



A JOURNEY TO  
YOUR HIGHER SELF  
Self-Guided Workshop

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## **A Journey to Your Higher Self**

In my work as a spiritual medium I am able to serve as a bridge between you and the hidden knowledge available in the higher dimensions. Saint Germain, Archangels, and other Masters share this valuable information during a channeled reading.

In my work as an artist I teach the wisdom of art journaling as a tool to access your higher self and tap into a massive spiritual data bank. The information is available to each of us. This data bank is the Akashic Record or Book of Life. It is the record of everything accomplished in your physical lifetimes.

In this workshop we will access this data through your own intuitive abilities. It is my pleasure to share this powerful tool of transformation with you as my special gift. Sit back and relax and prepare yourself for 30 days of new insights about who you are and where you need to travel as a spiritual being inhabiting a physical body.

### **The word alchemy is defined as:**

- A power or process of transforming something common into something special.

Through journaling we become alchemists and transform our ordinary lives into something special. This is accomplished by gaining wisdom into who we really are at the soul level. In order to do this successfully we must trust our intuition and believe in the guidance which surrounds us each and every hour as we move through our daily schedules. With this confidence and trust in the unseen forces we become masters of our own lives and finally make the connection with our higher self which is the part of us that knows everything.

Journaling is a powerful tool to the inner sanctuary of the soul because the process of expression using both images and words opens up doorways which lead to powerful insights into our personal spiritual path. Journaling is another opportunity – just like meditation – to allow spiritual guides and Angels to slip in bits of information they believe you need to create a stronger relationship with them and other loved ones in your life. In many ways a journal practice can be considered prayer time. It is important to set aside time each day and consider this “sacred time” when you can connect with your soul. I like the word alchemy when describing the power of journaling because its essence is change. Proof of change is in the results. I have seen true evidence of this change in my own classes. Most individuals who begin a practice of art journaling do not give it up. This is because first there are therapeutic benefits in bringing a relaxing activity into one’s

schedule, and second the content of the journal will reveal some aha moments when something you needed to know is revealed.

I designed this workshop for you because you are seeking an opportunity to dig deeper into your soul, make the connection with your higher self, and establish relationships with your spiritual family.

Move through this 30 day workshop at your own pace. Some of the prompts will not be easy. Often the most difficult challenges yield the greatest results. The questions will make you think very deeply about your life. Set aside some quiet time each day. Don't wait until you have an hour. Fifteen minutes is a start.

If you hold any fear around the word art lay that aside right now. Art is as simple as a mark made on a piece of paper. The mark you make is unique as nobody else can make it. You made many marks on paper when you were a child. We are all artists in our hearts. This art is your private gallery.

Decide right now that you're going to jump right in to this very special pool of water and experience something new and different. When you enter the art section of my web-site you will see images of many of my journal pages and those of my students. This will provide you with inspiration. Let's get started.

## Supplies

- A simple journal is the most important part of this month long journey. A plain paper journal or a mixed-media journal that has thicker paper allowing for the application of paint are both good choices. I like the Strathmore mixed-media journal which is available in many art supply stores but any journal will do. I prefer one that is at least 8"x10".
- Ink Pens and pencils – this is the foundation of all mark-making! There are gel pens which are wonderful and available through most art and office suppliers.
- A small pan of watercolors. Be sure to buy these in the adult section of your art supply store. You can also purchase art supplies at Cheap Joes.com or Dick Blick.com.
- Stamps are available in art supply stores and on Etsy. Stencil Girl carry's a great selection. You can create your own by using Funky Foam cut outs and attaching them to a Funky foam pad. Funky Foam is in the kids section of most art supply stores.
- White or black gesso- Use for the cover.
- Colored pencils
- Magazines, old newspapers. Oriental papers, cocktail napkins to adhere on to your pages.
- Matt medium – this is glue used to apply paper to your journal.

## **My Soul Pledge**

**Say to yourself the following.....**

“I promise to make one mark every day for the next 30 days in my Journal. This is my private sanctuary and when I am present here I will not judge myself. It is my intention to communicate with my higher self on a deep level in order to learn more about my spiritual journey in this life-time. I invite my guides and Angels to walk with me through this self exploration of my soul.”

## **My symbols**

Each person is born into this world with a set of symbols. These include your name, birth date, and the positions of the celestial bodies at the time of your birth. You were born in a particular place and that determines your language and customs. You have chosen a family group including your mother, father, and your siblings. These are not random events. They were chosen by you before you came into the body. There are some challenging situations that come with you and these are also chosen. One is never left alone to deal with any situation. Each person is surrounded by at least two or more guardian angels and a spiritual guide. You also have a karmic board which is a group of elders watching over you from the spiritual side to make

sure you fulfill all the items on your “to do list” for this lifetime. You can read more about these topics in previous and upcoming monthly posts.

So let’s get started and design the cover of your journal using your personal symbols.

**Just a hint-** As you work through the exercises you may want to apply color and shapes to the pages. Each page is personalized by the addition of doodling, color application, stamping, and attaching images. I will give you the prompt for the written information but you have to be the artist in choosing ways to express the words in color and shape. An art degree is unnecessary. When you were a child your art was spontaneous and untrained and that is exactly the energy to tap into now.

### **Designing Your Journal Cover**

Start by filling out this worksheet. Use the information on your cover. Be very intuitive in what you choose to place on the cover. Do not think too much about it. Not every item on this list needs to appear on the cover.

This is my plan for the cover of my journal. My symbols are:

**My Birth Name:**

**What my friends call me:**

**Birthday:**

**Life path number:**

(Add month + day+ each number of the year. Break a 2 digit number in to a single digit. See the meaning of your number in the appendix). For instance, my birthday is June 12, 1951. June is the 6th month  $6 + 1 + 2 + 1 + 9 + 5 + 1 = 25$   $2 + 5 = 7$  the number 7 is my Life Path number.

**Astrological Sign:**

**Favorite shape:**

**Favorite Colors:**

**Favorite quote or quotes:**

**My favorite prayer or Bible verse:**

**Favorite place to visit:**

**Favorite book, movie and song:**

**I dream frequently about:**

**My current job:**

**My dream job:**

You have just displayed your significant symbols on the cover of your journal. The cover will be a reflection of who you are. Start by laying down a coat of white or black Gesso. Let this dry. Once the surface is completely dry it is ready to receive paint, ink, glue and images. Use matt medium to attach paper. Use an old brush for this part and be sure to clean it off when you finish.

### **Day 1- the Cover**

Begin to assemble images that fit your symbols. You can use numbers from magazines, colors that reflect your personality, images that call to you such as flowers, landscapes, flowers and trees. I love quotes and so I'm always looking for words that ring true to me. You can create a poem or a phrase by cutting out words in the newspaper.

Have fun and begin to create a cover that is a reflection of who you are at this moment in your life. This might be a historical record some day!

**Just a note of caution.** Sometimes the cover is never finished because it is possible to continue overlapping images and words endlessly. You may find yourself playing with the cover over and over again for many days until you're satisfied that it is complete. I own some covers that have been incomplete for years. Sometimes the cover is like eating popcorn as you can't keep hands out of the bucket! Do not continue with the back cover

we will do that later. You are doing very well to come this far. Take a break for a few moments or come back tomorrow.

## **Day 2- My family**

Open up your journal and begin filling the pages. Who travels in this life-time with you? What are their symbols? How do their symbols connect with yours? Who are your real mother and father? Sometimes our biological parent does not serve the role of mother or father. List your closest family members and what place do they have in your life right now. Use their photos if you are so inclined. Create a family tree with descriptive paragraphs for each branch. Express your feelings about your family. You all chose to travel together during this period of history.

## **Day 3- What question do I need an answer to right now?**

Write the question at the top of the page. We will carry this question throughout this 30 day journal and return to it, so leave 4 or 5 pages following this entry for more writing. The answer to the question may come in small or large paragraphs but it can't be forced. The answer is contained in your higher self and will emerge when you engage with it during the next 30 days. When the question is placed in your journal it is an invitation to your spiritual team to help you with the answer.

As you look at your question, spontaneously write something that pops into your head. It can be a paragraph or a couple of words. Do not edit the

thoughts coming from your mind. Now turn the page and leave the question behind. Each day you are going to have a new topic to journal about but every few days we will return to this important question and allow spontaneous words to flow through you to the paper. This is a form of automatic writing. It is necessary to be very relaxed and not to require control of the information. This is the only journal prompt that will be repeated throughout the book.

#### **Day 4- Write a letter to you**

In this letter list the things you still need to accomplish next year. Promise yourself that you will. List four dates and make a note of where you expect to be at that point on the calendar. Highlight those dates on an actual calendar or create a calendar on the journal page with the highlight on the days you expect to have this accomplished.

#### **Day 5- What physical possession did you lose this year?**

What did you gain from this loss? If its absence in your life is creating tension for you, sketch this thing and using white-out or black ink make it go away. Whenever we state an intention and follow this with an action, we can change a situation. Your intention is a thought and therefore a powerful force. Saint Germain told me in our first session together-“*Watch your thoughts as they are more powerful than you can imagine.*”

### **Day 6- How is balance expressed in your life?**

Illustrate this. If there is a lack of balance show this by drawing a see saw. What is on either end of the apparatus? What do you need to get rid of to bring balance and equilibrium back? Draw the unbalanced apparatus and then draw the balance.

### **Day 7- What part of my body is trying to get my attention?**

Body pain is an attempt by the spiritual self to communicate with you. Does your body desire your attention? Sketch the body part and ask it to tell you what it needs. If a healing is necessary, add the color green to your journal page. Ask the Archangel Raphael for his intercession in bringing healing to this area.

### **Day 8-Resistance – what are you resisting?**

Write it down and journal about this. What would it look like if you were to battle it? What would happen if you engaged it, or pushed against it? What would it look like if this resistance would soften? Can you draw this resistance and then soften the edges with an eraser or pastel pencil.

**Go Back to Day 3** and continue to work on your question.

### **Day 9- State an intention.**

Lock your intention down to a date on the calendar. In this way you make the intention visible. Intention is like a snow ball rolling down a hill when you give it the power of your attention! Be realistic in terms of your timing.

**Day 10- List the old way you did something.**

Now list the new way. Erase the old way with white paint, correction fluid or an eraser so you can barely see what you have discarded.

**Day 11- Journal about something in your life that was particularly difficult.**

This might have been a situation with another person where you had a disagreement, argument, or break-up. It could also be a health issue. Create some images that reflect this and blend the edges of these images on your journal page to show that a particular situation has softened.

**Day 12- Draw the patterns in your life.**

Sometimes we have many patterns and sometimes very few. Which patterns are repeating over and over again in your life? Create doodles of the patterns and label them with words. Take your time with this journal prompt.

**Return to Day 3 and revisit your first question.**

**Day 13- Is there anything in your life that's asking for a pattern?**

Define this issue and draw the pattern? Don't over-think the image. Go with first impressions. Journal about this new image and what it means for you when it is firmly established in your life.

#### **Day 14- What patterns in your life need to be changed?**

Go back to Day 12. Give each pattern that needs to be changed a name and state an intention as to how you will either modify or delete it.

#### **Day 15- What issue or physical object is disappearing from your life?**

Write and illustrate this issue. This can be a person, event, or thing. Obscure the edges of the issue slowly as it disappears from your life. This can be a journal page that you return to numerous times until this issue has been resolved. Remember that there is only this moment. Forgive events of the past and fully release them.

#### **Day 16- What is the shape of your life?**

Is it a circle, square, triangle, or red rectangle? Is it squiggly? What life shapes occur over and over again? Define your shape and color. What does this tell you about your soul?

#### **Day 17- What issue is bothering you**

.....and continues to come up over and over again? List the alternatives to this particular situation and journal about each one.

**Go back to day 3 and continue to re-visit your question.**

**Day 18- What needs to be transformed in your life?**

For instance, do you want to leave your job? Or change your job? Fill your journal page with images that reflect the situation you would like to change. Embellish your page with all the positive things and emotions associated with this transformation. How much time are you willing to devote to this transformation?

**Day 19- What would your life look like after the transformation above?**

Continue your journaling from yesterday and create images that show what your life looks like a year after the transformation.

**Day 20- Attach a picture to your journal that brings up deep emotions.**

Gaze at the picture for 10 minutes and then write spontaneously about the image. Just write and do not allow the mind to interfere. Close the book and do not read what you wrote until the next day. On the next day read what you have written and make a note of what important piece of information was a surprise to you.

**Re-visit Day 3 and your question.**

**Day 21- Journal and illustrate a dream that you've had in the last month.**

This dream is trying to tell you something. See if you can figure out what the message is.

**Day 22- Go into the cave of your life. Draw on the walls.**

Draw purple lines on the wall to trace your spiritual path from birth to today. Show the highs and the lows. Draw a second line in orange to illustrate your physical path. Lines that are thick or thin broken or curved will speak to your spiritual awareness. Where do the two lines meet?

**Day 23- Visualize a healing color.**

Is this your color? How does this color make you feel? What do you think is the meaning of this color? Illustrate and journal about this. See the appendix for more information on the meaning of colors.

**Day 24- On an empty journal page make a random line.**

Spend some time in quiet listening to whatever that small action wants to reveal to you. Write about this.

**Re-visit Day 3**

**Day 25- What is an image associated with your fear?**

Draw it and color it in. Study this and write down what you learn? Do you want to release it? If so cut up the image and paste it in your journal as a reminder you have destroyed it.

**Day 26- Cut out lots of pieces of black and white paper.**

Place them in different arrangements on your journal page and write down what they are telling you.

**Day 27- Imagine your childhood, young adulthood, and current age.**

Using either color, shades of gray or black, illustrate each period of your life. Use 2 adjoining pages if you need to. Is there anything you need to forgive? If so, state an intention that this is done. Congratulations—“forgiveness is a gift you give yourself.”

**Day 28- Draw your inner garden.**

Is it groomed or full of weeds? How would you remove the weeds? Can you do this alone or do you need to hire someone to do some of the heavy lifting? If your garden is perfect pick one flower and tell your journal how this flower makes you feel.

**Day 29- What is the shape of the space between your goal and reality?**

Where is your space most crowded, most open, and most empty? Use the element of space to show something about how you are living your life.

**Day 30-Draw yourself a roadmap of your life for the next six months.**

Have a start and a finish point and show all the stops along the way you want to make.

Congratulations on making a 30 day commitment to this journal. What have you learned? What new insights have opened up for you?

**Return to Day 3.** Do you have an answer to your question? Are you a little closer to one? Continue to re-visit this page until you feel a sense of closure.

**The Back Cover** – Now design the back of your journal to reflect the new information the last 30 days has revealed.

Thank you for becoming one of the members of my web-site. I hope this material will help you to better understand yourself as a spiritual being.

Congratulations for completing a month of intensive soul journaling. Don't stop now! Make this a life-time practice. I would love to hear from you.

Was this helpful? Did you gain insights that surprised you? Did you get an answer to the question on Day 3?

Deep love and blessings to you all, Jane

E-mail me at [jane@janehalliwell.com](mailto:jane@janehalliwell.com)

## Appendix

### Meaning of the Life Path Number

1. **One – Leader** independent, a hard worker. A fierce competitive desire to be the best and to always win. Others may see the #1 as

egotistical. The number does well to manage people and things. Great entrepreneurs and inventors are often born with this number. Any profession that calls for independent action and decision making would be a good fit for a number one. One is all about new beginnings, creativity, and starting over. Saint Germain says, “One represents the connection of all souls in unity of love and purpose.”

2. **Two-Balance-** Needs harmony in life. Born to love others and to be loved in return. An affectionate person. They dislike conflict and will do whatever it takes to avoid it. Always trying to fix discord and fighting. Tendency to be psychic with dreams that come true. Great counselors and social workers. They do not need to be in the spotlight-- good-natured. Saint Germain says someone with a Life Path number of 2 often “has unfinished business of the soul.”
3. **Communicator-** Creativity, communication, and connecting with people. They are often entertainers and artists. A number three will balance/manipulate things to make their life more interesting. They need relationships. There is strength of mind and sharp wit. Represents the Trinity --father son and Holy Spirit. Saint Germain says, “This individual must challenge all beliefs that do not unify.” Three is one of the spiritual numbers.

4. **Teacher.** This is an intelligent number. Very honest and direct. Balance is very important to this person. They keep a “to do” list and this is essential. Minds are filled with so many thoughts. Women are very strong and a little masculine. Number four’s sometimes have panic attacks. They want everything in perfect order. Stability – job – career – balance. This is a number associated with the physical world.

5. **Adventurer.** Loves freedom – fun and adventure. Needs variety. They get bored easily. They love celebration. A good number for pilots, flight attendants, travel agents or cruise directors --anything to do with travel. They would rather be dead than bored --they are compassionate. They often escape in books. They are restless and need to keep moving. Sudden change, transitions occur frequently. It is a physically demanding number.

6. **Nurturer-** The natural parent. Loves marriage. Creative pursuits such as art, music and poetry are natural. Family is everything. Magnetic people. Physically attractive. They love the home and need harmony and good friends – loyal and trustworthy. Good number for interior decorators real estate agents, guidance counselors, and academic advisors. Often gives too much in relationships. They believe that if you want something done you got to do it yourself. Home and family are the top priority.

7. **The spiritual seeker.** Needs a strong spiritual base. Can be drawn to drugs, alcohol, and overwork. They don't seem to be from this planet. The number seven is considered a magic number in many cultures. Sevens like to be alone. Loves solitude, natural beauty and anything connected with water. Good writers, closely linked to God, and possess psychic abilities. They are good public speakers. Spirituality, heaven, and nonphysical things dominate. Saint Germain says this number represents "what cannot be seen but what is active in one's life."
8. **The executive.** Financial security is very important. They are materialistic. Finding freedom through being financially stable and a classic workaholic. Considers strife to be a normal part of life. Cannot get over infidelity. Good professions as banker, stock market trader, accountant, office manager, and engineer. Saint Germain says this person must remember that "the real treasure is in the spirit."
9. **Humanitarian.** Contains the quality of all the other numbers. A selfless person with a strong need to follow something they believe in. There is a need to be a perfect parent. Taking care of everybody else--endings.

**Note:** Number sequences are powerful also. My common sequence is 111 and I have come to realize it means “pay attention.” What numbers are constantly showing up for you?

## Colors

Colors are vibrating energy of light and sound. As light splits into different wavelengths and vibrates at different speeds, it can be measured as color. Colors affect your emotional, physical and mental states without you even knowing it. Colors can reflect your mood or even change your mood. You are born with a certain soul color that describes your soul’s place in its upward journey to understand the meaning of life. All souls are, however, a combination of colors and not just a single hue. In addition to one’s soul color, there is a colorful electromagnetic field of energy within and around your physical body. This is called an “aura.” It is constantly fluctuating and changing colors with each thought and emotion

**Red.** It is grounded in the earth. It represents bravery; passion; anger; sexuality; strength, courage and determination. St. Germain says, “Red is the color of power and may get souls into trouble.” Red is the color of the energies found at the base of your spine. .

**Orange.** It represents gentle leadership. It denotes energy and creativity, wisdom and compassion. It infuses one with ideas for creating something beautiful and practical. It is located just below the belly button. It can influence your attitudes about sex and reproduction. Orange souls are a mix of red and yellow.

**Yellow** pushes us to seek knowledge, it sparks curiosity. It represents energy itself. It looks for new ideas or help on how to solve a problem it is located in the solar plexus or in the middle of the torso at the waistline. Saint Germain says “Yellow souls are constantly seeking answers to questions throughout their lives in physical bodies.” This energy feeds the adrenal, digestive organs, stomach, pancreas, gallbladder, and liver. Too much worry can deplete this energy and eventually cause illness to one or more of these areas. A yellow soul is always working to obtain knowledge.

**Green.** Is symbolic of healing, growth – both physical and spiritual. It represents caring, generosity and healing. It is often referred to as a symbol of money. St. Germain says that “a green soul loves the earth and the presence of this soul brings healing to others. Green souls are so close to the earth that they choose professions that allow them to be outdoors.” It can represent jealousy as in “she is green with envy”. It is located in the center of the chest. The green energy circuit creates balance around the heart, lungs, and immune system. Green souls are healers.

**Blue** centers on communication of ideas through art, written words, spoken word, performance in dance, music, etc. It encourages speaking the truth. It represents the need for peace and harmony. It is located in the throat. St. Germain says, "Blue is the color of harmony and love and those on a high spiritual path."

**Indigo blue** refers to expansion of ideas, harmony and balance, thinking outside of the box, and in the inner knowing or sixth sense. It is located in the middle of the forehead.

**Violent** is all about spirituality, mysticism, a seeking of the divine, of seeing beyond the veil into other dimensions. It suggests raising one's consciousness into the realms of spirit. It reflects our beliefs about God and spirituality. Blue-violet souls are highly evolved souls.

**White** is often associated with purity. It is also a blending of all the colors by raising one's vibration out of darkness into the light of joy in wisdom. It is also the color of the eighth energy center, where one can experience deep meditation, total relaxation and joy. It is located about 8 to 10 inches above the head. White souls are often new souls.

**Black** is the color of mystery or things hidden. It is also a blending of all the colors representing balance. It is often used by those who wish to remain in the background – or wish to look thinner. It represents endings

and completion. This color is not part of the energy circuits within the body, nor is any of the following colors.

**Brown** refers to being grounded as in the gathering of your energies or “wits” about you. It means planting one’s feet firmly on terra-cotta. It represents safety and something solid.

**Pastels** can mean a softening of the vibration, or an immature view of the experience. Pink can refer to love. Red represents a more mature love and deep red would be passionate love.

**Secondary colors** can be interpreted as a combination of the main colors listed above.