



W R I T I N G
C I R C L E

THE SOUL WRITING PRACTICE

A Member's Guide to Hearing, Trusting & Living What You Already Know

"The page simply gives you a place to hear it."

There is a voice beneath the noise.

Beneath the opinions.

Beneath the overthinking.

Beneath the part of you trying to get everything right.

It is quieter than fear, but steadier.

Soul Writing is a practice for learning how to hear that voice—and, over time, trust it enough to live from it.

This guide will help you move beyond simply “doing” Soul Writing and begin developing a relationship with the deeper wisdom that becomes available when you stop searching outside yourself for every answer.

You do not need to master this. You do not need to hear something profound every time you sit down. You only need to keep showing up honestly.

The practice will meet you there.

A NOTE FROM DANETTE

I believe there is a part of you that already knows.

Not necessarily the whole plan. Not every answer. But the next true thing.

For so much of our lives, we are taught to look outside ourselves. We ask other people what they think. We search for another book, another podcast, another teacher, another sign.

And sometimes those things are beautiful and helpful. But somewhere along the way, many of us stop asking ourselves.

Soul Writing became a way for me to come home to that inner place again. It helps me move underneath the noise of my mind and listen for what is actually true for me.

Sometimes what comes through is clear. Sometimes it surprises me. Sometimes it challenges me. And sometimes I finish a page without having an answer at all—but I understand myself more deeply than I did before I began. That matters too.

My hope for you inside this membership is not that you become dependent on Soul Writing for every decision. It is the opposite.

I hope this practice helps you become more deeply connected to yourself. More willing to trust what you feel. More able to recognize when fear is speaking. And more courageous about following what you know.

You do not need to force anything here. Just bring your honesty. Bring your curiosity. And keep the door open.

With love,
Danette

1. WHAT SOUL WRITING REALLY IS

Soul Writing is different from simply writing about your day.

When we journal normally, we often begin with what the conscious mind already knows: This happened. I feel this way. Here is what I think I should do.

There is nothing wrong with that. Journaling can be incredibly valuable. But Soul Writing has a different intention.

Instead of using the page to organize what you already think, you use the page to discover what exists underneath your thinking.

You are listening rather than reporting. You are allowing rather than constructing. You are becoming curious about what another layer of you may know.

You might call that layer your soul. Your higher self. Your intuition. Your deepest knowing. God. The Universe. Or simply the wisest part of you.

The language matters less than the relationship. Soul Writing is the practice of creating enough space for that relationship to become audible.

2. YOU ARE NOT TRYING TO “GET AN ANSWER”

This may be the most important shift you make as your practice deepens.

Do not sit down demanding an answer. The moment you decide that something specific must happen on the page, the mind tends to take over.

It tries to perform. It searches. It judges. It asks: Is this working? Am I making this up? Is this really my intuition? Why am I not getting anything?

Instead, approach Soul Writing with curiosity. You are not interrogating yourself. You are opening a conversation.

Some days you may receive tremendous clarity. Other days you may notice an emotion you had been avoiding. You may suddenly remember something. You may see a pattern. You may feel resistance.

You may write two pages that seem meaningless and then encounter one sentence that stops you. Or nothing remarkable may happen at all.

Do not measure the value of the practice by how dramatic the experience feels. Often the deepest shifts are quiet.

3. THE CONDITIONS THAT HELP YOU HEAR

There is no perfect Soul Writing ritual. You do not need candles. You do not need music. You do not need a particular room, journal, pen, time of day, or spiritual state.

But you do need a little space.

Before you begin, give yourself a moment to arrive. Put away distractions. Feel your body. Take several slow breaths. Let the day become slightly quieter around you.

You are not trying to empty your mind. You are simply moving out of reaction long enough to listen.

Then bring something real. Soul Writing tends to become powerful when you stop writing about what sounds important and start writing about what is actually alive in you.

- The thing you cannot stop thinking about.
- The conversation you are avoiding.
- The decision you keep circling.
- The feeling you do not completely understand.
- The desire you are almost afraid to admit.
- The pattern that keeps repeating.

Bring that.

4. THE MOST IMPORTANT RULE

KEEP MOVING FORWARD

Once you begin writing, resist the urge to go backward.

Do not reread. Do not edit. Do not correct the sentence. Do not make it sound beautiful.

Do not decide whether what you just wrote is wise, spiritual, reasonable, embarrassing, selfish, or true. Stay with the movement.

The moment you begin evaluating the words, you move from receiving into managing.

Your Soul Writing does not need to be good writing. No one is grading it. No one else needs to understand it.

Sometimes it will be messy. Sometimes repetitive. Sometimes awkward. Good.

Your job is not to create something impressive. Your job is to remain available.

5. WHEN YOU DON'T KNOW WHAT TO WRITE

Eventually, you will sit down and feel nothing. Your mind may go completely blank. You may feel restless.

You may hear: I don't know. Nothing is coming. This feels stupid. I don't have anything to say.

Do not treat that as failure. Write it.

"I don't know what to write." Then write it again if you need to.

- I still don't know.
- What I notice right now is...
- The part of me that doesn't want to do this says...
- What I am afraid might come up is...

Keep the hand moving.

Very often, "I don't know" is not an absence of information. It is a doorway.

There may be something underneath it that has not felt safe, convenient, logical, or acceptable enough to say. Give it time.

And if nothing comes? Close the journal. You still showed up. You do not have to force open every door.

6. SOUL, INTUITION, MIND & FEAR

One of the most common questions in this practice is: How do I know whether this is my soul speaking or whether I'm just making it up?

There is no perfect test. And developing discernment is part of the practice itself. But there are differences you can begin noticing.

FEAR IS OFTEN URGENT

It says: Do something now. You're going to lose this. You're behind. What if everything goes wrong?

Fear often feels constricted. It repeats itself. It catastrophizes. It searches for certainty.

THE MIND LIKES TO EXPLAIN

It builds arguments. It analyzes. It creates pros and cons. It rehearses conversations. It tries to produce the "correct" answer.

The mind is enormously useful. You need it. But it is not always the place where your deepest knowing lives.

SOUL OFTEN FEELS SIMPLER

Not necessarily easier. Simpler.

- Tell the truth.
- Wait.
- You already know.
- Have the conversation.
- This isn't yours anymore.
- Rest.
- Ask for help.
- You don't actually want this.
- Go.

There is often less argument around it. It can carry a strange sense of recognition—as if you are hearing something you somehow already knew.

And importantly, your deeper guidance is not always comfortable. Do not assume comfortable = soul and uncomfortable = fear.

Sometimes fear desperately wants you to stay where you are. And sometimes the truest thing you can do is terrifying.

A BETTER QUESTION

Does this feel true?

7. THE FIRST ANSWER ISN'T ALWAYS THE DEEPEST ANSWER

Your first layer of writing may simply clear the surface. That is normal.

Imagine stirring water that has sediment at the bottom. At first, everything can become cloudy. Keep going.

When something on the page carries energy—a phrase, an emotion, a memory, a reaction—become curious about it.

- What is underneath this?
- What am I not saying yet?
- Why does this feel so important?
- What am I afraid would happen if I admitted the truth?
- Is there something else I need to see?

You do not need to ask five questions. One is enough.

Follow what has life. Soul Writing is not about covering more ground. It is often about becoming willing to stay in one place long enough to discover what is underneath it.

8. THE SOUL WRITING CYCLE

As you continue this practice, think of Soul Writing as more than the time you spend with pen and paper. The complete process has five parts:

WRITE

Let what is present move onto the page without judgment or editing.

NOTICE

When you finish, take a moment before doing anything. What sentence has energy? What surprised you? What feels uncomfortable? What brings relief? What seems more true now than it did before you began?

DISCERN

Not everything written in a Soul Writing session is an instruction. Some of it may be emotion. Some may be fear. Some may be old conditioning. Some may simply need to be witnessed. Ask yourself: What here feels deepest and truest?

INTEGRATE

Allow what surfaced to exist before immediately trying to fix it. There are times when the integration is simply: I see this now. That is enough.

ACT

When a clear next step does emerge, bring the insight into your life. A truth that never leaves the journal can eventually become another form of avoidance.

The action may be small: Send the message. Create the boundary. Make the appointment. Say no. Say yes. Ask the question. Rest. Wait. Tell the truth.

You rarely need to see the entire path. You only need enough clarity for the next honest step.

9. WHEN SOMETHING DIFFICULT SURFACES

Soul Writing can bring you into contact with emotions, memories, truths, and patterns you have spent a long time avoiding.

You do not need to push through simply because something has appeared. More is not always better.

If you begin to feel overwhelmed, stop writing. Feel your feet. Look around the room. Take several slow breaths. Drink some water. Go outside. Move your body. Come back to the present moment.

You can return to the writing later—or choose not to. There is no prize for going deeper than you are ready to go.

And Soul Writing is not a replacement for appropriate professional support. If something significant surfaces that feels bigger than what you can safely hold on your own, consider sharing it with a qualified professional or trusted source of support.

The practice should help you develop a deeper relationship with yourself, not pressure you to process everything alone.

10. WHAT TO DO AFTER A POWERFUL SESSION

Sometimes you will close your journal and know exactly what you need to do. Other times, what surfaced needs room.

You do not always need to act immediately. Let the insight breathe.

Notice what happens over the next few hours or days. Does the clarity remain? Does your body relax when you think about it? Does the same truth continue appearing? Does life begin reflecting the insight back to you?

You may decide to return to the same topic in another Soul Writing session. You may use one of the prompts available inside your membership to approach it from another angle. You may hear something during one of Danette's sessions that opens another layer. You may realize the original question was never the real question.

This is why Soul Writing is a practice rather than a technique. One page can begin a conversation that continues unfolding long after you close the journal.

11. DON'T TURN SOUL WRITING INTO ANOTHER AUTHORITY

There is a subtle trap that can happen as you begin trusting the practice. You can start asking your journal what to do about everything.

Should I send this text? Should I take this trip? Should I buy this? Should I say yes? Should I say no?

Soul Writing is not meant to become another authority outside you. It is meant to strengthen your relationship with yourself.

You still use discernment. You still use common sense. You still gather information when information is needed. You still speak with experts when expertise matters. You still get to change your mind. You still make the decision.

Think of Soul Writing as a way to hear yourself more clearly—not a mystical instruction manual you must obey.

THE GOAL

Greater self-trust. Not greater dependence.

12. LET THE PRACTICE CHANGE WITH YOU

You may begin by Soul Writing only when something is wrong. That is natural.

But some of the richest writing happens when you are not trying to solve a problem.

You can write from curiosity. From gratitude. From desire. From expansion. From possibility.

You can explore what wants to be created next. What feels alive. What you are ready to release. Who you are becoming. What you want more of. What your life may be asking from you now.

Over time, you may notice that the greatest benefit of Soul Writing is not any individual answer. It is that you begin recognizing yourself faster.

You notice when you are abandoning what you know. You notice when fear has taken the microphone. You notice when something feels off. You notice when the answer is already there.

The journal teaches you how to listen. Then eventually, you begin listening before you ever open it.

USING THIS PRACTICE INSIDE YOUR MEMBERSHIP

You do not need to work through this guide from beginning to end every time you write. Use it as a reference. Return to the section you need. And allow the rest of your membership to support the practice.

Use the Soul Writing prompts on the site when you want a place to begin.

Allow Danette's teachings and sessions to bring new questions to the surface.

Revisit previous sessions when you feel called to.

And when something meaningful emerges, do not rush past it simply to get to the next piece of content. Stay with it.

The membership is not about consuming more. It is about hearing more clearly.

A SIMPLE PRACTICE TO RETURN TO

GET QUIET.

BRING WHAT IS REAL.

ASK.

KEEP WRITING.

NOTICE WHAT HAS ENERGY.

GO DEEPER ONLY WHEN IT FEELS USEFUL.

DISCERN WHAT FEELS TRUE.

CHOOSE THE NEXT HONEST STEP.

Then close the journal and go live your life.

Because the point was never simply to fill pages. It was to hear yourself.

ONE LAST THING

You do not need to become better at having answers. You are learning to become better at listening.

There will be days when you trust what comes through immediately. There will be days when you doubt every word. There will be days when Soul Writing cracks something wide open. And days when it simply gives you ten quiet minutes with yourself.

Let all of it belong.

Keep returning. Keep telling the truth. Keep listening beneath the noise.

And remember: The wisdom you are looking for may be much closer than you think.

The page simply gives you a place to hear it.

— Danette