

INWARD

MAGAZINE

Created By Renee Brooks (Intuitive Guide)



JULY
2023

WHERE TO START

Creating An Opening

HOW YOU ADDRESS WHAT'S
REAL + RAW MATTERS

HOW TO
MINE YOUR
INNER GOLD

UNPACKING

Letting Go Of What's

No Longer Needed

pg. 5

Volume 2

THE POWER OF INNER INQUIRY

a digital publication

THIS ONE'S FOR YOU

To the writers, artists, empaths, introverts and intuitives; to the sensitive souls (the ones who sense there's always something deeper to explore and know) - I see you, and I want you to know - you're so worth discovering.

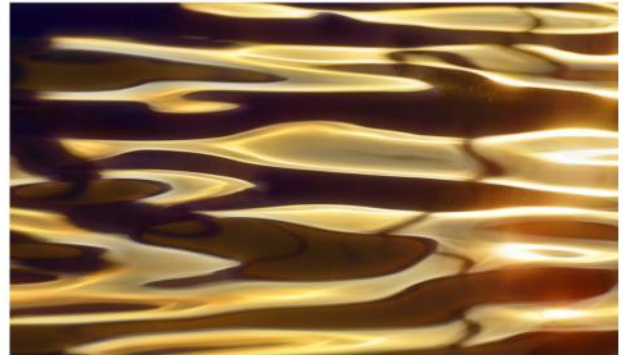
INWARD MAGAZINE | VOL. 2

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A Note From

The Creator

Hi there ~ I'm so glad that you're here!

I made you a little something. This here - work of heart, comes with an invitation; an invitation to journey inward. The process of inner inquiry (learning to ask compassionate questions and hear what wants to be revealed) is not always easy, but it's so worth it.

The process asks, that you consider and listen to - your own innate wisdom about what you've been through and about what you desire most.

It asks, that you respect what your mind, body, and spirit have to say about your experience. And not only that you hear what's being revealed, but also that cultivate trust - in your ability to bring forward what really matters for your journey. The innate wisdom that you have stored, will help you tend to those deepest wishes. It will also help you cultivate a new sense of being - out in the world. That's why I'm here.

Renee Brooks

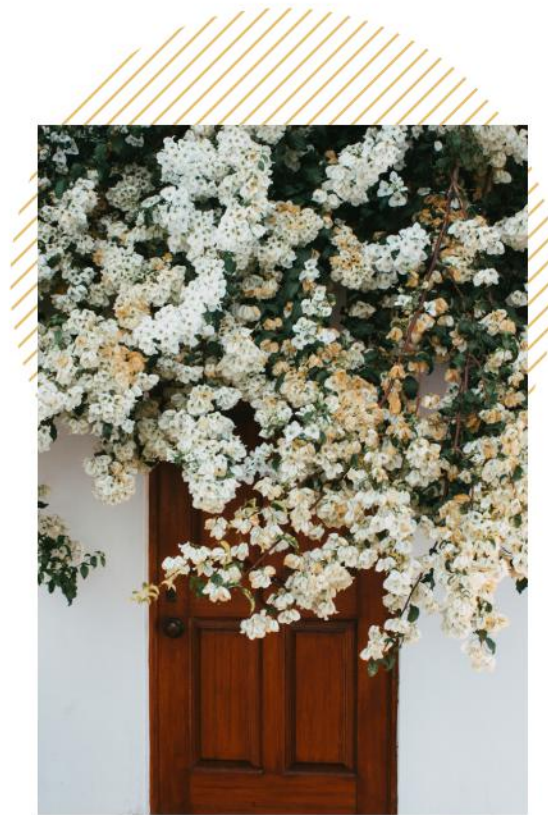
(Creator Of INWARD Magazine)



I come as a guide - with my stories, tools + tips, and intuition in tow. Let's mine for the gold. Let's soothe what aches. Let's listen and then use what we find. There's so much in you to discover, and each new discovery will help you bloom in beautiful new ways. I created this work of heart, in hopes that it's a light for you as you journey inward (to discover more of who you really are). May this publication help guide + inspire you ~ along the way!

there is a conversation
happening inside you
pay deep attention
to what your inner world
is saying.

- RUPI KAUR (HOME BODY)



WHERE TO START

CREATING AN OPENING



If you want to get to the truth that lies within (to what's real + raw), you have to create a safe space for that truth to come forward. **How you address what's real + raw, matters.** Imagine you've been in a storm of emotional upset all day - so much so, that you don't even know where to start to unravel the mess. Even though you don't know where to start, you know you have to move the needle on your emotions; at least, it's what your heart desires to do.

A kind, wise woman knocks on the door and walks in (with your welcome).

She immediately goes to open the shades; the darkness is getting to the place, and you don't even have to explain what heaviness it's causing: **she knows.** That argument, that fight, that upset that you've buried in your chest (and that has no way to escape except through the ducts of your eyes), she knows what that's like. The wise woman knows what it causes inside and so, she showed up for you.

She walks over to a candle - lights it, and then pulls the warm blanket from the dryer and wraps it around you. She fluffs the pillows even - for you to get comfortable with what is and with opening up about it. She walks off, and then after a little while - comes back.

The tea, that you so desperately need - because there's something stuck in your throat that you've been meaning to say - the wise woman, is already on it. The water's already boiling and ready for her to pour. **She gets your tea, a box of tissues, sits down, grabs your face and says (with compassion), "I see you and I'm here for you. What's going on love?"**

The truth - greeted with that kind of love and compassion, has no choice but to come spilling out. **And so, that's the opening.** That's how I encourage you to greet your pain, your story, your wishes - each time.

continued →



That warmth, that wise woman with the heart that's felt the unimaginable; the one that's able to create that kind of opening - is you. That unconditional consideration, is something that is already within you. Nothing reveals itself (unabashedly), if the adversaries (judgment and criticism) are blocking the way.

If you want the truth from within, **you must create a safe opening + space** to hear what really wants to be expressed.

Greet yourself with such respect, each time.

Remember, you are a precious, vibrant thing. And you're still learning and growing. Create the opening, and then watch as the truth & your deepest intentions spill from you.

While posing any inner inquiry, there are some gentle ways to get started.

Your feelings are the emotional experiences that are moving through you at the time. And it's okay to explore what you're feeling. All of it is raw material for developing new ways of **being**.

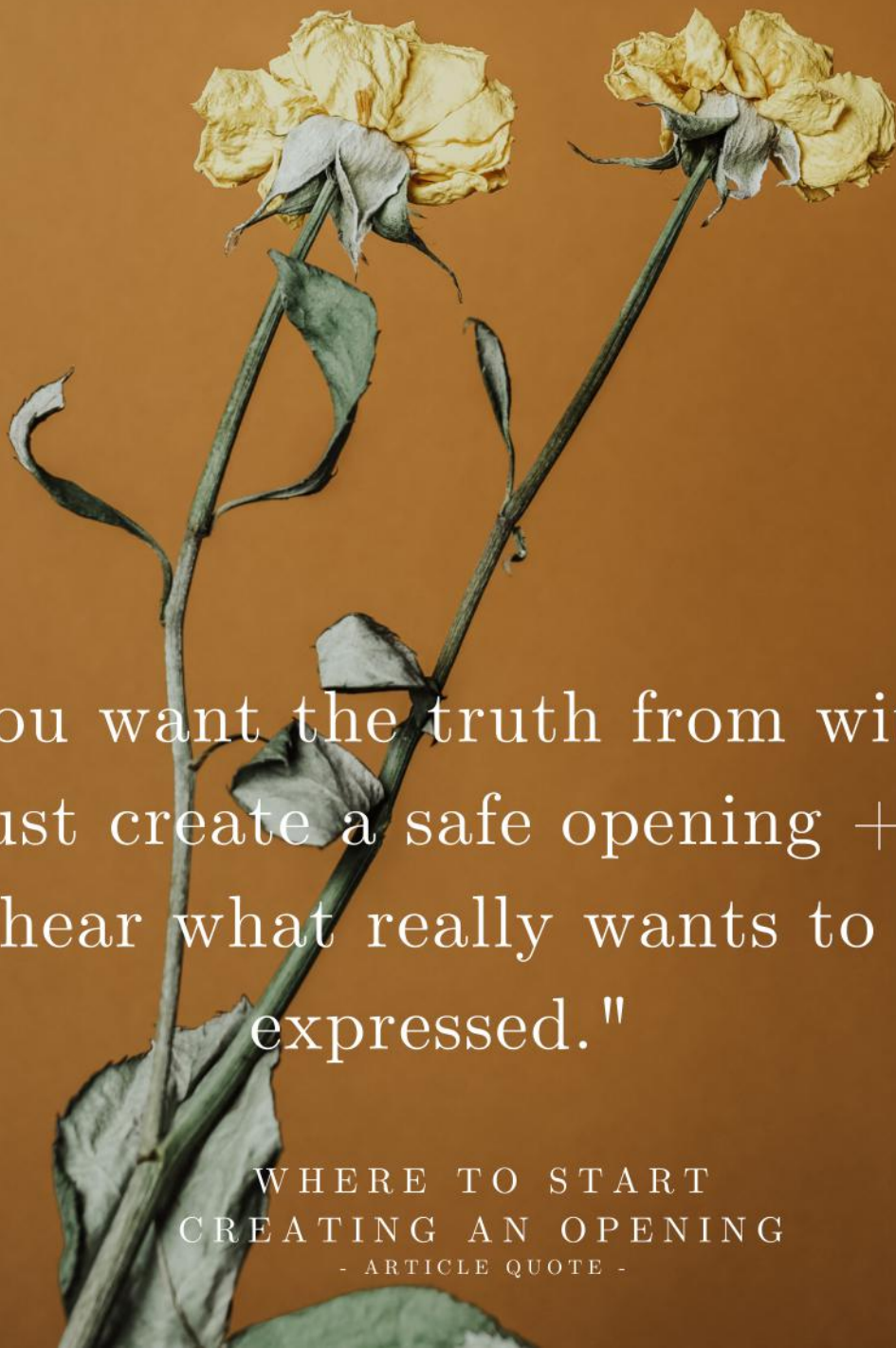
Try starting with some of the phrases to the right. (**TIP** - If you're inspired, create a go-to list of compassionate opening questions for your inner inquiry sessions.)

That way, you'll know exactly how to greet yourself each time.



To Create A Safe Opening While Writing, Start With These Phrases...

- What's going on love?
- What's here, what's true, what wants to be said?
- Judgment aside, how am I really feeling about this?
- If things could change, what would I like to see happen?
- What does my wise, inner guide have to say about this experience? or dream?
- Where are these feelings really coming from?



"If you want the truth from within,
you must create a safe opening + space
to hear what really wants to be
expressed."

WHERE TO START
CREATING AN OPENING
- ARTICLE QUOTE -

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MANTRA

listening to myself is a deep, sacred practice

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GENTLE
REMINDER



YOU

ARE A

HUMAN -

BEING.



and (AND)...

That means you are still learning and unlearning. You are not going to get it, all right. There will still be mistakes made, but you're a human - being. Each day, you have a chance to experience something different. ***Each day, you have a chance to allow more air into your lungs; to take peace with you; to try again.*** **Your nature is fluid.** There is nothing that is completely stagnant. They'll be some things that you need to push through. They'll be other times that you need to slow down. Grant yourself permission to experience it all. You're so good at shining the light on those who need it. You're so good at giving others the benefit of the the doubt. You're so good at forgiving those - who may not even have your best interest at heart. All I am saying is - remember **you** too. Turn that light inward, often (and unapologetically).



Inner Inquiry: What area of your life are you holding onto a past mistake? And, what might be different within, if you remind yourself that you're a human - being (and fluid in nature)?





Unpacking

Letting Go Of What's No Longer Needed -
A Visualization Exercise



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If there's one thing I know for sure, it's that we pick up new things as we journey along. That doesn't mean however, that we don't end up taking some of the old experiences and information with us to our next destination. **It's time to unpack some of it.** To lay it all out, see what's there, and then let go of - what's no longer needed. Try the visualization exercise below.

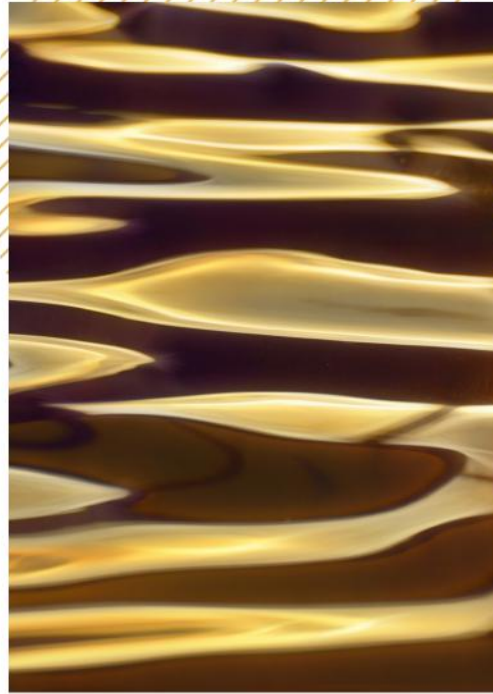


1. **Imagine** you have a suitcase on your bed. There are some things in there that are no longer needed. Visualize 3 things that you may have in there, that you've worn for too long. Visualize them as three pieces of clothing that carry old experiences, thoughts, and ideas.

2. **Once you have a clear picture of the 3 pieces of clothing**, I want you to visualize replacing them with 3 new items. What have you learned, that you would like to take with you on your journey now?

3. Fold up those 3 items and add them to your bag. **Take the time to journal** about what each piece represents to you, and why it's important to take with you on the journey now.





HOW TO MINE YOUR INNER GOLD



Each one of us is having a very unique experience. You and I do not see the world in the exact same way. Although we may have similar ideas and the way we go about things may be similar, the way that I process information - is different than the way that you process information. The way that you handle pain, may be very different than the way that your parents handle pain. The lessons that you've learned, are very different than the people whom you're going to help.

The first step in the process of mining your gold, is to recognize where the gold comes from. The gold comes from each one of us having a very different experience than anyone else on the planet. The way you string words together is very different than the way anyone else does it. What you're inspired to live + create, is very different than what anyone else is inspired to live + create.

There's so much gold inside of you and it's yours to use.

Where To Look: When you're exploring what's raw + real through journaling (through inner inquiry), you may find some things that pop off of the page to you. Once you remove the debris from around it, you'll notice the nuggets of wisdom (the gold) within it. It could be a phrase that's said in a certain way. It could be a unique idea that you find while reading back over your words. **Be sure to extract that (highlight it, jot it down, or put it on a sticky). Those are the veins of gold.**

The next place to look would be noticing your transformation. Ask the simple question - what's changed for the better or how have I shown up for myself and others lately? Within the recognition of the ways that you've shown up and changed, there is a process. **There are some steps within the experience that you've taken - extract that (highlight it, jot it down, or put it on a sticky). The processes you discover within your experiences, are the gold.**



The last place that I encourage you to look, is in the experiences that cause you the most joy. Writing what's real + raw, is not just for venting. It's not for just decompressing. ***It's also a process where you can practice getting real about the things that bring you joy.***

The things that light you up, will point you directly to your gold.

What wisdom can you extract from the things that you love? Where does your energy flow best? What are you inspired to create or give from that space? That's the gold, and you have a lot of it to discover.

Mining the gold within, is all about sifting through your life experiences for the words that heal, for the remedies that help cure, and for the processes that can help make life a little easier.

You find the gold within and then you use what you find to help enhance your life (and the lives of others).



HERE ARE 3 STARTING POINTS FOR FINDING THE GOLD WITHIN (THROUGH INNER INQUIRY + JOURNALING).



- Look for the words or phrases that pop off of the page to you. That's a clue to where your gold lies.
- The next place for you to look would be to notice the areas of life you've changed in and notice how you've shown up. Within that, there are some steps taken (a process to mine). That's the gold.
- And lastly, look in the areas of your life that cause you the most joy. Mine those experiences for the gold within them. Where did your energy flow, how did it flow, and how have you nurtured that process? That's the gold. Mine it + share it.



DO NO HARM – A VISUAL + SOME WORDS



When tending to your inner most desires and thoughts, it's important that you do no harm. The world may shame you or ask you to deny what you feel, but when examining why you are - the way you are, do no harm.

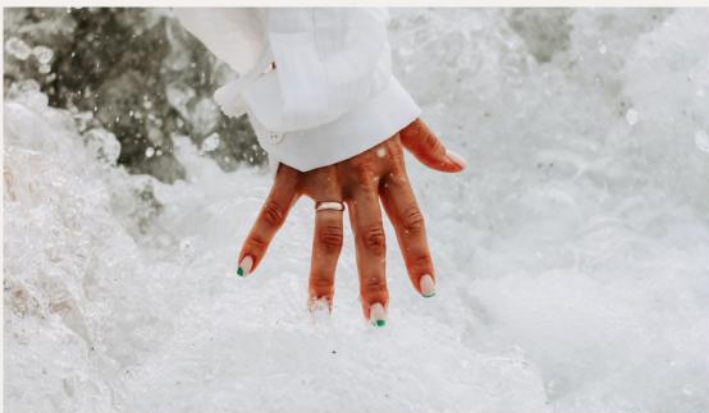
That means, the way you speak to yourself matters. How many chances you give yourself matters. How you greet your thoughts + feelings matters.

When addressing what's real + raw for you - do no harm. The words otherwise will retreat. What's hiding in the chambers of your heart, will refuse to show itself.

After all, it was a judgment, a criticism, a hurtful something (that's still tender), that caused the repression in the first place.

Coax it out again with gentleness. Do no harm when you're trying to understand what you're experiencing. Meet it all with compassion.

It is only through feeling safe and considered that you allow who you really are. Start inside first. Do no harm to yourself. Embrace all of your pieces, and give them the space to shift and transform.





Inner Inquiry

Developing A Daily Practice



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Inner Inquiry is the process of posing a question to your inner world and then listening for a direct response. Your soul, mind, and body will communicate what's real for you at the time, and then you'll be able to use that information, as you journey forward.

Try the exercise below. If it resonates, you can use this method as a daily practice.

Take a look at the picture on the following page. Take a few minutes to soak it all in. Look at the colors, the image, and see if the photo reminds you of anything. Once you've taken in the image (no more than 3 to 4 minutes is necessary), pose the following questions to your inner world.

1. Does the image remind me of anything from my past?
2. Does the image stand for anything in the present? Are there any words, phrases, or answers that come up for me when I think of this imagery (in reference to my present day life)?
3. Could this picture represent anything in reference to my future? Are there any quotes, ideas for creations, or steps that I can take that this image inspires?

The key to this journaling session - is to listen to your inner wisdom. Your mind, body, and soul will communicate threads of information to you about the imagery. Trust what you find.

Even if you don't take any immediate action, just get an idea of how your inner world communicates with you. Once you feel a process within this exercise start to develop, then you can work it into your daily routine. If the process doesn't resonate with you, it's okay. There may be some other way that your mind, body, and spirit wants to communicate with you.

Give thanks for being shown one way, and then remain open to seeing what other ways are possible.



C O N F E S S I O N

I must be honest with you...

This tuning in thing, didn't always come easy. The listening to myself, my desires, my dreams - it was hard for me at times. Spirit & Muse almost wasn't created. The guides, content, and magazine (INWARD) - almost didn't happen. The fears get to me too. The insecurity about the past and my abilities is always there playing in the background, but I made myself a promise, and I hope you do the same. I hope you give yourself as many chances you need - to get it right. To discover "the more". To look within and mine the gold - no matter what you've been through. When people look at you and don't feel you're worthy, that may touch some spots within. It may have you doubt what you came here to do - it does get real. And in no way, am I here to convey that I have it all together. I fall apart constantly, but I give myself another chance to discover something new. To water the new seeds that have been planted, and I hope this will inspire you to water what's still possible for you too. None of us is perfect, but you are - still here. And that means, you still have so much to offer. I'm rooting for you!

Live Well & Keep Creating!

Renee B. (Intuitive Guide)





The Power Of Inner Inquiry

By now, I know you've recognized the part of you that is still, open, and honest. I know that you've recognized that all it takes, is a compassionate inquiry - and all of the answers will come spilling out. I encourage you to find that space within yourself, often. The space within, that's the old, wise guide. The space within that knows where your mind can go; that holds your creative genius; the space that knows what sparks you. Go there often. Listen. It's worth more than anything outside of you. It's where "all that is" flows its energy for translation. It's where you're considered and where you matter. It's the gift within, that wants to be discovered and used. Dig, seek, and find out what it has in store for you.

May you mine the gold that's there (through inner inquiry) and honor its guidance.

Renee Brooks (Intuitive Guide)



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