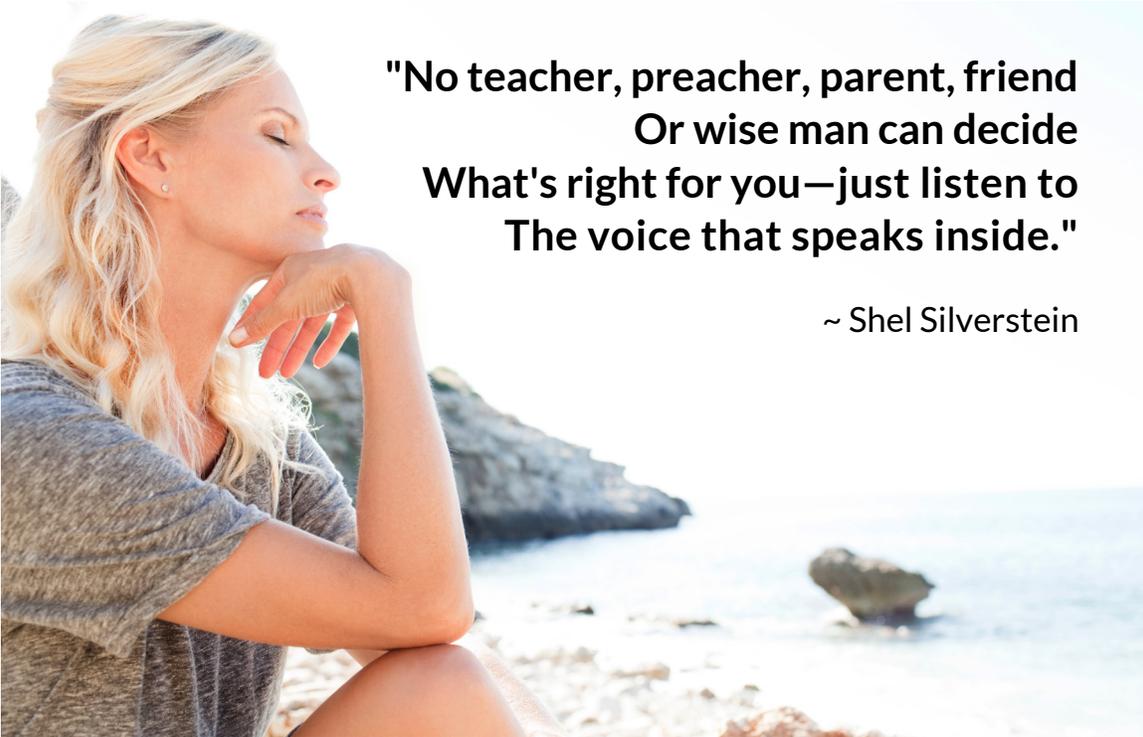

JOURNAL WITH YOUR SPIRIT

Brilliance Game Support Tool

TESS DANIEL



JOURNAL WITH YOUR SPIRIT



**"No teacher, preacher, parent, friend
Or wise man can decide
What's right for you—just listen to
The voice that speaks inside."**

~ Shel Silverstein

Since your Spirit is your primary guide and companion in life—and throughout the Brilliance Game™—an important foundational step as a Brilliance Game Player is to strengthen your conscious connection to your indwelling Spirit.¹

It will not be possible for you to live out your creative potential until you can discern between your Spirit's guidance and your ego's agenda.

Without a strong Spirit-human connection, it will be difficult to tell the difference. A simple and effective way you can strengthen your connection is by conversing with your Spirit on a regular basis using your Brilliance Journal™.

¹ If you do not resonate with the word, Spirit, and would rather refer to your primary guide and companion as your Inner Voice, Inner Mentor, Higher Self, God Self, True Self, Christ Self, Buddha Nature—or some other term—go ahead and do so. However, I ask you not to choose the name of an ascended master or angelic being—or the name of a religious figure such as Moses, Jesus or Muhammad—because the Brilliance Journal is meant to be a support tool for strengthening the connection between your human self and Divine Self, and not your human self and some other being.



Start with a fresh, blank journal² that you dedicate for this specific purpose. If you already have one that you've been saving for a special occasion, use that for your Brilliance Journal. If not, shop for one that appeals to you.

I prefer a medium (A5) sized journal with unlined paper, but you may choose something entirely different.

All that matters is that you like the way your journal looks and feels, and you enjoy writing in it.

Before each journaling session, you'll want to take a few minutes to get grounded, align your human personality with your indwelling Spirit, and then strengthen your Spirit-human connection.

This simple technique will assist you:

Sit or stand with your spine straight and your feet flat on the ground.

Imagine a grounding cord that extends from the base of your spine and penetrates deep into the earth. Take a few moments to allow your body to safely release any pent-up tension to the earth for healing, and then to receive back the earth's nourishing, grounding energy. You can do this through your grounding cord.

Next, imagine a brilliant light streaming down from a star above and entering your body through the crown on the top of your head. Take a few moments to experience the brilliant light of your Source penetrating and enlivening every cell of your body, from head to toe.

² If you are already in the practice of journaling and want to see if you can seamlessly integrate the Brilliance Journaling practice into your existing practice, give it a try. However, if you discover that you are having trouble connecting with your Spirit, then use a dedicated journal for your Brilliance Journal.



Place the palms of your hands on the center of your chest, over your heart and say, "I Am (your full name) and I Am Spirit. We are fully aligned and completely connected."

Take three slow, deep breaths. On each inbreath say, "Thank you." On each outbreath say, "I love you."

The practice of saying *Thank you, I love you* before you begin conversing with your Spirit lifts you to a frequency that makes it difficult for your ego to masquerade as your Spirit's guidance. You can keep your frequency high during your journaling sessions by writing *Thank you, I love you* every time you make a request, every time you receive guidance, and at the close of every session.

Now it is time to begin the process of Journaling with Your Spirit. Make your first entry this simple dedication:

Dear Spirit:

This journal is dedicated to communing and conversing with you, my ever-present source of inner wisdom and guidance. Please give me a name by which to know you.

Go within, breathe deeply, and sense yourself opening up to receive your Spirit's wise and loving guidance. Then listen for the first name that pops into your mind and use it as the name by which to address your Spirit.

My Spirit is called Brilliant One, and so I begin each journal entry with:

Good morning (or afternoon or evening), Brilliant One.

And then my Spirit responds with, *Good morning, dear Tess.*

You may want to use a different salutation, such as *Dear Spirit* or *Greetings Spirit*. Choose a salutation that resonates with you.

Next, begin a conversation between you—as human personality—and you—as Spirit.

As your personality, tell your Spirit what’s on your mind. If you are excited about an idea you’ve been contemplating, or feel frustrated about a setback you’re experiencing, or are anxious about an upcoming event, initiate a conversation with your Spirit about that specific thing.

Ask for the guidance you are seeking while journaling, but be open to receiving it outside of your journaling session. Your Spirit’s guidance could drop in while you are showering, napping, doing the dishes, meditating, walking in nature—or at another time when your mind is receptive. Your guidance could also come to you via a book, a film, a song, a clerk at the grocery store—or through another medium.

Here’s a sample conversation between a Brilliance Game Player, whom I will call Ava, and her Spirit. Ava addresses her Spirit as **Peace of Me (POM)**, and Peace of Me addresses Ava as **Love**.

***Peace of Me**, hello. You’ve done a lot for me lately, especially in the past week and today. You know what’s troubling me and I’d like to talk more about it and ask for clear guidance. I see you creating these avenues, guiding me, dropping the breadcrumbs. I see the synchronicities.*

Even just now, two more doors have opened. Yet, I become gripped with fear about running out of money and not being able to support us. My heart—you—know that I finally see my true purpose. I’m seeing how all the parts of my life lead to this dream—this offering I’m creating. But I need to be able to pay the bills and not scrimp. I need the luxury of taking my kiddo to events and being able to pay a babysitter so I can go out. I need the abundance that affords the best foods and healing modalities that support me. Can you please tell me how to do both—pursue the dream—and have great income WHILE living a balanced life with ample time for my child?

Love, send out the emails, make the calls and get contract work. Develop systems to be more efficient.

But, **POM**, what about the cost of insurance? Do I need a part-time job for benefits?

Love, you don't need all the answers at this moment. Slow down. Take it a step at a time.

POM, But I'm scared. I'm really scared because I remember having nothing. You see me crying. You feel me clench up inside.

Love, you are so resourceful. You have time. Replenish your savings and see that you're not as close to running out as you think.

POM, I feel calmer, but I know this inner struggle will come up again.

Love, I just gave you another website project and a connection. Plus, I'm whispering in your ear about three other personal connections—and—I just sent you two business sites! Work these angles and you will have enough to feel security. Please remember that job security is an illusion. You have seen that they are all "contracts" because you aren't the type of person to stay in the same chair for 5 years anyway. You are manifesting what you want. Breathe.

(So lightheaded. No, actually I'm feeling lighter overall, like a huge weight has been lifted.)³

Love, go to the beach and lay down your worry. Keep doing the work; tap the mantra, watch for breadcrumbs, meditate.

Thank you, **Peace of Me**. Thank you. I do trust you.

³ Like Ava, you should, after receiving your Spirit's guidance, feel lighter. If you do not feel lighter, your Spirit probably has more information to convey to you. If you've run out of time and cannot complete your conversation, make a date with your Spirit to return within 24 hours to complete it. On those occasions when your conversation comes to a natural conclusion—but you still don't feel lighter—be on the lookout for your Spirit's guidance, as it's surely on its way to you.

Ava followed her Spirit's guidance and went to the beach the next day.



Time and time again, I've noticed that people get stuck NOT because they have deep-seated blocks, but because they fail to take the next inspired step that's right in front of them. So don't dilly-dally.

Take your next inspired step right away.

You may be wondering if conversing with your Spirit is really this simple. I'm here to tell you that, Yes, it really is this simple. Just choose a special journal to use as your Brilliance Journal, dedicate it to your Spirit, and begin.

As you progress through the Brilliance Game, remember to journal with your Spirit whenever you need guidance. You may also want to use your Brilliance Journal to capture your insights and bright ideas.

In time, your Spirit will give you innovative ways to use your Brilliance Journal that go beyond your conversations. When this happens, the Brilliance Game Community would love to hear about it. The Brilliance Game Community is also a great place to ask questions that come up as you are developing your Brilliance Journaling practice. Come join the conversation.