

☆☆ HHMM2 COMMENTS

SHARON

Hi everyone 😊 I listened to the zoom call this morning ... thankyou.

Whenever I talk with our listen to Miriam, everything makes sense. I have tried journaling many times but haven't been able to get into it. I have this need to be understood, so explain everything in depth. And when I've tried to journal before, I feel I write with way too much detail ... 7 days off journaling is like a novel 😊 I will try to keep it simple & I feel that this will really help with my constant overthinking, releasing some of my mind chatter. Any tips will be greatly appreciated

I know I do have a few things I say/repeat regularly, so I'll write them down & choose the first one to work on. I've found the modules very insightful & look forward to putting them into practice. So grateful for this course & the safe space to share with a group of beautiful women who are willing to share this journey together

MARTA

For me with the journaling, so I don't think I'm writing a novel, I just write sensations and feelings towards situations that happen to me.

For example, if I've got an issue with somebody or I've had a situation with anyone, instead of writing the whole argument or discussion with that person, I just focus on what it made me feel. What's hurt me, what I can change, what I think is in my hands to deal with the problem. This keeps things more simple to me.

Sometimes I feel I need to write a lot in order to vent, sometimes I just take some notes of feelings or sensations.

ANNA

I just finished listening to the zoom session from last night! Hopefully I can join next week Mim! Thankyou for all your extra insight into journaling and dialogue phases..

my partner and I practiced it last night.. haha both our bodies are in pain atm in our backs and all we do is complain about it. So we decided, instead of saying I am sooo sore I made us say I feel like my Body is sore but it's going to get better...

As for the journaling I loved the points you made about not feeling the need/ pressure to write gratitude phases or even thinking there's a set time to write in your journal. I've always journaled ever since I was in my teens and I use to get sooo excited everyday to write in it as I got so much relief with just expressing all my crap and most of the time it was my pain and hurt but then I started to feel guilty like if I only wrote negative things I'd only attract negative.

The past few years I just lost my routine with it all. I think it almost started to become a rule instead of an enjoyment.. Like there was a certain way to write or journal and it needed to be done as part of your morning routine with only positivity involved. So I'm going back to my old ways of writing and giving myself permission to let go of perfectionism as I always feel so much better when I let the crap out onto paper haha. Not sure if this will be helpful to anyone else but I also find when I journal I write it as a letter to and from myself and if you don't want to use yourself you can imagine it's someone you admire that speaks into your life with encouragement. If I write really heavy things I then respond with either a solution or answer or just kind words. ♥ I feel like I just journaled into our group chat haha

AMY

Hello ladies,

I too felt I wanted to share a little from module 2 before moving on or continuing it into module 3, affirmations.

I really got a lot out of the changing your dialogue steps. I had started saying in the last six months & becoming a more regular statement of late 'I am not good with boundaries' .. what I found through doing step 4 was why I am not good with boundaries and that discovery has been quite something. Look forward to making it into an affirmation

KRISHELL

Morning, I'm a bit late to the party, but I wanted share with you my take aways from module 1 and 2 before I move on to 3&4 Journaling for me has always been a go to for me to share my thoughts and feelings for as long as I can remember I have had a journal and have always found so much peace in writing. If I wasn't writing in my journal I would be writing and sending letters to family and friends (remember when we did that!).

Recently I have found it hard to journal because my husband thought it would be ok to read my journal so I just stopped. Listening to the zoom I was reminded how much I do love and need to have this tool to access everyday so I have let go of what time I should do it and just get it out when I have privacy and can take the time to write the things I need and hide it again :) I have never put the date on my entries so I have started doing that and I also love how you talked about burning old ones if we feel pulled. There is a part of my life that I do feel needs to be let go of so I will take that advice and burn a couple of my recent journals.

I really look forward to the the next modules and will see you on Zoom on Wednesday.

Have a great week everyone

KALI

Hi lovely ladies, Thanks for all your shares.

I also wanted to share on here about module 1 & 2 before moving on.

I do journal nearly every day already but it has been so helpful to write the date and also start journaling at night, which helps me not too be on my phone or watch Netflix too late and is a great de-frag from the day. I still journal on the morning but more intention sort fo stuff.

And it's also nice to have permission to write the heavier stuff or just to be honest bout what is going on and not sugar coat it for myself, allowing for deeper processing of what's going on.

And my dialogue was around trying to shift the "not having enough time" dialogue/ belief. It was nice to go through the process to view this from a different lens.

That's about it I think, hopefully I can make it to the zoom on Wednesday xxx

NICOLE

Hey lovely ladies, I am really struggling to begin journaling. This has been a on going issue for me to over come. I'm not sure what is holding me back from "making the time". After listening to the zoom i feel i would get a lot out of it but something is holding me back....

ANNA

Hi Nicole,

Sometimes in the past I go through seasons where I just don't write or can't put into words what I'm feeling.. if it's also something new to you, it might work to try it in another way.. my mum write poems a lot or I use to draw how I felt.. I remember doing an art journaling class years ago and the teacher said.. if you were a waterfall what would you look like. At that time I was really struggling in myself so my waterfall was so expressive and heavy.. it didn't need to be artistic or perfect but a way of expressing your inner world without words.. maybe by trying different ways of journaling you might find more of a flow...

t I live my own truth and don't take into account other people's demands or pressures. It's a massive work what I have to do but I'll get there! Thanks again for this journey

.TANNY

Evening ladies,

I'm enjoying starting to journal as it's not a tool I've used for a while or a lot in my life. Feeling free to write what's on my heart & as little or as long as it flows. Also Loving the simplicity & effectiveness of using a single affirmation/mantra :) Hoping to be on the Zoom this week X

JESS

Hello beautiful ladies

Sorry for my late reply in sharing before I step into the next modules. I am still settling into life with my new son I was in a dark space about 4 years ago and journaling brought me so much peace and healing. It was truly amazing! I have felt very stuck and lost within my life over the past 18 months with trying to work out my purpose and who I truly am. I have still journaled but now looking back after our zoom call last week. I really have not been very true to myself and have also sugar coated things. Over the last week I have started being very real and raw which is scary but so exciting. I have also so started journaling of a night instead of in the morning, it has been so nice to be able to reflect on the day, how I feel and what has come up. I feel like I am going to sleep with a much clear mind
I am hoping this brings me more peace, love and clarity

TRACY

Hi Everyone,

I have never journaled before last week. I am really surprised at how good it is. When I see my thoughts written down it is obvious to me what I need to do about an issue. I think it was probably always obvious I just preferred to avoid any conflict rather than dealing the situation. Every time I write I go back and read what I wrote from the beginning. I am actually quite enjoying it.

SHARON

Hi beautiful ladies I work each Wednesday night but so love watching the zoom video. I so appreciate everyone who is part of this journey ... thankyou I've seen some of my behaviours & how I accept certain behaviors with one person, which I don't with another. I realised it's how secure I feel in the relationship ... not the actual behaviour. Big reveal for me! Have an awesome night

TANNY

Evening ladies, I loved the zoom this week. Thank you for all that you shared. Especially resonated with not being scared to dream big on your ideal week planner no matter what your current week looks like & what family or friends may think

SHARON

Morning ladies I'm a little behind & I found the eclipse energy quite heavy. After listening to the zoom chat last night I feel ready to work on my icon planner over the next few days. Thankyou to everyone for your questions and input ... it really helps. You are all so young and beautiful, with lives so busy filled with children, work, families and friends. I think it is absolutely wonderful that you all have made the decision to create time to nurture yourselves and gather the tools to help you. I didn't do that when I was young and spent my life focused on others needs. Don't get me wrong, I've loved it and still feel so much joy nurturing others. However, as a recovering people pleaser, I am currently finding it a challenge to learn it's ok to take the time to do things for myself. I'm now working part time, which I love, but have found myself feeling like I'm wasting precious time. I feel the icon planner is really going to help with this ... to really think about what is love to do and make it happen! Yay!!

Have a magical day beautiful ladies Big love to you all

JESS

Hello beautiful ladies,

sorry for my delay again this week I am running behind.

I have just listened the zoom which was amazing thank you

It actually took a while to fine tune my affirmation and what felt right in myself. It really made me dive deep and really think about the negative dialogue that I say and think.

In regards to the icon planner this is great and really laid out how I spend my time, what doesn't serve me and what I want to bring into my life. It also showed me how little time I spend practicing self love doing the things that fill me up. I think some of this falls onto just having my beautiful son River, not having much time while we are learning about each other and having mum guilt. I am also so worried about having a conversation with my partner to ask for time to myself. Not due to him saying no but to me asking for time to do so know he is working and I am at home with River. I feel so selfish asking for that space. It is so silly I know.

This is really something I need to do!

One of biggest parts I took out of this was I am doing a dis service to myself by not filling my own cup.

KRISHELL

Hello beautiful ladies,

I really hoped I could get onto the call last week but things didn't work in my favour :) This week I hope will be different! I listened to the call yesterday - it was great listening in. I learnt I need to do some rework on my affirmation, mine didn't really sound true and give me the feels if this makes sense? so I will read that module again and try another.

The planner is such an amazing idea and I have been thinking I need to do up a weekly plan because I feel like I am wasting so much time and have a lot of half baked things going on.

But...there is a part of me that feels very overwhelmed just at the thought of having a plan! I am very hard on myself if I don't stick to things that I plan so if I have a weekly plan that I must stick to I feel some anxiety that goes with it so this task is actually a big challenge for me.

I am here to get uncomfortable and try things that are unusual for me so I will do this task this afternoon and see what I can come up with!

I look forward to the call Wednesday and the next modules going forward x

NICOLE

Happy Monday ladies, finally catching up today. The explanation about snoozing has really hit a cord with me. I have been doing this a lot lately and then not having any alone time in the morning. I have just written down my morning routine and worked backwards for my night routine (wrote on a napkin in the car while Luca sleeping hehe). i have found working backwards is great so know what time need to start getting ready for bed etc. Writing out my routines should give me more space for journaling and hold me more accountable

SHARON

Hello ladies finally able to listen to the zoom chat from last week. Thankyou all for your questions and tips, as it really helps me as I can't attend the zoom chats due to work.

One quick question about the ideal icon planner. Can I use times, instead of morning, lunch, arvo etc ... as I would love to manifest some extra hours on the days I'm already working, so need more specific times.

I love the idea of having a mini version of my ritual or routine. That really takes the pressure off and as I'm learning not to be such a perfectionist, it means I don't have to feel guilty for not doing the whole routine.

The Horary Clock is amazing! As a shift worker, my meal times especially can get out of whack. This will help me so much to work with my body, instead of the way I've been pushing it to work miracles for years.

Looking forward to the next modules

KRISHELL

Hi ladies,

I hope you have all had an amazing fun filled week!

I just wanted to check in and say thank you to you all for your honesty and input!

I have been pretty flat out with things going on in my personal life and I am also doing a breathwork facilitator course at the same time so I felt a bit shitty thinking I could never catch up on this course as I fell behind but after listening to last weeks zoom I feel ok!

Miriam I love how you say it's ok to just read through these and access the modules when we are ready! I love so many parts of the modules and have implemented some however with my hectic being at the moment I can't complete them all which in the past would

Make me want to quit! So thank you for giving me permission to take my time with this and be ok with it.

I am back on track and will read through the modules to hopefully be available for tonight's zoom (Wednesdays seem to get so busy I miss out).

Big love to you all

SHARON

Hi everyone I've just listened to the zoom chat. Thankyou for your questions & sharing ... helps me so much Things are slowly becoming clearer & I've rewritten my affirmation. I felt I needed to share this with you, to make it real for me. Here goes ... "I'm safe & only require foods that nourish my body. Thankyou for your protection. It's time to move forward". Thankyou for witnessing this & I'll be back with any questions from the latest modules. Have a magical day

MARTA

Thank you Miriam, I'll try to pick up tonight!

Again, week 5 of the course big realisation. Can't believe that I've been sabotaging my relationships (partner, family, friends) because I feel trapped and caught when I see there are demands and perceptions coming from them. I really want to live freely and I thought the relationships were interfering to achieve that. But now I just realised that are my own thoughts and that I can still be free by having people around. I just need boundaries and make sure that I live my own truth and don't take into account other people's demands or pressures. It's a massive work what I have to do but I'll get there! Thanks again for this journey