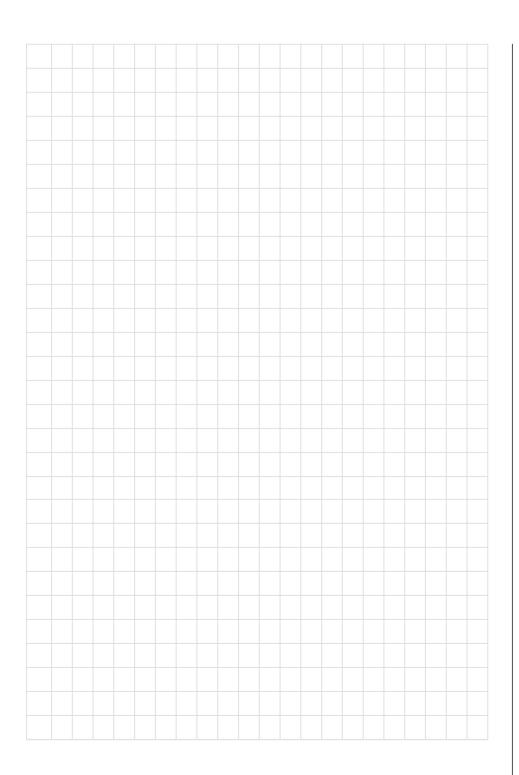




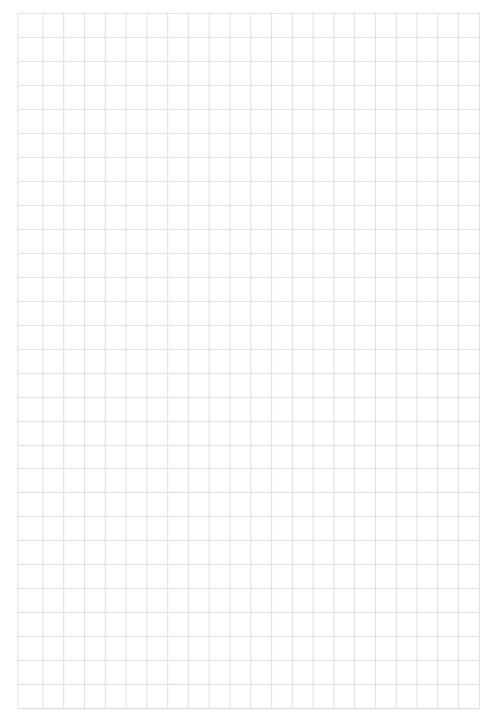


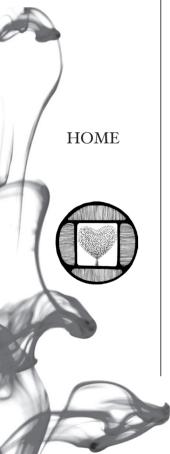


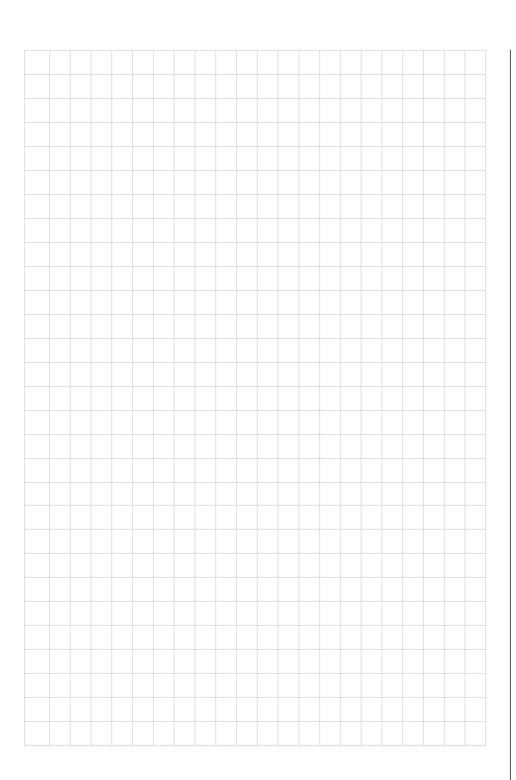




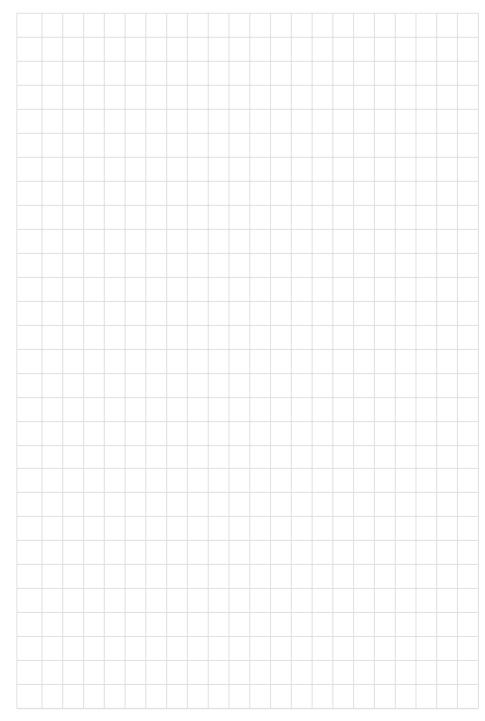




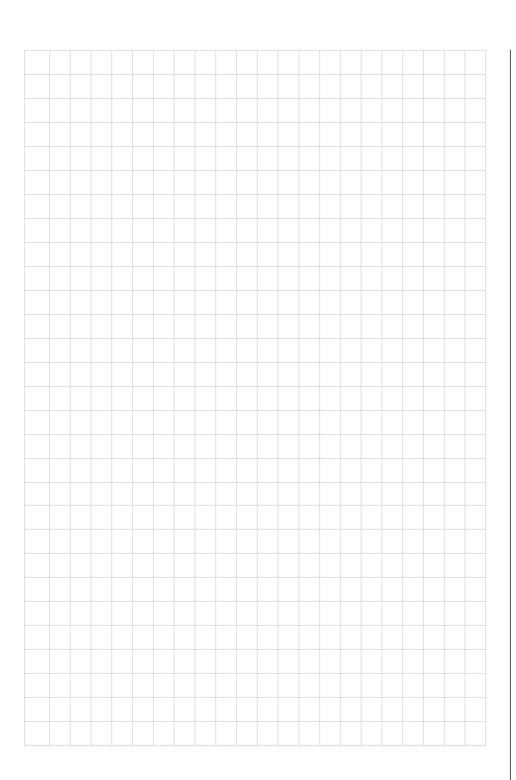




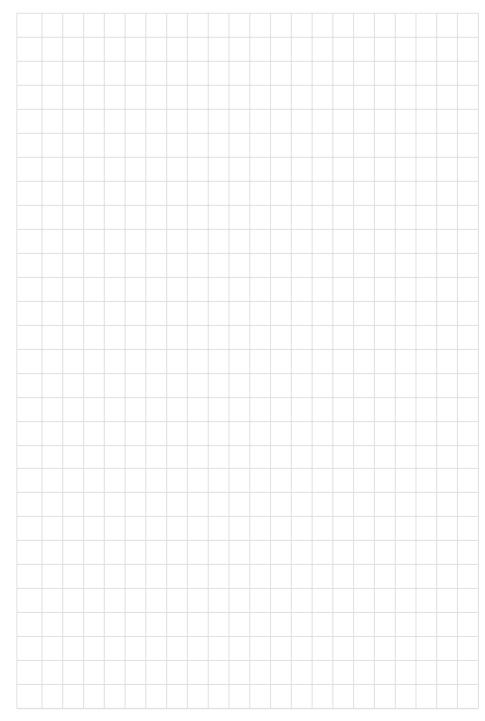














Life Arenas

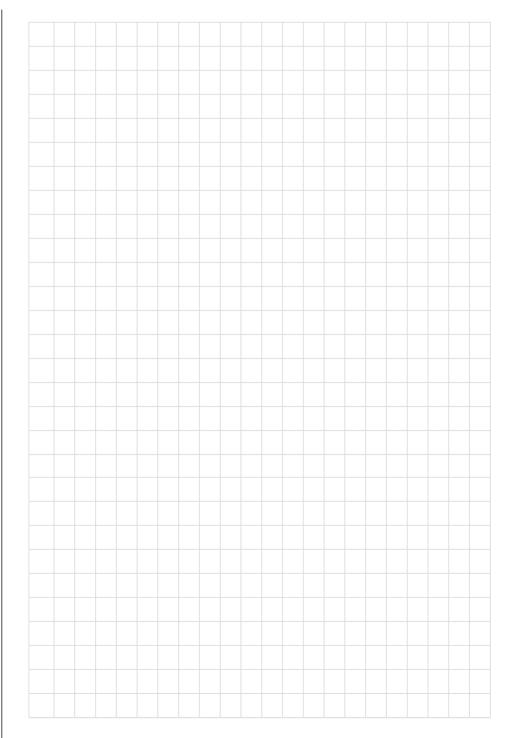


WHOLENESS & INTEGRATION

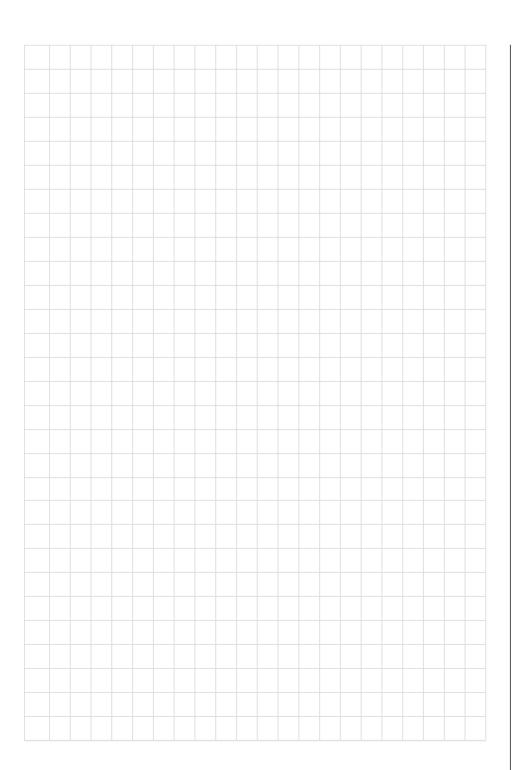
ometimes you'll have insights into how to integrate two or more areas of your life, or notice how one issue relates to another. This is the section to use for that.

As you reduce the clutter of too much stuff, both inner and outer, often integration becomes the elegant solution. With Integration, you are able to bring two areas of your life that were drawing time and energy together and create one area that embraces them both.

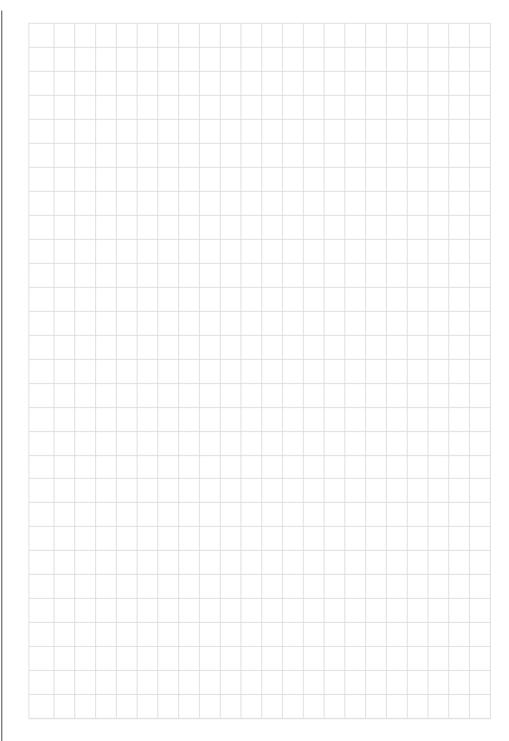
As you create your LifePlan this is the journal section to dialogue with yourself about what your highest and most elegant life solutions can be, and fine-tune your life so you can focus and live a life of joy, happiness, and abundance.



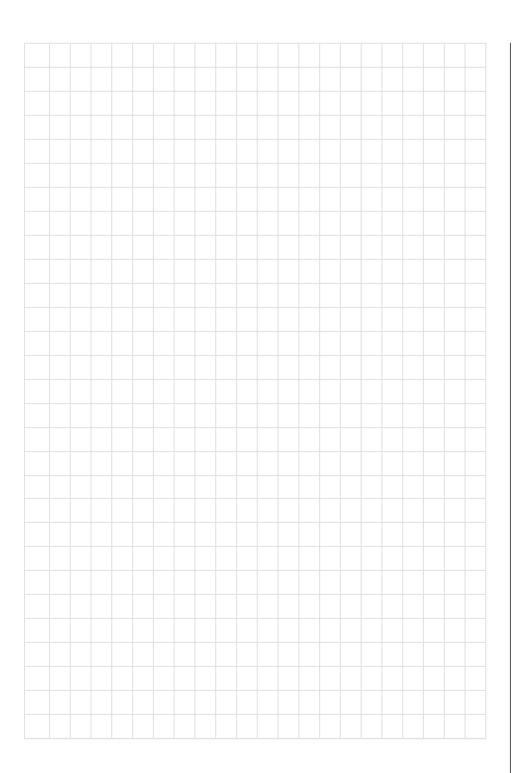




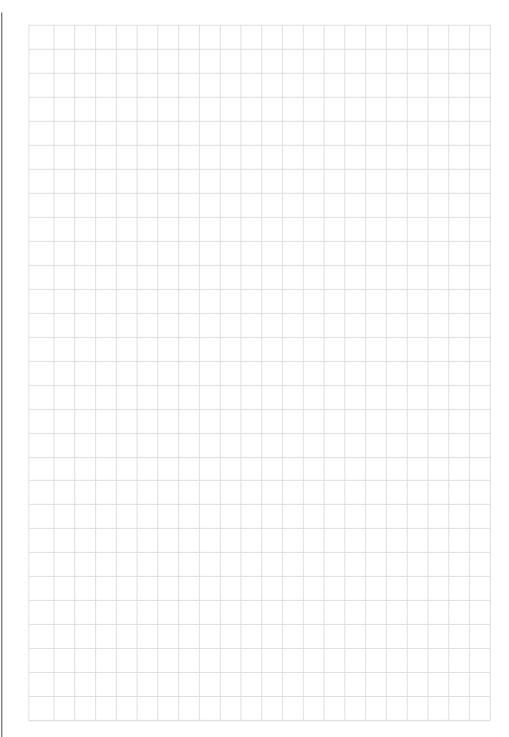




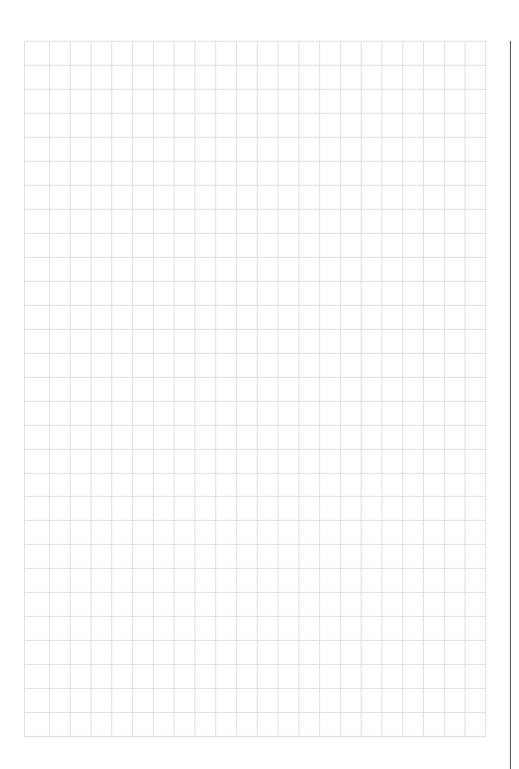




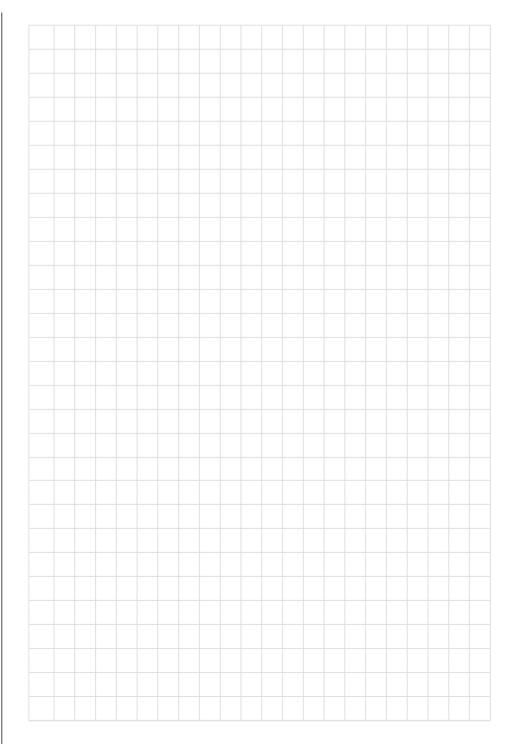






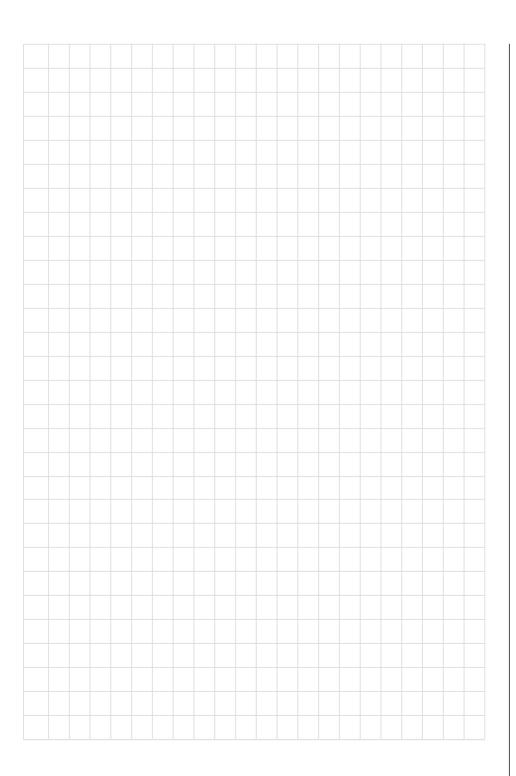






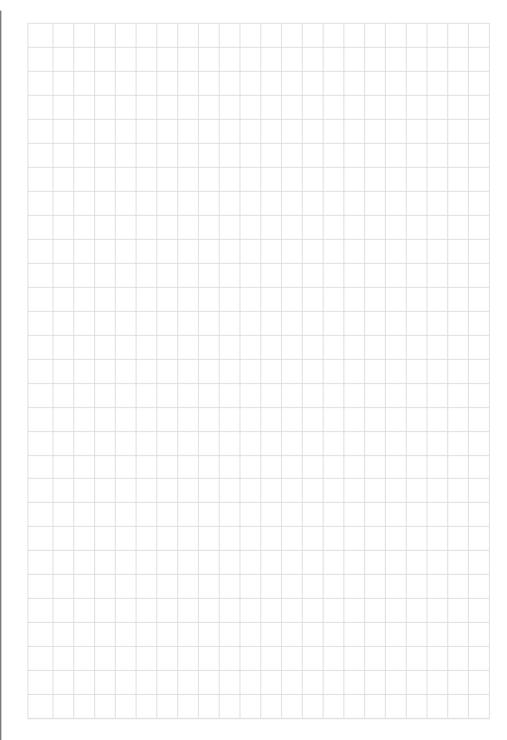






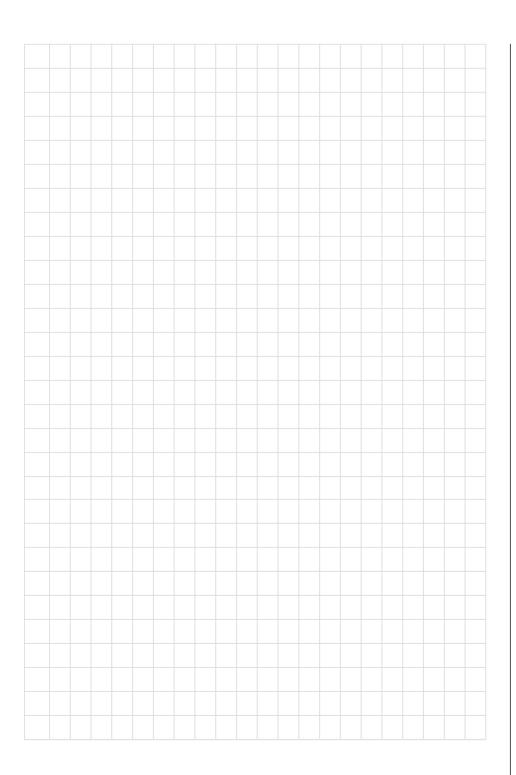


200 6

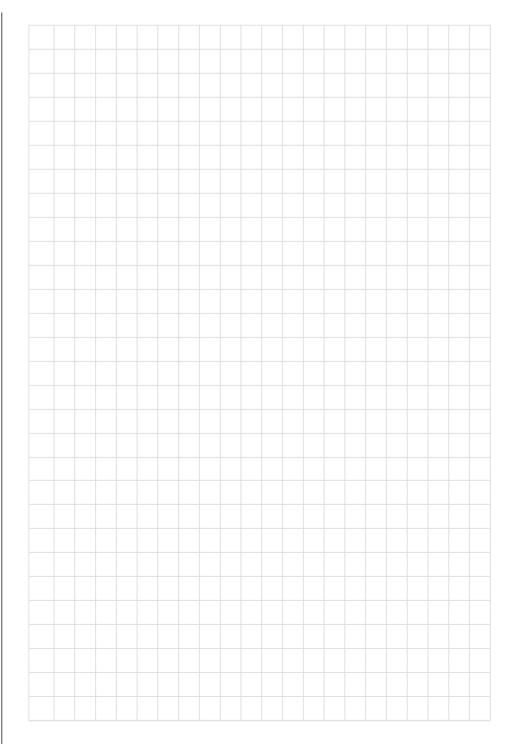






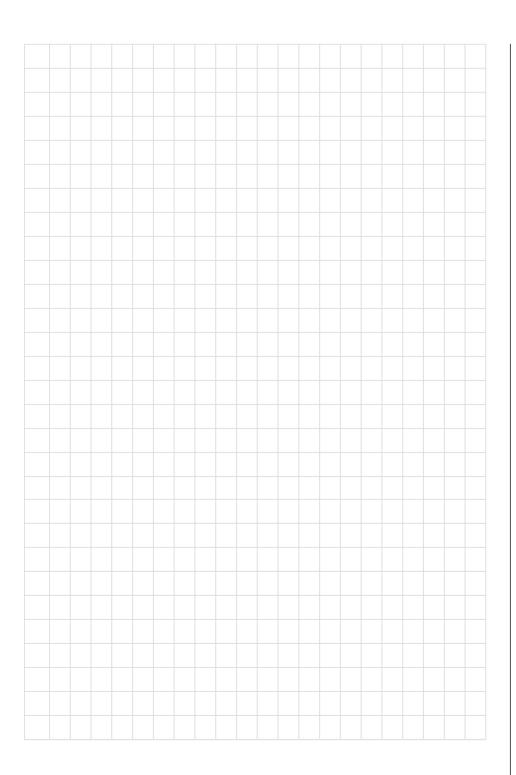




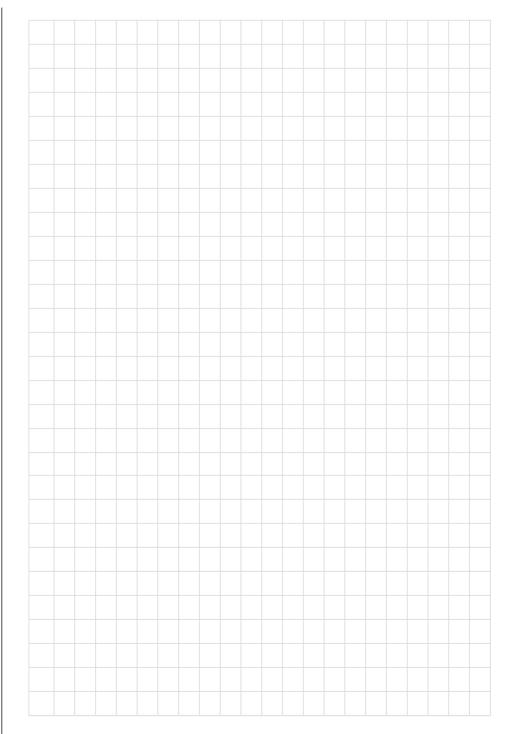




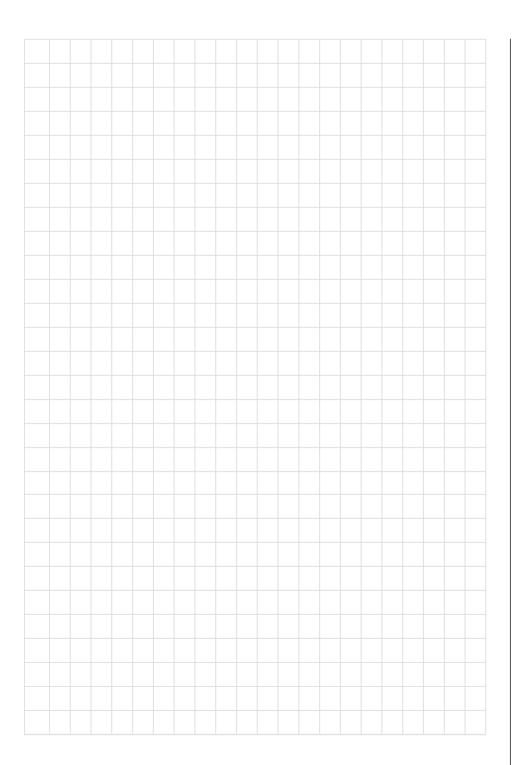




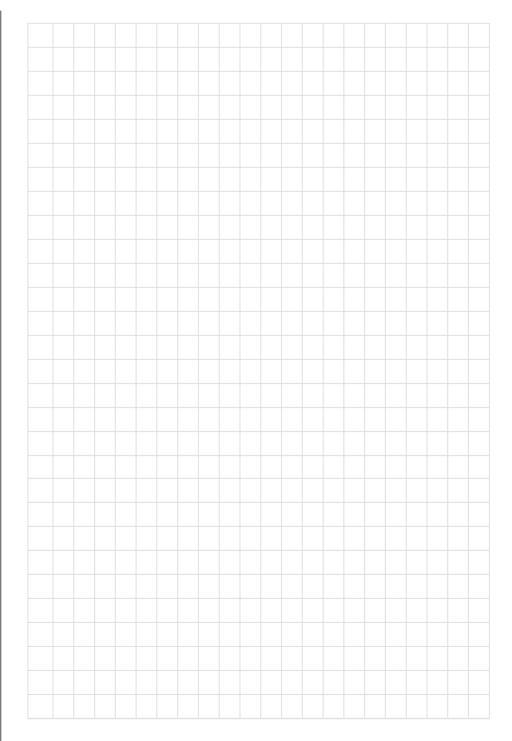




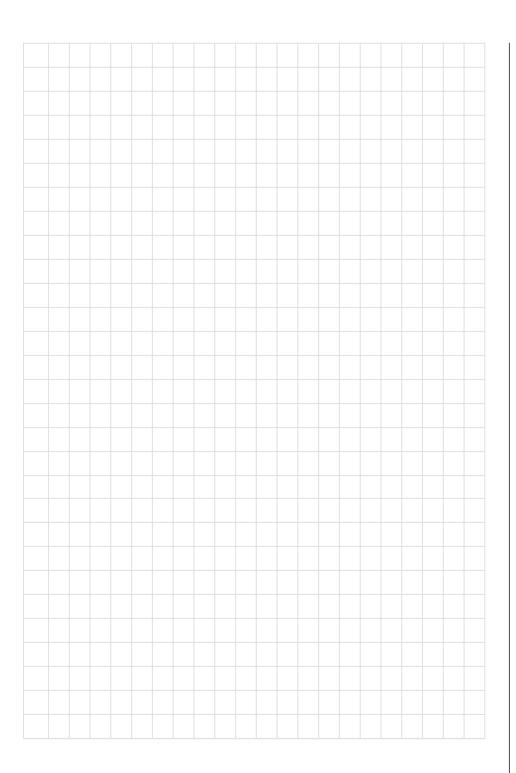




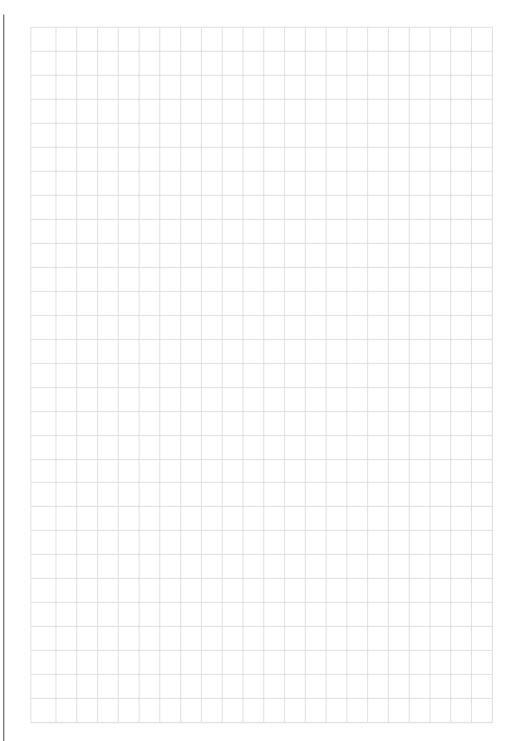








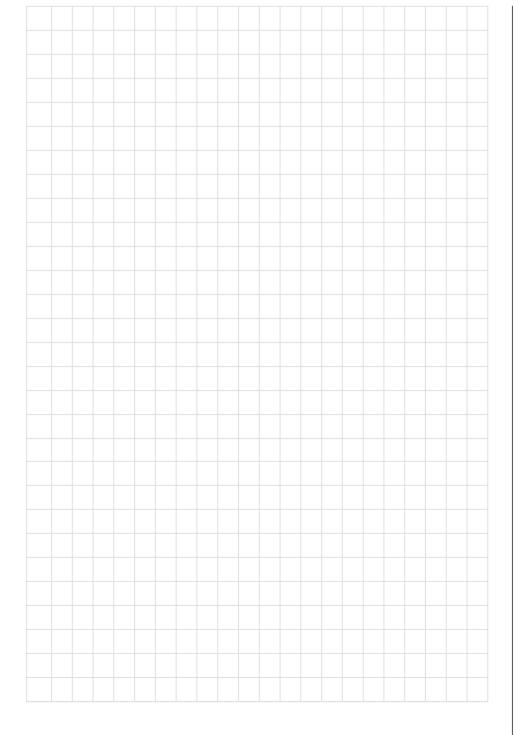




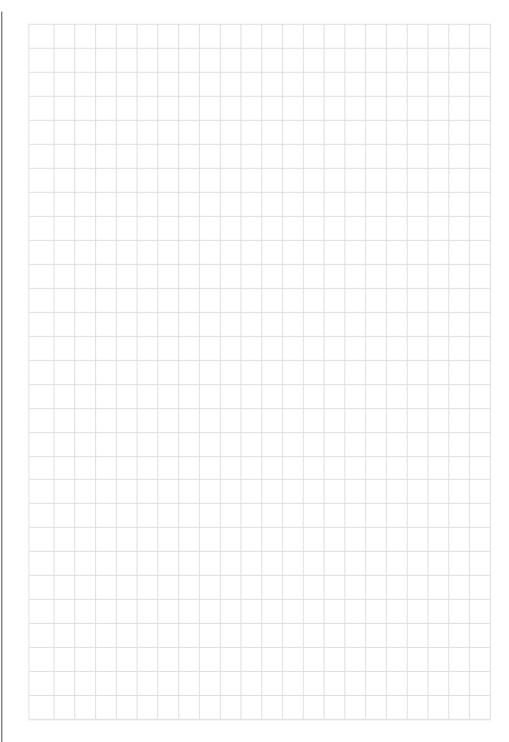














Dream Diary



he word "dream" can have different meanings to us, yet all are usually interrelated. A "dream" is a form of thinking that happens when there is a minimal level of brain activity, external activity is blocked, and inner directed "thinking" is not taking place. This state can occur when we are relaxed and drift off into daydreaming, and of course, dreaming at night.

The "dream" is something that is experienced with thinking and can include all of our senses and emotions. Then, there is the "dream report." The dream report, either remembered, written or spoken to others might be edited for content that is acceptable to the individual and/or others to whom you tell it.

Pulling all of this together, your "dreams" are little dramas or stories that our beings create to add grist to our dance of life.

Here are the instructions from LifeDancing for your Dream Journal.

Keep your journal by your bedside and try to
 write in it while you are still lying in the same position

you were in when you awoke. This maintains your kinesthetic memory and helps you recall your dream. To catch your dream, have pen, paper and a small flashlight or light, or an audio recorder by your bed. Write or talk as soon as you wake up.

- 2. Communicate as if you were a reporter at the scene of a breaking news event. Gather all the information you can without editing or criticizing. Use a MindMap to gather disparate information.
- 3. Dreams are oblique. That means an image or scenario may be metaphoric of a waking reality. Your subconscious mind tends to use symbols and imagery in ways you may not think of during your waking state. After you have recorded your dream, it will be time to uncover its larger meaning/s.

Dreams fall into general categories. You may want to create sections in your dream journal for each:

DAY RESIDUE/DAY RESOLUTION. This is a dream that completes a situation that was going on during the day. You may have an argument with your boss and your dream that evening could be you overcoming someone who you thought was stronger



Dream Diary



than you.

BIG PICTURE RESOLUTIONS. A dream that pulls together a lot of pieces of your life into one story. Be open to solutions that are outside of your comfort zone.

FRAGMENTARY DREAMS. These are dreams with a lot of disconnected images, situations and more. You may need to simply record this dream and keep coming back to it for insight.

INTUITIVE DREAMS. Sometimes you

dream about an event, person or situation and wonder why. It may be that you're picking up information from outside of yourself here and want to follow up. For example, recently I dreamed about having coffee with a friend who suddenly had to leave and deal with another person. The dream felt unsettled. The next day, I talked to my friend who told me that the day of my dream she had been dealing with her ex-husband and felt very emotionally impacted. Coincidence?

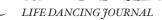
Maybe. Maybe not. **Dare to Dream!**





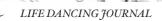






























Dialogue with Circumstances and Events



ou just came home from the circus and feel elated and joyful. This section is a great place to explore your relationship to the circus and how it raised your spirits.

Using your magnifier, uncover the deeper principles that awakened your happiness. Of course, on the other hand you can explore circumstances and

events that send you into a downward spiral. The more deeply you understand your relationship to your circumstances and the events that impact you, the more interesting your dance will become. You may have circumstances and events that you repeat. Create a separate page or section to keep these experiences in one place.



Guided Imageries



ifeDancing and Master Class have several exercises for you to complete, and often a suggestion to explore them in more depth in your Journal. You can use guided imagery to open up blocks coming from your subconscious, and create safe places in your mind.

One guided imagery exercise I enjoy using when

I'm confused is to take myself to a safe place, like the beach or my boat, and meet my inner guide. I can dialogue with her and imagine solutions that the mind can so quickly create. Whenever you need a vacation from stress, you can also simply go to your safe place and discover what unfolds.

Enjoy!!!



· · · · · · · · · · · · · · · · · · ·	-	 · · · · · · · · · · · · · · · · · · ·	

Guided Imageries

Guided Imageries



Visioning



s you become clearer about who you are, your visions will become more integrated and congruent with who you are. Remember to let magic happen.

I like to use what I call the Disneyland approach to dreams and visions. Simply take your magic wand (internal or external), wave it and allow your inner critic to go on vacation. Imagine the fullest vision possible. Then, go back and make it even bigger and better. Visioning is best done "Blue Sky," meaning NO boundaries.

The next part is the most difficult, honoring your visions.

You'll be recording exercises from LifeDancing and Master Class here as well. There is a lot more to be done in this section:

- Asking Yourself Daily, "What do I want?"
- ReVisioning the Past
- Integrating your Past, Present, and Future Visions
- Writing Your Vision Story



256 O LIFE DANCING JOURNAL

APPLICATIONS



LIFEDANCING JOURNAL - 257

APPLICATIONS

-	
	 .



258 O LIFE DANCING JOURNAL

APPLICATIONS

<u> </u>	 	



LIFEDANCING JOURNAL - 259

APPLICATIONS

•	
•	
•	
-	



260 O LIFE DANCING JOURNAL

APPLICATIONS



LIFEDANCING JOURNAL -C> 261

APPLICATIONS





•	
•	
-	



264 O LIFE DANCING JOURNAL

APPLICATIONS

ReFraming



eFraming is something I do on a regular basis. This practice begins by first noticing the thought or feeling that feels "negative" or not in your best interest, like "I'm stupid." As you become more aware of your inner thoughts and narrative, you'll be ReFraming more and more. This practice will soon become automatic.

When I find myself thinking I've not done a good enough job, I step back, look for what I did well, and ReFrame to "I have a few more things to work on, and I did as good a job today as possible." As you become a good, quick ReFramer, your ReFraming will move

to bigger and bigger ReFrames, like ReFraming your childhood and anything else in your life that is not serving you and your higher purpose.

I've discovered ReFraming to be a bit like peeling an onion. As I'm aware of a negative or destructive mentation and ReFrame it, if I maintain my mindful awareness, and am curious about where the thought or feeling came from, there may be another one rising up behind it to also be ReFramed.

I hope you'll become a quick-draw ReFramer and create thoughts of loving kindness to support your joyful LifeDance.

	_
	_
-	
	_
•	
	-
	_
•	
	_
	_
	_
	-
	_
•	
	_
	_
-	
	_
•	
	_
	_
	_
	_
	_

•	
·	
•	
•	

•	
·	
•	
•	

Harmonic Organization



veryone is organized differently, inside and out.

Yes, there are systems and tools that help people organize, but, if someone else organizes your life, office or home, you will definitely need to tweak it to make it right for you.

Here, you can write down your insights into organizing, and of course ways to re-organize your inner and outer life. For example, the other day I had a blinding flash of how I could move my home office downstairs and create a new guest bedroom upstairs. This became quite the organizing exercise – re-arranging books, adding electrical outlets, deciding what to keep and deep-store. It was a major re-organizing

project.

Sometimes the Harmonic Organization principles are simple, like cleaning out the drawers in the kitchen. Here you can brainstorm and make lists of things you might need like drawer dividers and how to store items.

If you're having difficulty with this application, you can use this area to uncover your inner organizer by simply using mindful awareness and curiosity to understand how you are currently organized. Remember, the very nature of LifeDance is change, and Harmonic Organization is dynamic and will change, as you and your needs unfold.







Meditative Moments



ften during your formal meditations, thoughts, images and stories will come into your awareness.

Some folks like to simply watch them flit through their awareness and write about what they remember at the end of their meditation period. Others like to write them down immediately to explore later. Use whatever practice works for you.

In LifeDancing and Master Class, you'll find

exercises that use meditation to explore issues. Here is where you can dialogue about your experience. You might even dialogue and plan here how to create space and time for your meditation practice. Other areas to explore are:

- Different meditation practices and models
- Meditation groups
- Planning your meditation retreats



Meditative Moments

Meditative Moments

Meditative Moments

·	

Design Guide



our Design Guide is like a pay-it-forward inspirational diary. It can be private, or you can share it with people you trust.

This is the section that may need more creative ways to save items like pictures, pages from magazines, printed items you pick up and more. To find preservation options, go to your local office supply and

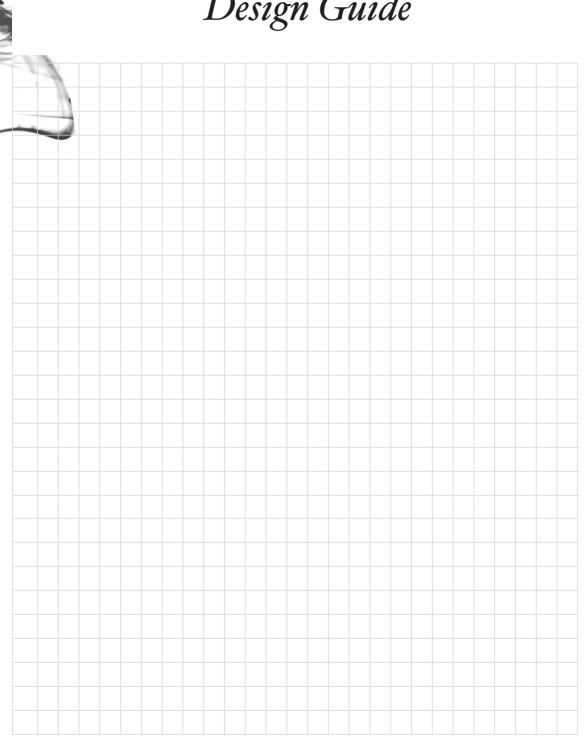
crafting stores, or look for online tools.

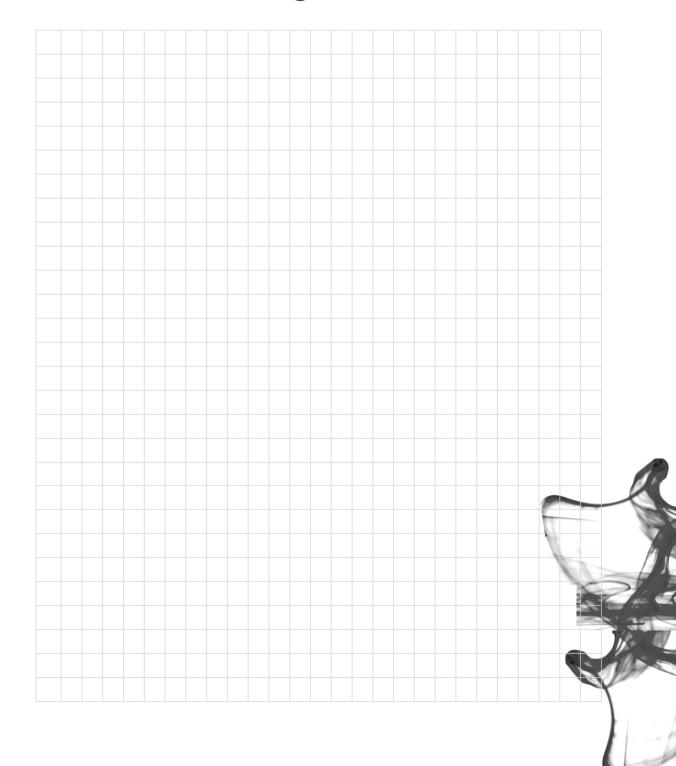
I've truly enjoyed going back 10 or more years and seeing what images and ideas I was attracted to. Sometimes I think, yuck, what was I thinking, and other times, yep, still true today.

Trust me, you'll enjoy planning forward and looking back for that thread of continuity that is YOU.

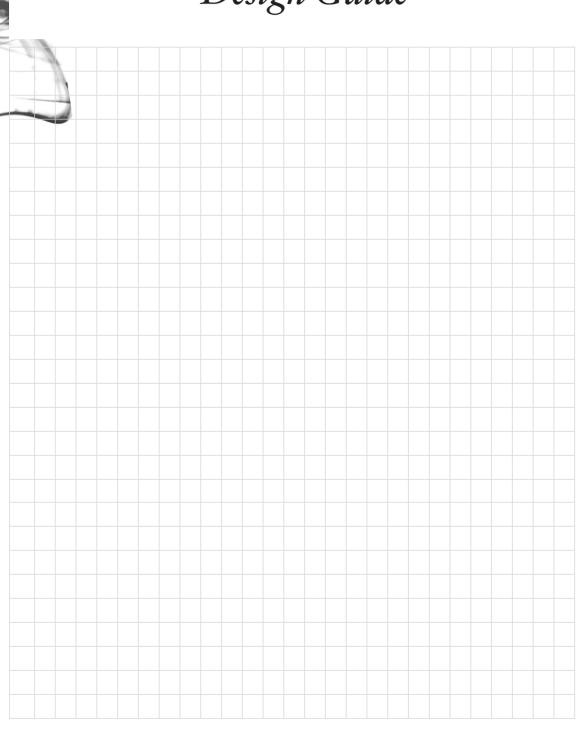


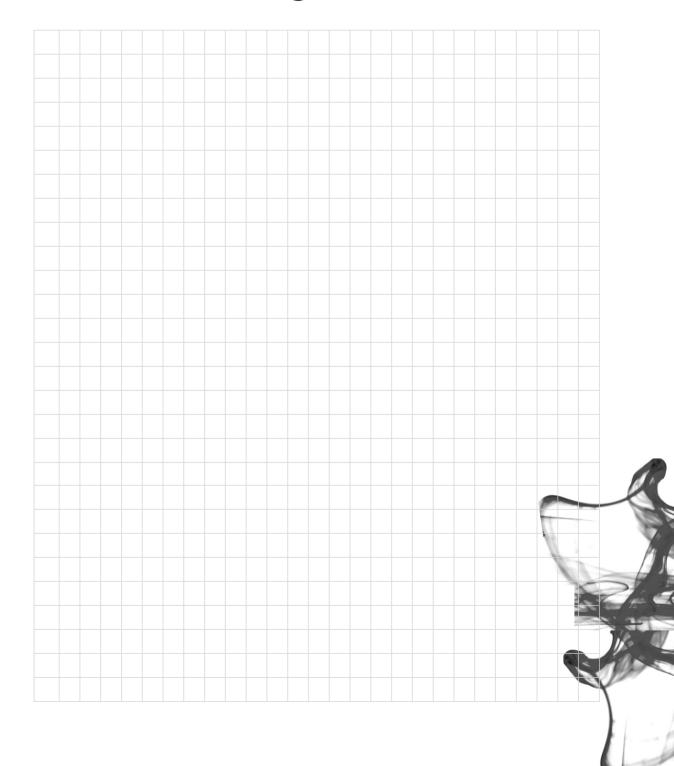




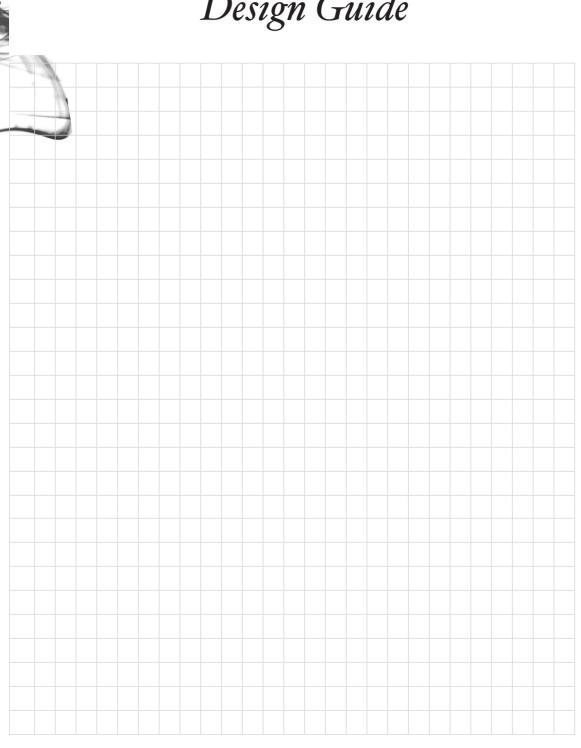


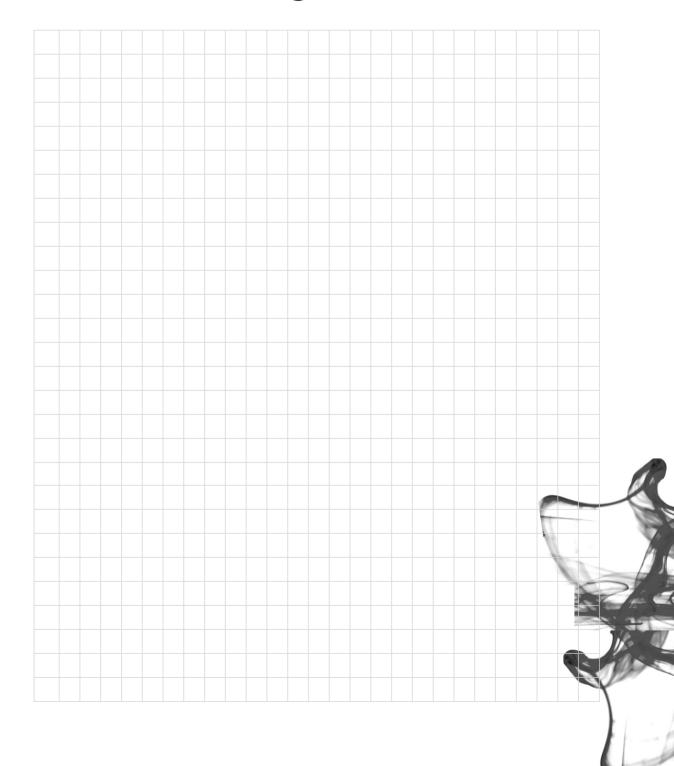




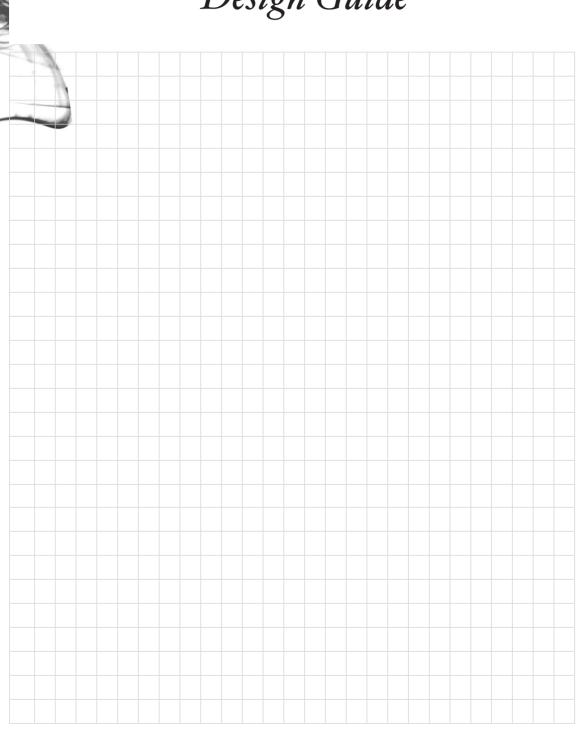


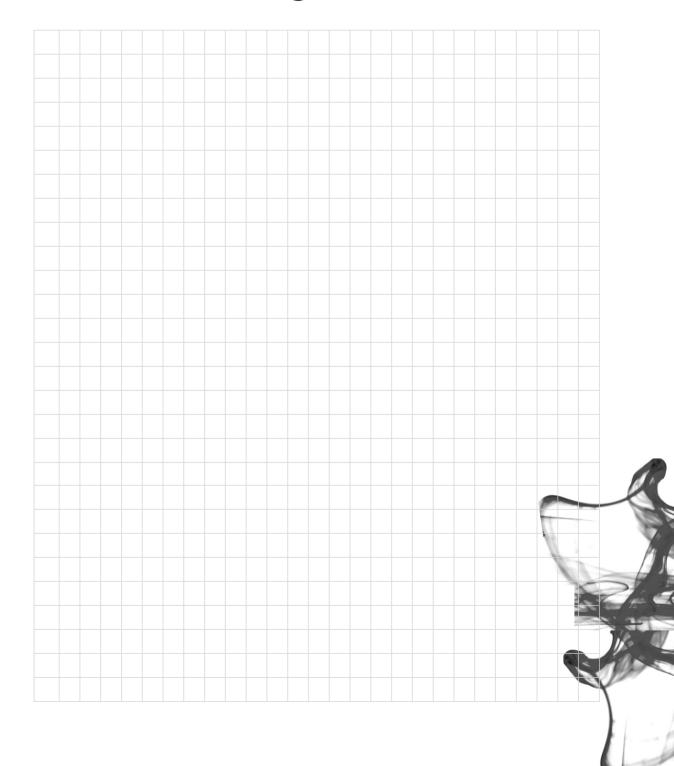


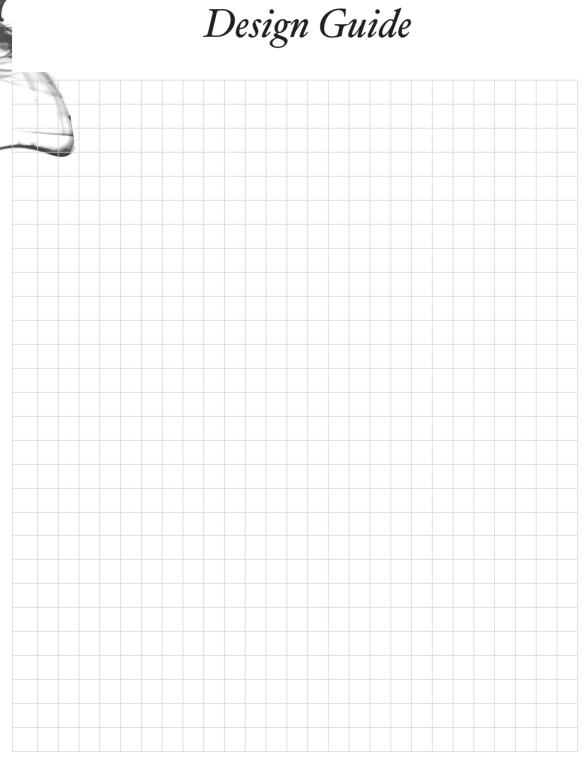


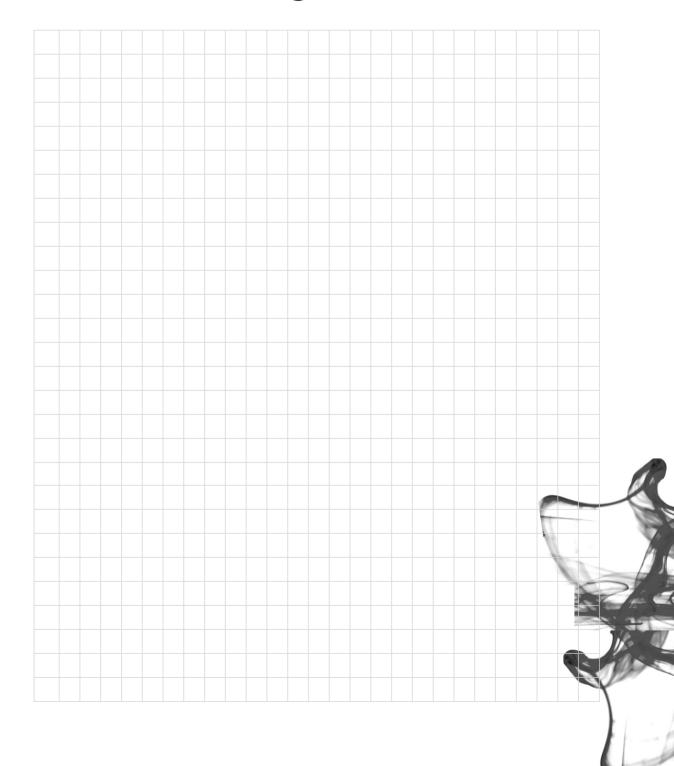




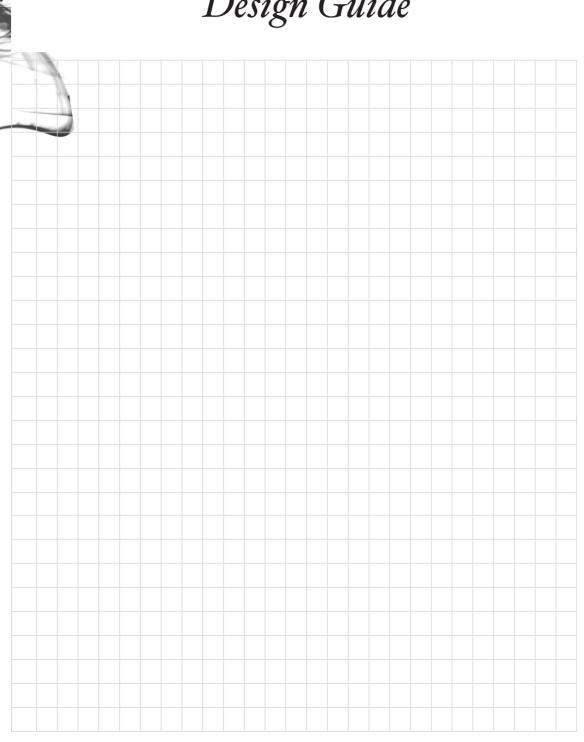


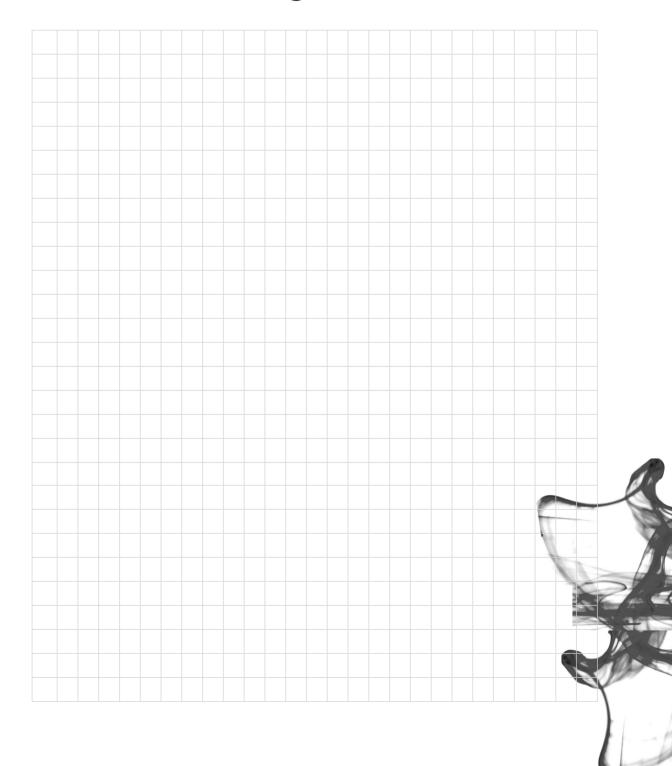




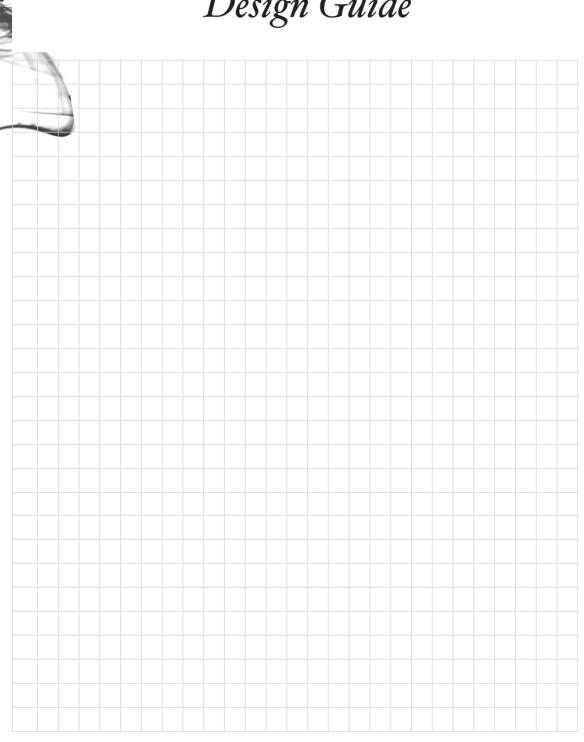


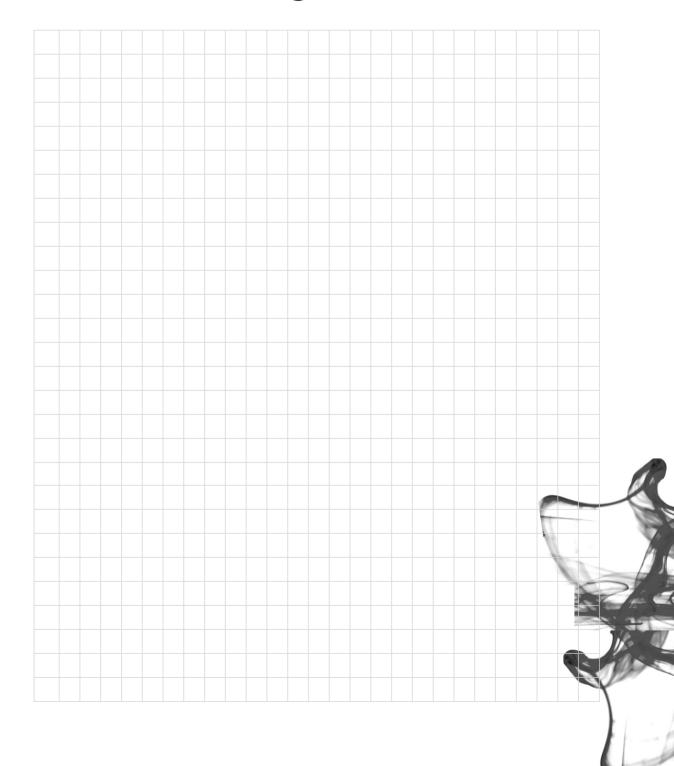




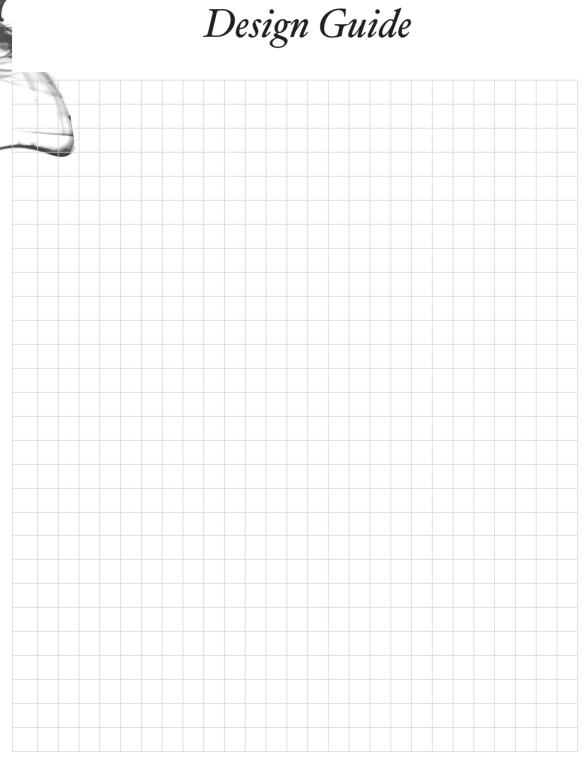


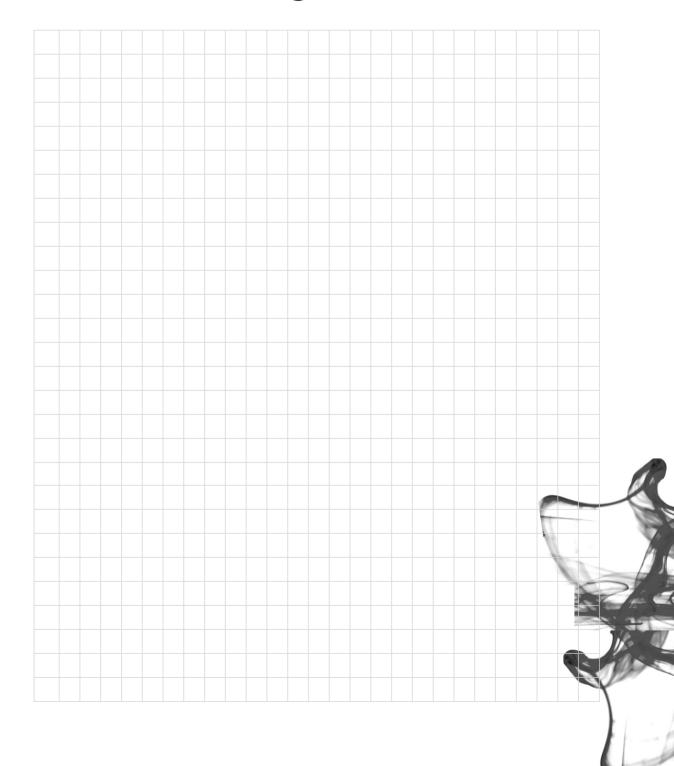




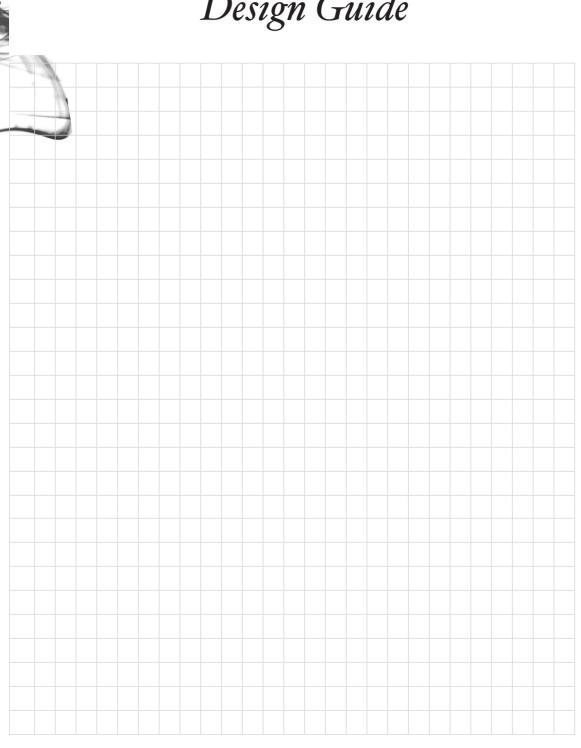


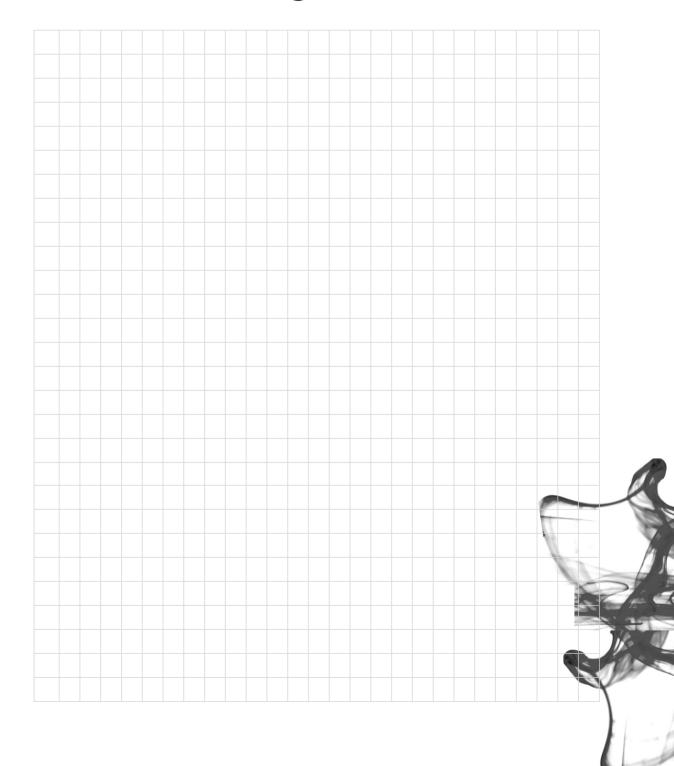




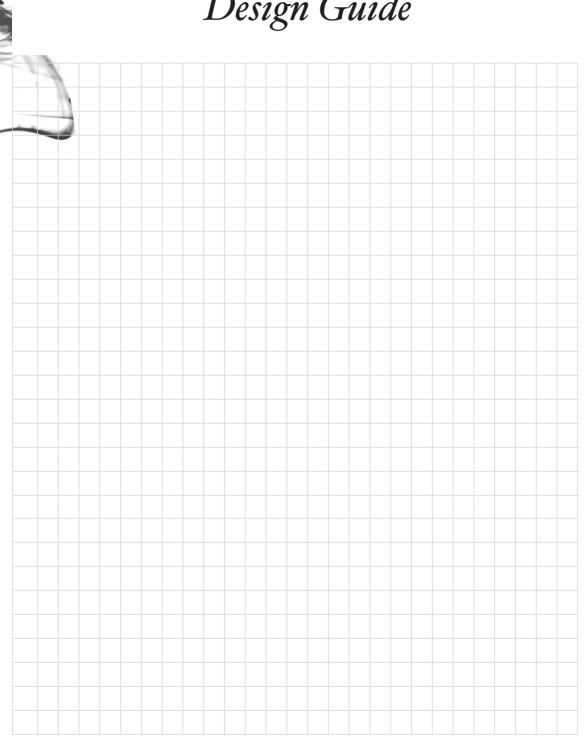












978-0-9823226-9-7 0-9823226-9-0

LifeDancing Journal