



Ink & Insight Podcast

with Mind-Body Specialist, Nancy Bunt

Episode 2: 11/1/24

Clearing the Confusion

Show Notes

In episode we worked with an intentional sequence using journal writing, mindful reflection, and meditation to gain insight and clarity around something that is unsettled, confusing, or unresolved in your life right now. This is a valuable practice you can come back to over and over again to navigate life's challenges with resilience and grace.

Below are the steps we went through in this episode. If you feel unclear on how to proceed with this sequence, listen to the episode again or feel free to reach out to me. I'd love to hear about your experience with this process.

1. **Journal Writing:** Take a few minutes to write about something that is on your heart and mind that feels confusing, unsettling, or unresolved.
2. **Reflection Sentence:** Read over what you just wrote and write a brief reflection sentence. This could start with something like, "As I read this over I notice..., I'm aware of..., or I'm curious about..."
3. **Question:** From the writing and reflection you just did, what specific question do you want to ask your inner wisdom? Write this question down in your journal, read it over to yourself, and then set your journal aside.
4. **Meditation:** Let go of the issue for now and spend 15 to 30 minutes in a silent meditation.
5. **Journal Writing:** What does my inner wisdom want to tell me now? Read over the question you had prior to your meditation, and just write for another few minutes (or longer) on what is arising for you now.
6. **Reflection Sentence:** Read over what you just wrote and write a brief reflection sentence. This could start with something like, "As I read this over I notice..., I'm aware of..., or I'm curious about..."