

THE WHITE PERFECTIONIST

Creative Journaling to Unleash the Soul

Creative Journaling to Unleash the Soul

by Jane Douglas



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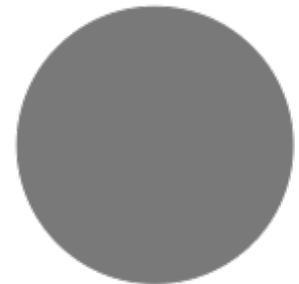
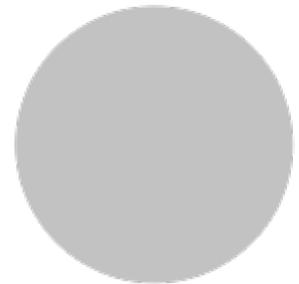
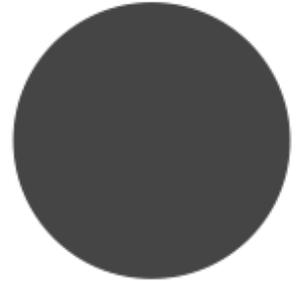
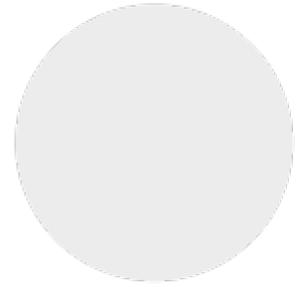
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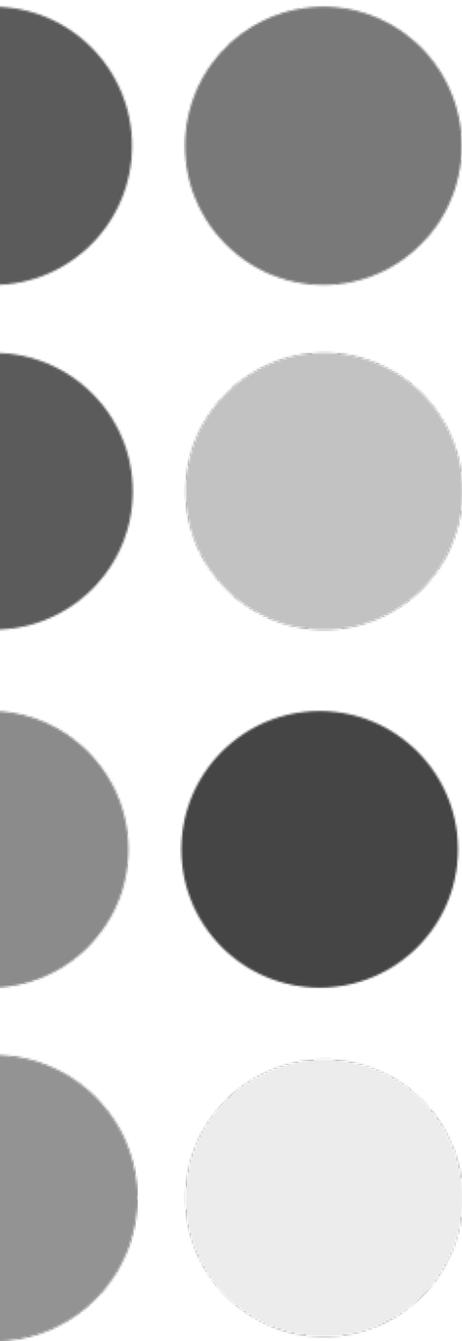
Disclaimer: This book, its content and the Creative Journaling Process is not intended to be a substitute for professional medical advice, diagnosis, or treatment. It is for each individual to take responsibility for their own physical, mental and emotional well-being and to seek the help of a medical professional should they feel they need to.

www.mymaptofreedom.com



Welcome to
Creative Journaling to
Unleash the Soul





Introduction

Of the many needs we have as human beings, the one that brings us the most inner tranquillity is when we come to know all that we are. When we come to know ourselves as more than the day to day dealings of our personality we open ourselves up to the possibility of being fully alive no matter the circumstances and being fully present for whatever life brings. But to realise the possibility of making our soul a bigger part of our human journey we will need a practice that will continually illuminate the path home.

Through such a practice, you can dig more carefully into the hidden resources of your soul, you can explore feelings that take you by surprise, and you can walk with a companion through labyrinths of dark confusion. You also get to confront great questions about the meaning and purpose of your life and examine what it is you believe to be true about yourself and life.

This is what takes place in creative journaling

Through creative journaling, you enter into dialogue with the intention of letting the soul within “reveal to you” the truth of the story you are living that is your life. Through creative journaling you will think about and embrace your human experience, think about the habitual patterns of your life, and process things emotionally. You will do all this for one reason to unlock the soul that holds the key to the significant questions of your life:

What is my purpose?
Why am I struggling with this issue?
Why is love so difficult for me?
What should I do next?
How do I heal?

Creative journaling is the art of assisting you in expressing the truth that is already bubbling up within you, longing to be realised. The soul within you that always moves you toward, healing, wisdom, courage, and love.

You are most welcome to this most exciting of adventures.

Introduction

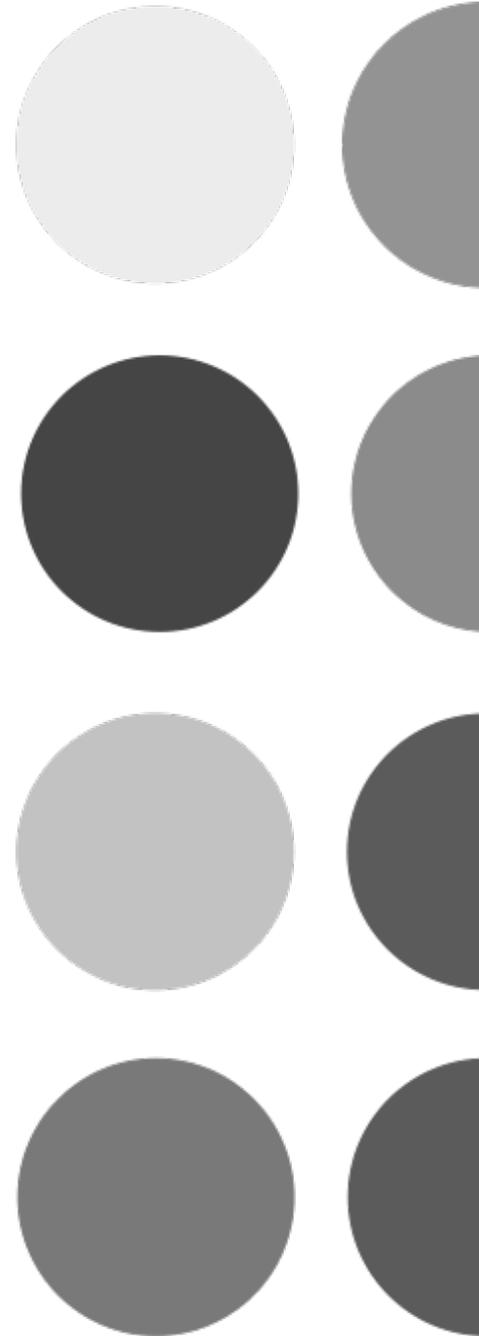
You may be wondering, “but what exactly is my soul? How do I know what my soul really is?” You know more than you realise. Your soul is that part of you that is ever-consistent, ever-present to you. Your soul is the awareness that is continually guiding you back to centre even through the worst storms and the darkest of nights.

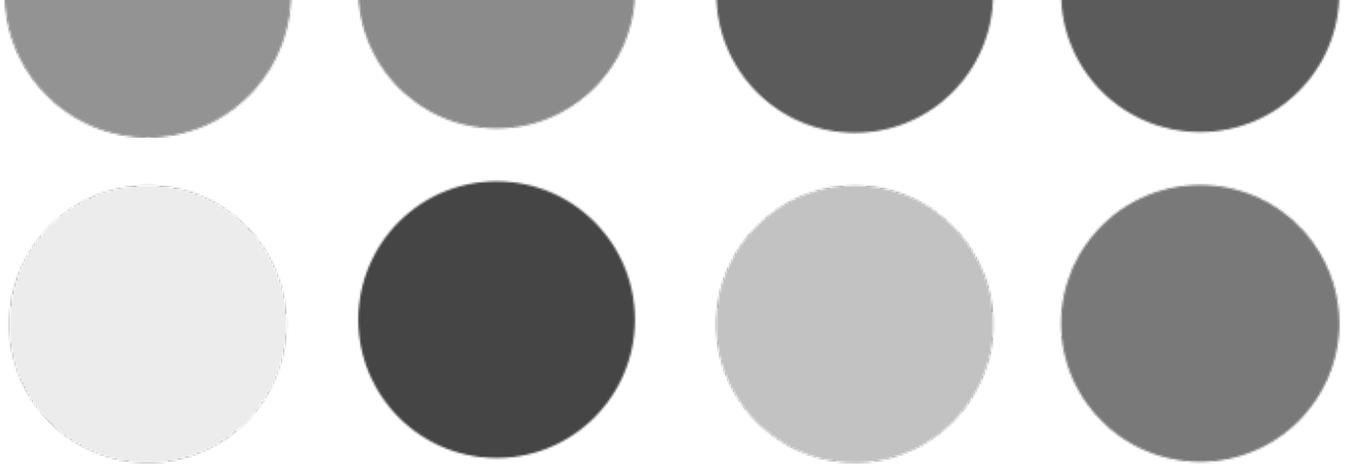
Creative journaling is the choice to bring awareness to the ways you block access to your soul so you can establish a connection with your soul and seek counsel through conversation. Guidance flows continually in our life but is for the most part blocked by our habitual ways of acting thinking and feeling. My creative journaling is about shining a light on the ways we habitually block access to the energy and wisdom of our soul.

Creative journaling is not about denying your human traits and habits. There is no spiritual bypassing involved here. Rather it is about accepting your humanness with loving awareness and through the power of awareness dissolving patterns that are no longer useful to you. In short this is a journey of radical loving awareness rather than forced and violent change. You are not broken.

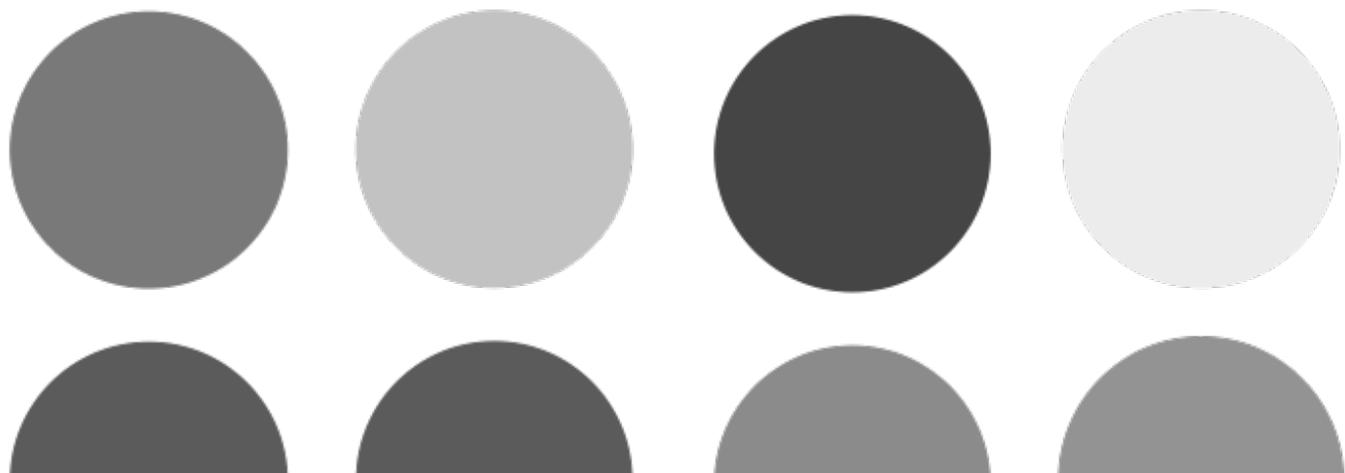
What creative journaling is also not is therapy and that is a distinction that needs to be made. It is not a technique for processing wounds or dilemmas from the past. As essential as therapy is to a person’s healing effort in life, creative journaling seeks to help you understand how you are cutting off access to your soul in the present moment. It is a present time approach of listening for inner instruction about what directives are speaking to you now, discovering what it is you believe – or don’t believe – deep within yourself.

Creative journaling uses a visual device called a soul map and a practice called the R.E.S.T process to guide our awareness to the ways we block access to our soul...but what is a soul map?





What are the maps?



What are the soul maps?

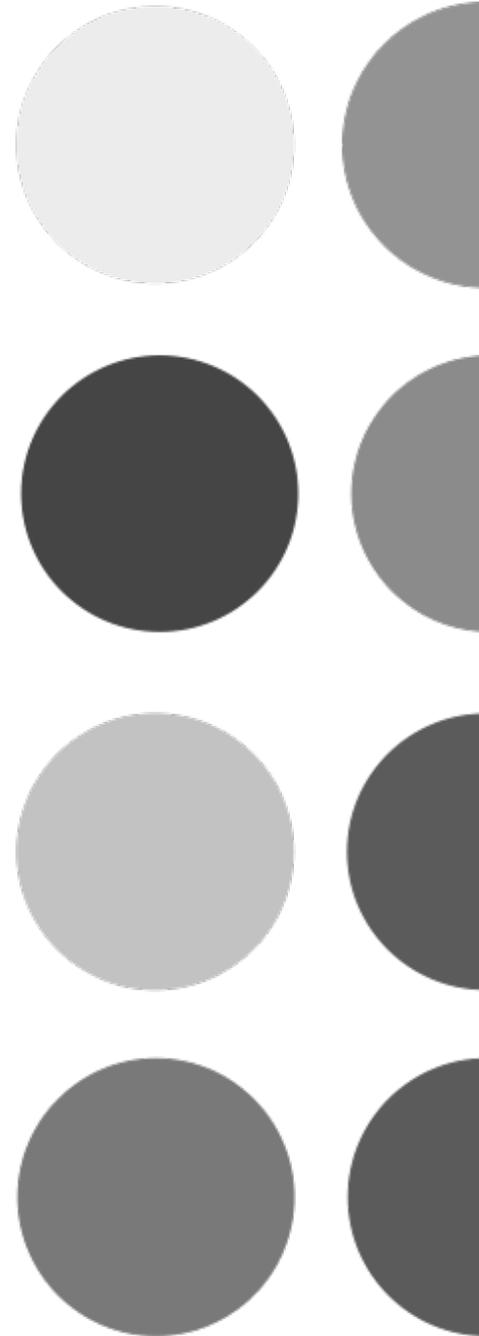
What are the soul maps and where did they come from?

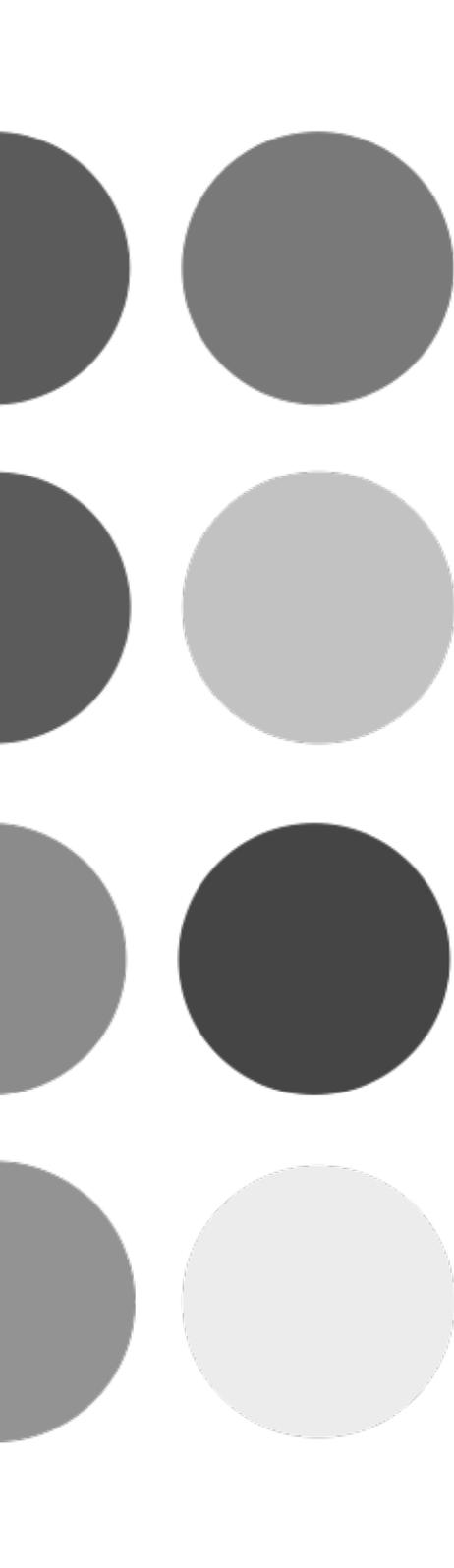
Creating the maps was an idea that took over a decade to fully emerge. From random pieces of my own spiritual journey the idea of creating a visual tool for personal and spiritual growth started to take shape.

The idea began while I was attending a personal development workshop in London. On the second day of the program, the facilitator drew a very simple illustration of four concentric circles on a flip chart. He said the theory he was about to explain originated from the Sufi Mystics. He went on to explain that over the course of our life we cover up our soul, (represented by the innermost circle) with conditioned patterns of acting, thinking and feeling until we eventually forget it is even there. The simplicity of this diagram showed me something new. It not only showed that our soul was being held prisoner within our own habitual and conditioned minds and bodies, but also the nature of our human suffering. This simple diagram was to change my life.

The second piece of the puzzle arrived very soon after. A year later was introduced to the Enneagram of the Personality. Sometimes called 'The map of the soul' not only does it describes the precise ways your personality type covers up your soul it also describes the specific quality of your soul! I can't exactly remember the point at which the Sufi diagram and the Enneagram came together in my mind, but for the next two years I played around with 'colouring in' the basic Sufi diagram with the Enneagram until they became the maps you see today.

But that wasn't the end of the story. Over time it became clear that understanding our patterns was not enough and what was needed was a practice that could help us reconnect with our soul. This is when the practice of mindful awareness entered my life. Mindful awareness is about learning to be more awake to your patterns in each moment, without judgement and without excuse. It is about learning to catch yourself in the act of cutting yourself off from your soul and seeing how you are acting unfree from moment to moment. Big step though that was it still wasn't the end.





What are the soul maps?

Finally came Creative Journaling. One day, as I was journaling I became aware of what was actually happening in my direct experience. I noticed that whilst I was journaling I was actually creating the internal space to really see, with fresh eyes and adequate distance, what it was I was thinking, feeling and doing in my everyday life.

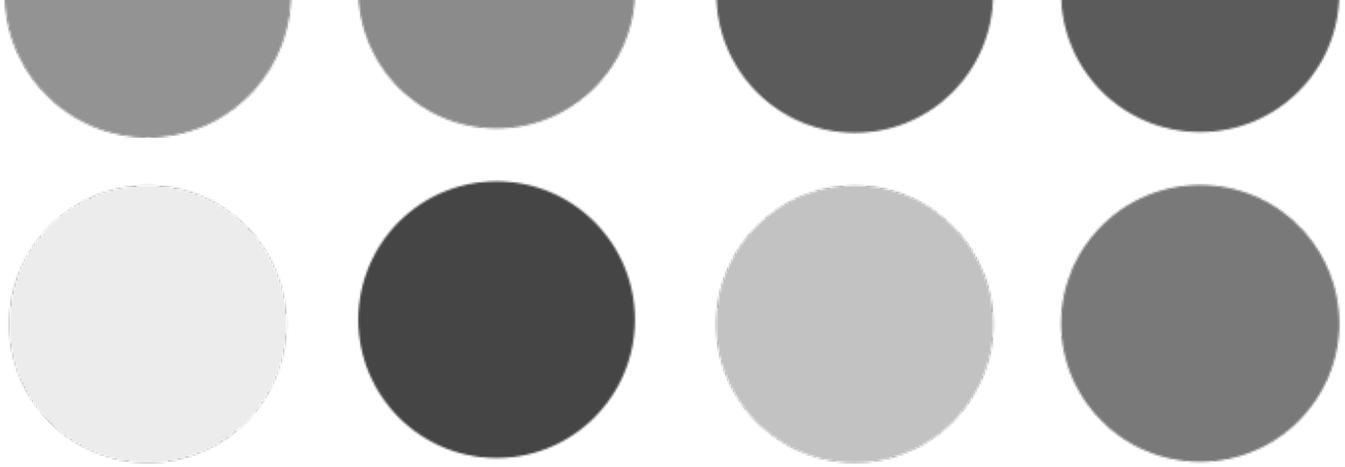
Right there in my journal my patterns of thinking, feeling and behaving effortlessly revealed themselves to me. Not only that, when I was journaling I had a direct connection to awareness itself, I was in connection and conversation with my soul.

On that day creative journaling swapped places with my meditation mat as my practice of choice!

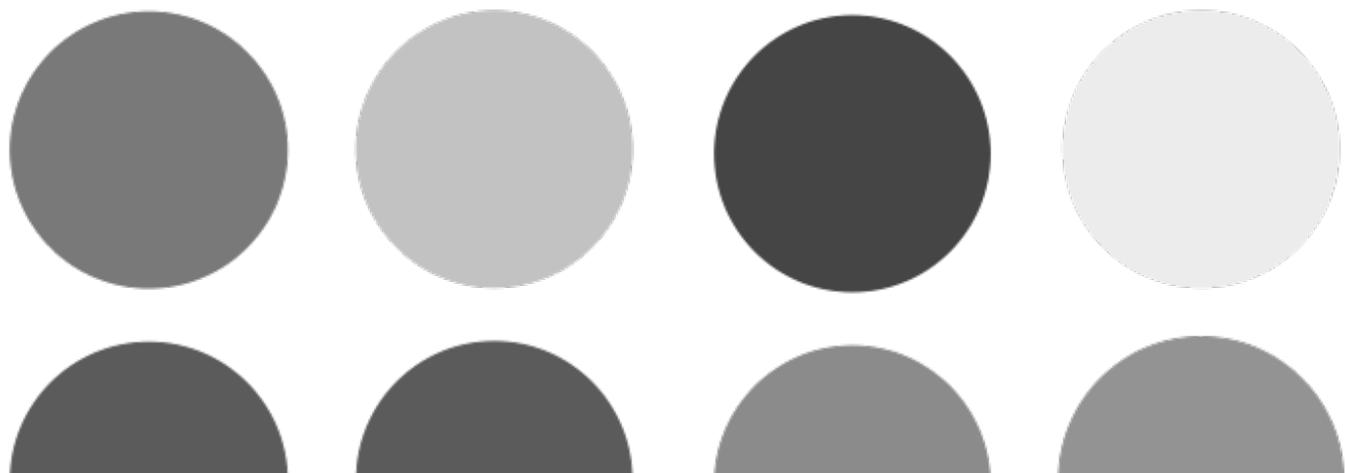
I hope it will be the same for you.

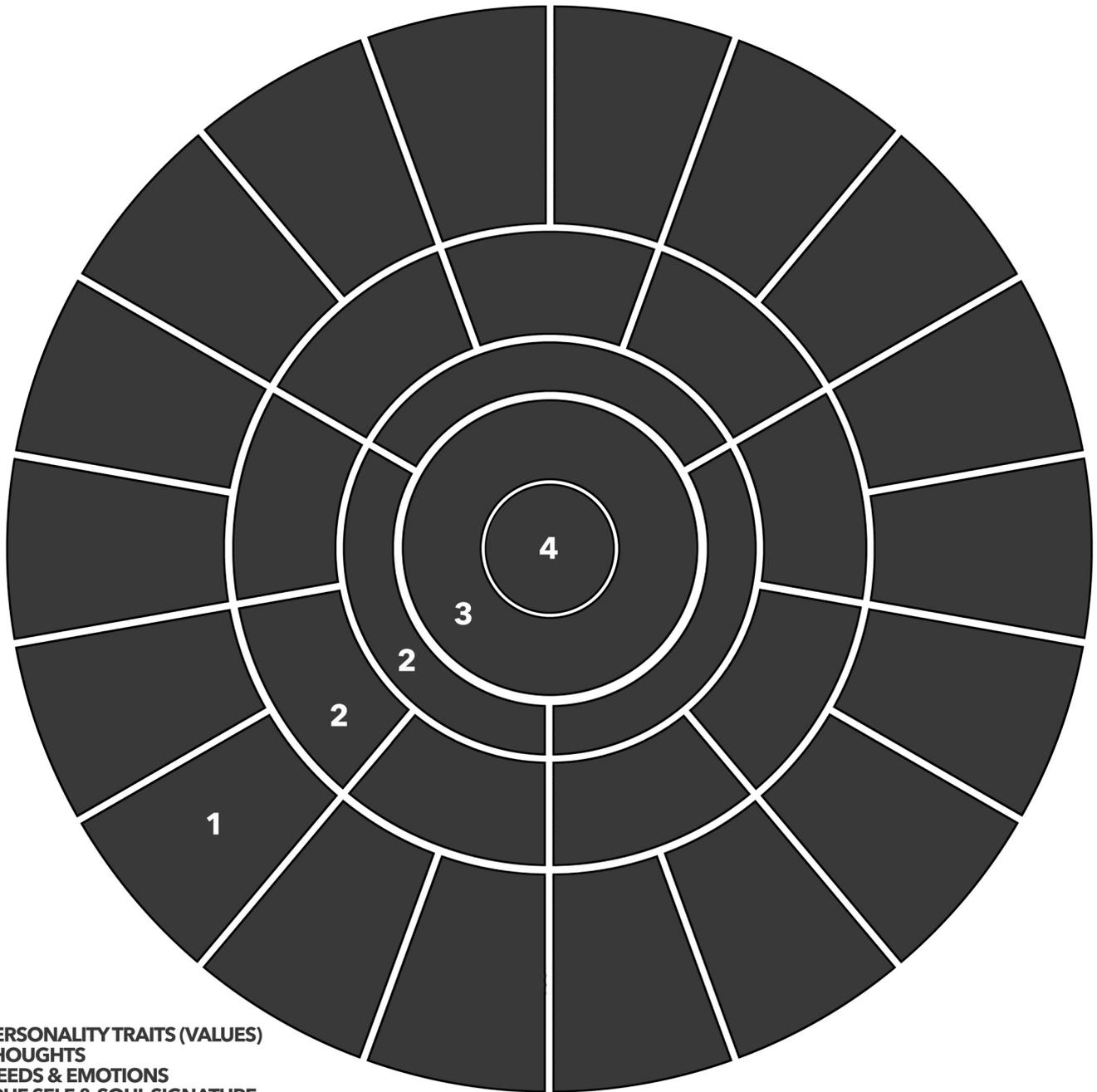
In explaining the evolution of the maps my hope is that you will appreciate that the map you hold in your hands has a trusted provenance. I am not responsible for inventing any one of the components of your map, they are ancient wisdoms. My role has simply been to put these ancient traditions together in a new way. It is my wish that creative journaling will make these wisdoms usable and useful to you in your quest to unleash the wisdom of your soul.

The next few pages explain your map. The narrative begins with a broad overview of the maps and then moves on to the specifics of your map according to your personality type. It is very important that you take some time to 'sit' with your map and get to know it. This will greatly aid your creative journaling becoming a spontaneous experience. The more time you spend getting to know your map the more you will get out of it. I would suggest you spend a few days exploring each layer of your map in your day to day experience. Take your time to get to know yourself, it will be an investment worth making I promise.



Getting to know your map





- 1. PERSONALITY TRAITS (VALUES)
- 2. THOUGHTS
- 3. NEEDS & EMOTIONS
- 4. TRUE SELF & SOUL SIGNATURE

The basic structure of your map

The diagrammatic version of your map shown on the opposite page points to a tantalising truth, namely that you are so much more than you think you are. Most of us think of our personality as the full extent of who we are, but the diagram on the next page points to the possibility that your personality is only one part of a much wider range of potential that exists in you.

The centre space on your map shows you a part of you that is a vast largely unrecognised quality of being that has been encased in habitual patterns of acting thinking and feeling. For the most part, this aspect of you is forgotten and it is this aspect of who you are that you sense is missing from your everyday life. This core of your being has been named many things. Your true self, your authentic self, your essential self, your unconditioned self, the names are many, but they all describe the same thing. We call it your soul.

But the centre of your map also points to something else - the specific 'quality' of your soul. Each personality type has its own 'soul signature' an essential quality that makes you, you! The aim of creative journaling is to deepen awareness of the ways you lose connection with this essential quality and then to use it as a practice to reconnect and converse with this aspect of who you are.

The diagram on the next page begins the process of helping you get to know more about your map and the patterns that block access to your soul. It will be useful for you to have your full- scale map open in front of you as you read through the next few pages.

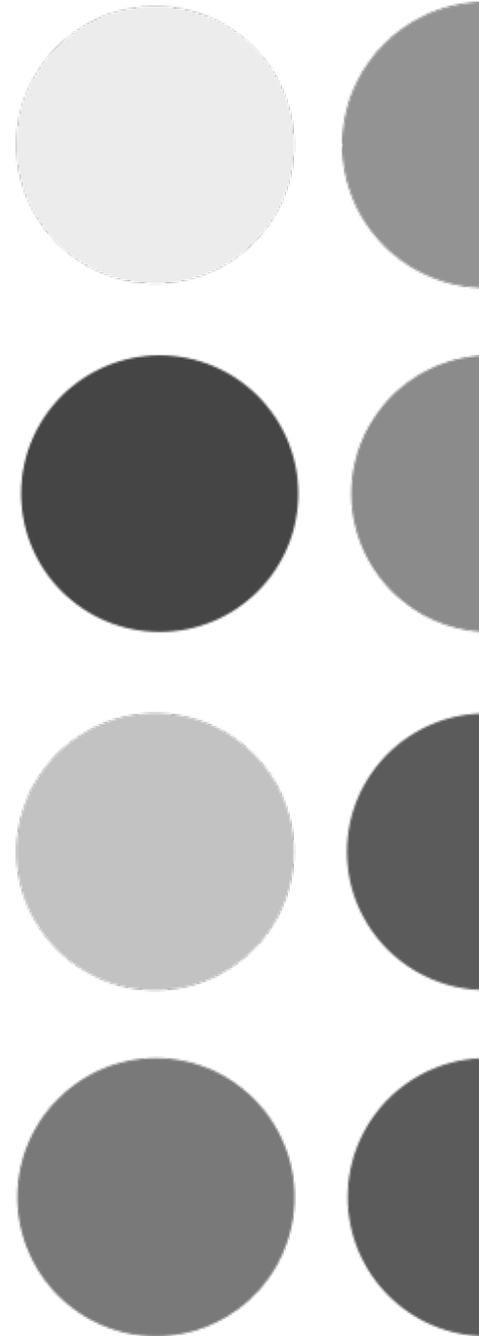
The diagram shows the layers of the map...

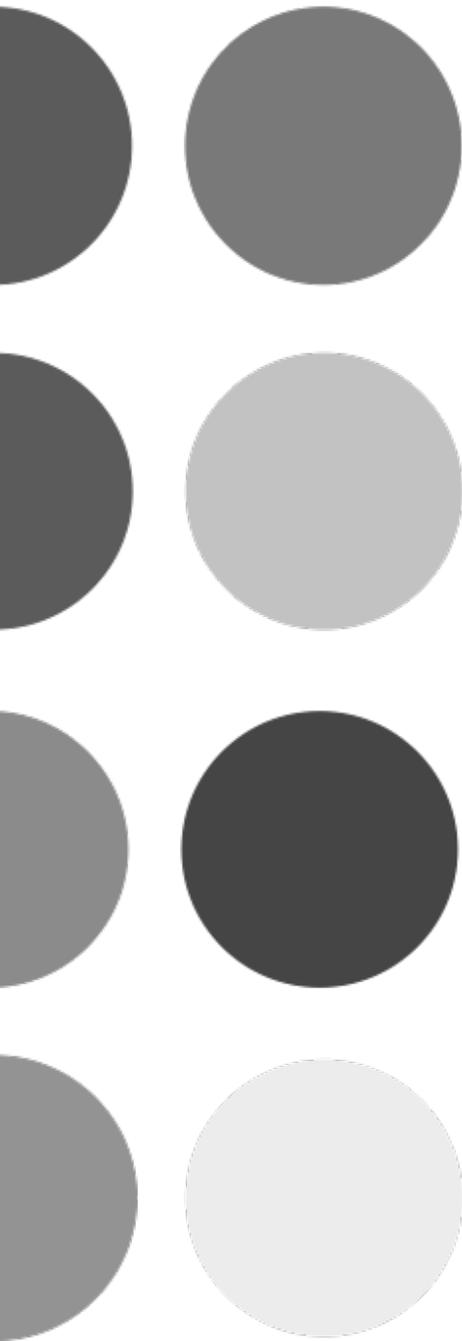
The Outer Layer – Shows your habitual patterns of acting and feeling or your personality traits.

The Second Layer – Shows your habitual patterns of thinking about life and your core self-judgements.

The Third Layer - Shows your core needs and core emotions.

The Centre Space – Shows the essential quality of your soul, your soul signature.





The outer layer: desire for perfection

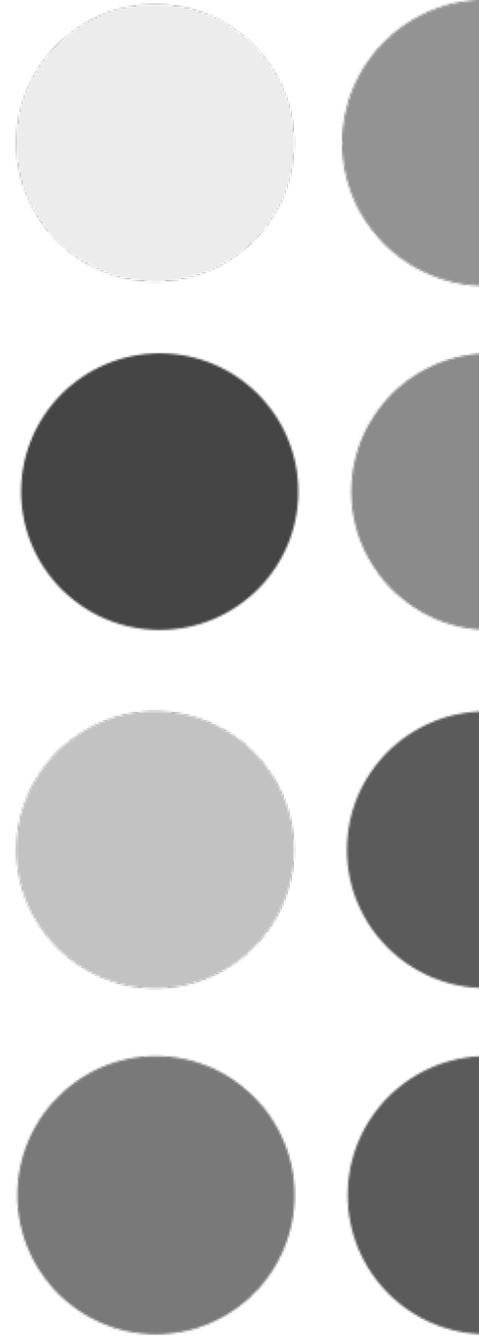
The outer layer of your map shows your personality traits. These are the ways that you and other people know you as you! It is often difficult at first to see how these ways of behaving are blocking access to your soul. Please do not get too worried about this, Creative Journaling will do the work of revealing how these traits keep you away from your soul. Your task for now is to read the description and notice how much of it describes the person you know as 'you.'

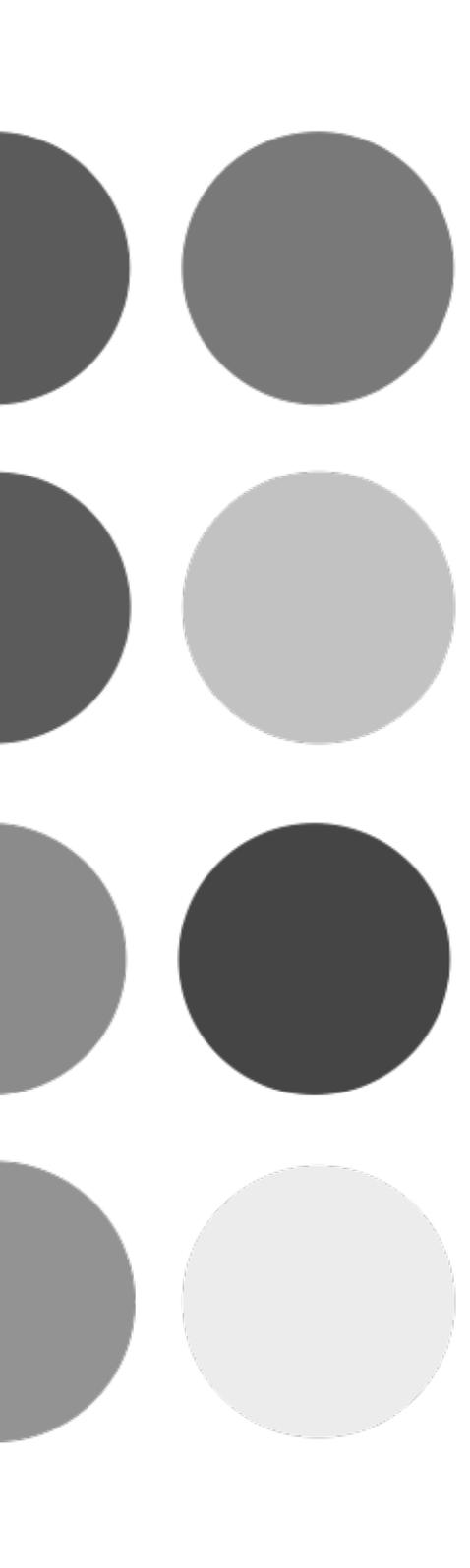
As a White Perfectionist, you value perfection a great deal. You believe that if everything is perfect then you will be happy. The ways that you ensure you keep everything in your world perfect is by seeking to maintain high standards for yourself and others. You work hard at maintaining a lifestyle that is conscientious, orderly and ethical. You want to be accurate, thorough, fair and objective. More importantly, you want to be respectable, to do what is right and what you feel is appropriate. You see yourself as rational, orderly and principled. You would like others to see you as reliable, responsible and virtuous. Conscientious and methodical, you focus on paying close attention to detail. You can quickly see what needs to be fixed and excel at organising, executing and applying expertise. You like to follow protocol, policies and procedures and flourish in environments that have clear rules, the opportunity for advancement, a pecking order, and consistency. Earnest and hardworking, you constantly strive to improve. Your integrity, wisdom and adherence to sound procedure can bring clarity and guidance to a confused world. You are a pioneer with the ability to envision utopia and the discipline to put in the hard work necessary to make it happen. You are not afraid to act according to your strong convictions, even if your actions go against the beliefs of your parents, boss or society. With a special gift for teaching you enjoy helping people learn and improve. Gifted with a strong sense of purpose, and with high ideals, you value honesty, integrity and objectivity. You are sincere, earnest and diligent and act from your heart because, for you, the heart is the only thing that is truly perfect. As a White Perfectionist, you feel that if something is worth doing, it is worth doing right. As a result, you are only satisfied with what appeals to your strong sense of what is moral, idealistic. You naturally wish to educate others to help them improve themselves.

The outer layer : avoidance of mistakes

As a White Perfectionist, you avoid making mistakes at all costs. You believe that if you make mistakes or things are not perfect you will not be happy. Because of this your weaknesses and negative tendencies relate to the ways you ensure you avoid making mistakes and keeping things in your world perfect at all times.

To avoid making mistakes, or doing anything imperfectly you want to know what is considered appropriate and you tend to do things by the book. Continuously striving for self-improvement, you expect others to do the same. You need to know what is expected of you so that you can act accordingly and so that you can excel. You have a strong internal critic that constantly reminds you of what you should and shouldn't do. You always act in accordance with your high standards and moral self-justifications. You prefer what is practical, grounded and stable and avoid appearing silly or frivolous to others. Your tendencies toward perfectionism mean you can become obsessive, self-critical and cause yourself a great deal of inner anxiety and unnecessary stress, particularly when you become obsessed with detail which can bring the added problem of losing sight of your goal. Life for you is about adhering to your strong internal set of standards. Sometimes, this can make you rigid and obsessive and you often wish that you could let go and have more fun, but because of your strong work ethic, this is hard for you. Most importantly, you repress your anger, feeling that to express it is wrong or inappropriate. Privately, you may criticise yourself for being so controlled, far more than you ever criticise anyone else.. Your vice is resentment because you work so hard to repress your negative emotions. You feel that showing overt anger demonstrates a loss of control, so you suppress your wrath when others are not working as hard as you and can feel self-righteous when others don't feel the same level of responsibility that you do. Your righteous attitude often makes you seem like you are all work and no play and at times you become overly strict and rigid. You can become irritable, nit-picking and critical when others don't abide by your lofty moral code and your efforts to reform them or their environment are often met with resistance and can lead to friction with your peers as you are seen to be casting judgment or being too critical. Yet, underneath your attitude of moral superiority and need for correctness, you have a deep fear of being wrong, bad, evil or corruptible.





The second layer : your thoughts

Thinking is the cognitive activity you use to get you through your day-to-day life. You use your thinking to process information, solve problems, make decisions, and create new ideas. You use your thinking skills when you try to make sense of experiences, organise information, make connections, ask questions, make plans, or decide what to do.

However, the thoughts detailed on the second layer of your map are concerned primarily with thoughts that are generally more 'invisible' to you than your usual everyday thoughts, namely your beliefs.

There are two types of beliefs on your map. The first is to do with your beliefs about how to 'do' life and the second type of belief is about how you limit yourself from doing life, commonly known as limiting beliefs.

Beliefs about how to 'do' life. (outer most ring of thoughts)

To keep the patterns of your personality traits solidly in place, you sustain them with a well-developed set of beliefs about how to do life. These beliefs helped you survive in a world that became unpredictable and unsafe when you were growing up. Whilst these beliefs were influenced by your upbringing they are also heavily influenced by your personality type. For that reason, we are able to predict some of the 'themes' that each personality type is likely to adopt as they travel through life.

As a White Perfectionist your beliefs about how to do life ensure you stay perfect and avoid mistakes at all times and tend to include beliefs such as...

- I must strive to achieve high standards to avoid feeling I have failed.
- If I say something inappropriate I will be ashamed.
- I am flawed and therefore often wrong.
- It is important to be fair.
- If I do something perfectly I can't be at fault.
- The world should be improved.
- Achieving perfection should be hard work, it's rare.
- If everyone did what is right then everything would flow more smoothly.

The second layer : your thoughts

Self limiting beliefs (inner most ring of thoughts)

Have you noticed that whenever you dare to step into the territory of following your heart you meet an internal force that tries to stop you? If so you are not alone. What you are noticing is the internal force of your limiting beliefs.

Your limiting beliefs were born out of all the times you were made wrong, ostracised, punished, or stood up for yourself. Your limiting beliefs are like a silent thief that robs you of connection with your soul. They steal your energy and your life force, depriving you of your ability to live your life with spontaneity and joy.

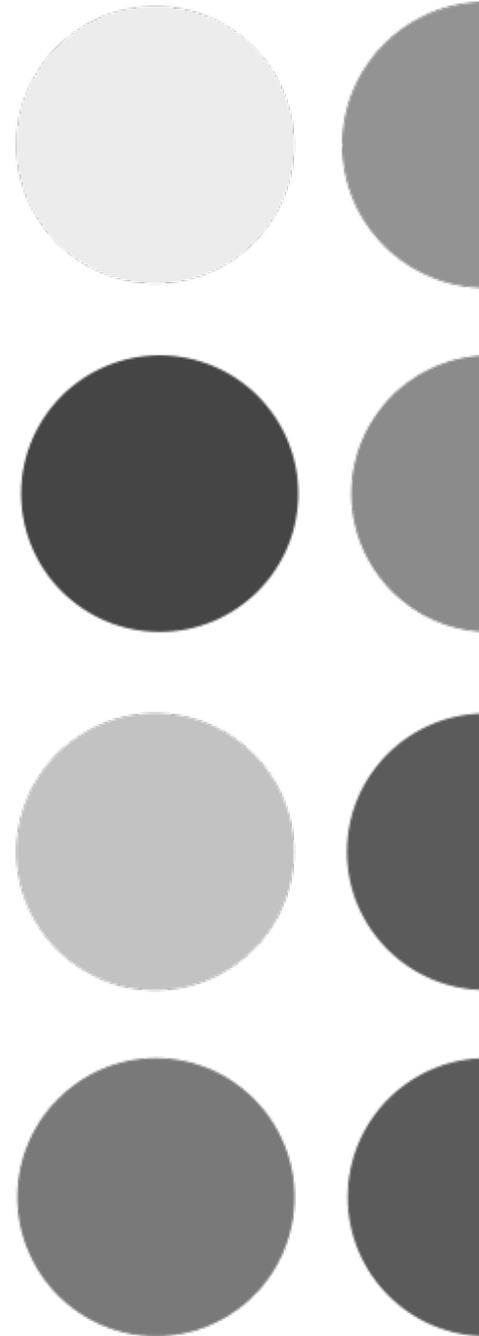
These beliefs usually arrive as you venture out of your comfort zone, when you are invited to expand beyond your current view of reality. They can come up when you are moved to take care of yourself, when you feel the desire to make more money or expand your horizons and try something new and exciting.

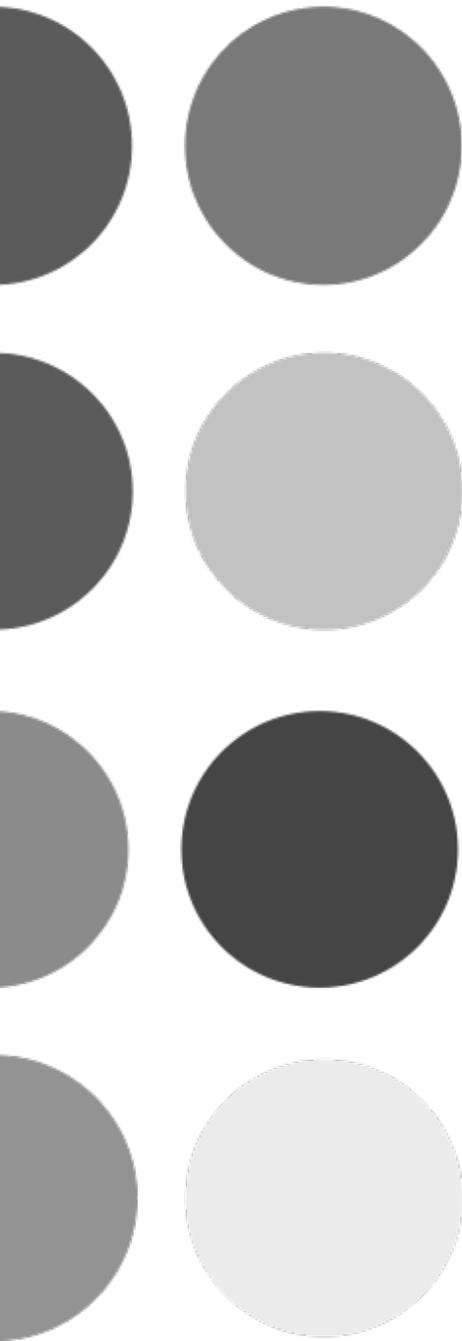
Some of us are not aware of these beliefs as thoughts but instead experience the effects of them physically. Feeling the effects of our limited beliefs results in feelings of contraction in the body and a reduction in energy and vitality.

The three self limiting beliefs that all humans share are;

- That we are not enough or not good enough
- That we are not safe or secure.
- That we are not likeable or lovable.

creative journaling will reveal the ways both types of belief sap your energy and take you away from connection with your soul. Through the power of awareness you will return to yourself what they steal...your natural vitality and presence!





The third layer : your core needs

Like the rest of us, you are determined not to acknowledge your needs or the strongest of your emotions, you would much prefer to keep your neediness and emotional reactions hidden from yourself and others. Unfortunately, only when you allow yourself to feel unacknowledged needs and emotions will you be able to fully integrate your soul into your everyday human experience. The third layer of your map is concerned with core needs and emotions and feelings.

Your Three Core Needs

No matter what our colour, creed, or status all human beings share three basic needs. These needs are hardwired into our neurology and from birth these needs have invisibly dominated our life and our life choices. Whether you like it or not you **MUST** get these needs met. Just as a baby screams for milk, as an adult you will (unconsciously) have the same intense reaction when your needs are not met.

The three needs are:

- The need for Acknowledgement is the need to know you matter that you are important and that you are good enough the way you are.
- The need for Attention is the non-judgemental attention from another person, It is the deep listening and appreciation from another. This is best recognised as unconditional love.
- The need for Assurance can be best described as the need for Re-assurance, security and safety. Reassurance tells us that our feelings of fear and uncertainty are temporary and that everything will be okay. This kind of reassurance is typically met through being cuddled and held.

creative journaling will bring awareness to the ways you get these needs met through the back door of your personality traits. You will feel into the urgency that comes along with unacknowledged and unmet needs. When you do this you will be able to fully appreciate how this has kept you away from connection with your soul.

The third layer : your core emotions

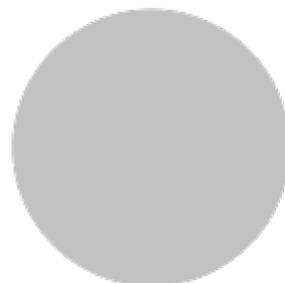
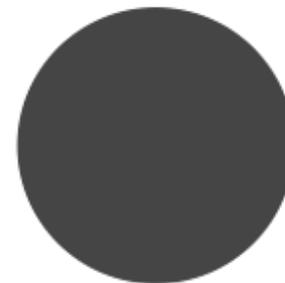
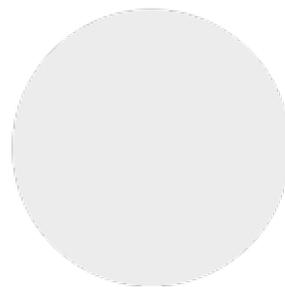
The Three Core Emotions

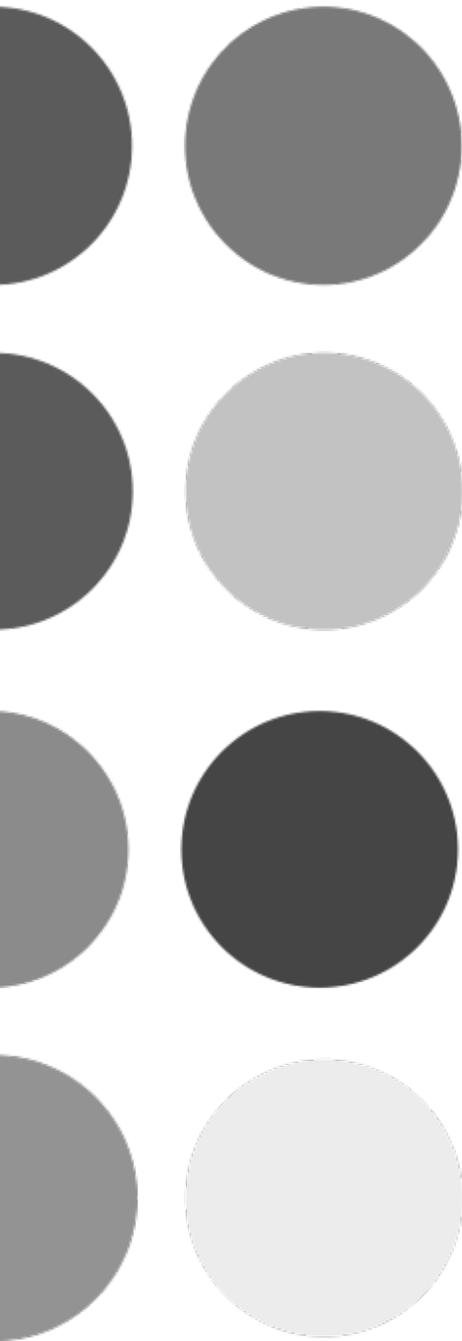
The blank space on the third layer of your map represents the vastness of your your core emotions. When designing the maps I decide to leave this layer mostly 'empty' because I wanted students to explore their inner world of feelings without prompts. Having said that it is useful to know that the three core emotions relevant to your personality type are Shame/Anger and Fear.

Like the rest of us you will tend to supress feeling these core emotions because you fear the strength of them. For most of us these core emotions tend to get felt in their diluted form of moods and feelings. If you inquire deeply enough you will discover that the your everyday moods and feelings are a diluted version of your core emotions. For example, the root of minor irritation is probably anger, the root of anxiety is fear and the root of disgust is shame.

These diluted forms of your core emotions are much easier for you (and others) to tolerate. Investing energy in keeping your core emotions out of your conscious awareness may help you cope with day-to-day challenges, but core emotions that have never been released or discharged have reigned within you. The energy devoted to keeping your core emotions locked up saps you of your vitality and keeps you disconnected from the vitality of your soul. creative journaling will help you feel into and release your feelings and emotions in a safe way.

It is important to acknowledge that for those who have experienced emotional or physical abuse, that this is a deeper healing journey that may need additional support. creative journaling is not intended to be therapy because it focuses on the here and now of your direct experience, however we do support this work through other means. This work is supported by a wonderful coach (who also happens to be my business partner and friend) Sandra Hughes, who having travelled this path herself, regularly takes people on these powerful and liberating journeys. Please contact us directly if this is a journey you feel called to take.





The centre space : your soul signature

The whole intention of Creative Journaling will help you notice the difference between how you feel when you are in the grip of the patterns on the outer layers of the map, and the felt sense of who you are when you are in connection with your soul.

The centre of your map is the place where you reconnect with your soul. Here you are visiting the place where your stories are extinguished and where the immediacy of the moment can be held and experienced in its purity and you grow in spaciousness. Moments such as these cannot be mistaken for your everyday existence. They are more. You are more because you are fully yourself. Profoundly present. Whole-heartedly free. Sadly, we tend to mistake this experience for something that happened because of the circumstances in which we find ourselves, rather than knowing it to be something that is intrinsic to and within us all.

The centre of your map points to the essential quality that makes up your soul. Sometimes we call this your soul signature. Your soul signature is a personal definition of who you are at the deepest level. Integrating this quality into your everyday experience is the aim of your Creative Journaling.

As a White Perfectionist, the essential quality, of your soul is Wholeness.

When you experience the essential quality of Wholeness, you quickly discern that it is nothing like the 'Perfection' you grasp for in your everyday life. It is not the same because the essential quality of Wholeness does not rely on you trying so hard to be perfect. In the space of essential Wholeness, you are not required to work so hard at resisting your natural impulses or giving up on your own needs.

Through Creative Journaling, you will discover that your direct experience of Wholeness means you are fully awake to your natural impulses and desires, that you are naturally able to let go of your need to be quite so self critical and that you act decisively and powerfully in the world with serenity and grace.

Your next step...

I hope you are intrigued enough to take the first step in joining our community of like minded people and beginning your journey to learning this creative journaling practice.

If you feel called to join me, and I really hope you will, then simply email me at jane@learningtoinspire.co.uk I will send you a free copy of your journal, access to your teachings and send you an invite to our private facebook group!

I am so looking forward to reconnecting and sharing this work with you.

Sending you love

Jane

x

