Three Things Happen When You Write Down Your Soul

- Exit conscious mind.
- Meet your authentic, whole, and holy self—your soul.
- Activate a Voice of infinite wisdom and intelligence—and discover you have access to limitless guidance, comfort, beauty and grace.

Seven Steps to Get Into Theta

1. Set your intention
2. Address the Voice by name: “Dear ______,”
3. Write by hand
4. Activate all five senses
5. Ask lots and lots of open-ended questions
6. Write fast
7. Be grateful. You were held and heard in love
How Do You Recognize the Divine Voice?

Janet Conner 21st century

<table>
<thead>
<tr>
<th>Carries personal yet universal truth</th>
<th>Power and authority the words bear</th>
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</thead>
<tbody>
<tr>
<td>Elegant vocabulary and structure</td>
<td>Exquisite and subtle</td>
</tr>
<tr>
<td>Unconditionally warm, loving, wise</td>
<td>Deeply comforting</td>
</tr>
<tr>
<td>You know it didn’t come from you</td>
<td>Imagination can’t make up these things</td>
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<tr>
<td>Sense of peace and safety</td>
<td>Leaves a great quietude in the soul</td>
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<tr>
<td>Unforgettable</td>
<td>Words do not fade from memory</td>
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<tr>
<td>You trust it</td>
<td>Certainty inside the soul is unconditional</td>
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Teresa of Avila 16th century

Ready to Ignite YOUR Divine Voice of Love?

Writing Down Your Soul OnDemand

You will receive everything in the LIVE course:

- Six 90-minute recorded sessions
- Thirty-Day Guide to Writing Down Your Soul PDF ($30)
- Seven Steps to Get Into Theta video ($50)

Regular Price $140
For Ignite Your Life $99
Enter Coupon Code UNITY

Listen to The Soul-Directed Life on unity.fm

More on Janet’s Books, Courses, and Radio Show at janetconner.com

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