

INWARD

MAGAZINE

Created By Renee Brooks (Intuitive Guide)



AUGUST
2023

INWARD WE GO

The Self-Discovery Journey

WHAT IT'S NUDGING YOU
TOWARDS + WHY IT'S
IMPORTANT

HOW TO
SIFT THROUGH
THE RUBBLE

LIFELINES

FINDING THEM & USING THEM

pg. 11

Volume 3

THE SELF-DISCOVERY JOURNEY

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. 3

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A Note From

The Creator

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

Do you know how many articles, publications, books, creations exist in this world? Out of all of them, you're here. It's not an accident, and I'm grateful for your presence.

There's something in this publication that wants to reach you. There's a tip, an article, something said (in a certain kind of way) that will help inspire you.

And how awesome is it, that I get to be a conduit for this kind of expression! You are a one-of-a-kind soul - with a lot to share. The journey is calling you to discover all that you are, to use what you have, and to honor your unique makeup. There's only one of you, and I hope this work of heart helps guide you as you journey inward.

Live Well & Keep Creating!

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!

if you are tired
(and you might indeed
be tired), remember the
multiple moving parts
that hold you up
without asking you
to show them how.
it took a miracle
to make you
in the first place;
and from
hour to hour,
you go on being made.

- YRSA DALEY-WARD (THE HOW)



INWARD WE GO

THE SELF-DISCOVERY JOURNEY



You tiptoe around, not sure where the landmines in the self are. You hold your heart back out of fear of disturbing the balance; out of fear of ruffling some feathers. **All the while, the core of you is steady and free of any disturbance; it finds the clearest path (always); the bullets you're trying to dodge do not even exist (in your core's presence).** And you, you're haphazardly stepping around as if you don't know who you are (or why you're here). As if your natural pulse and current, hasn't made itself clear.

By being reluctant to experience it, you deny yourself - your reason for being.

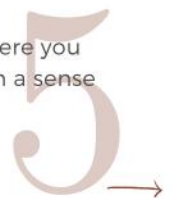
That wind (the wind from your own flow) is causing upheaval. **It's excruciating to feel the current of your own being and still resist it:** still fear it; still doubt it. Yes - excruciating it is. And even in the storm of all that holding back, there's still hope. There are still whispers that flow by. They remind you that you are allowed to (even now), spread your wings and fly.

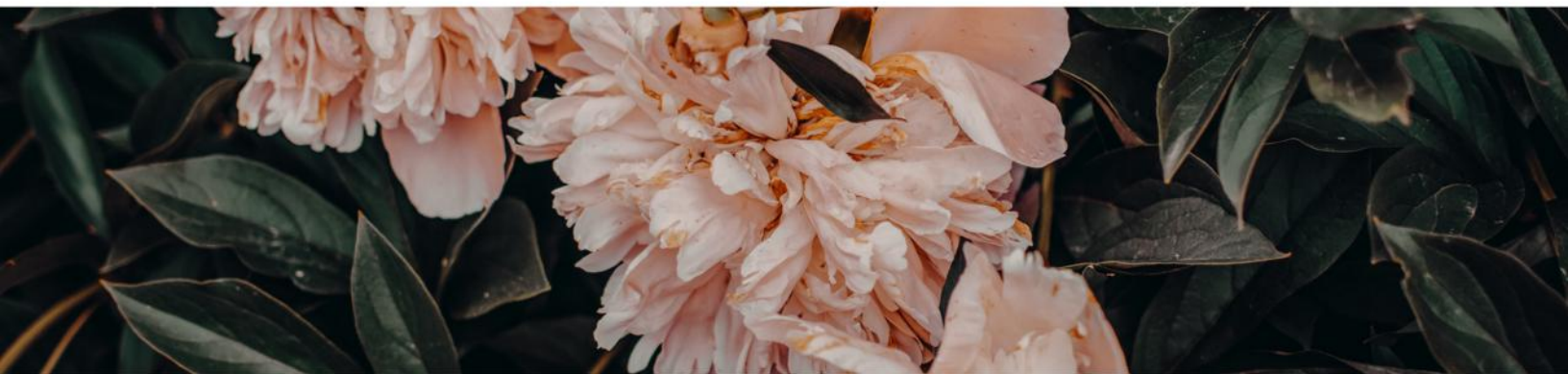
Right now, the current will lift you out of the thick of the sand that's holding you back. And your wings, they are strong, but that fear.

I too, am afraid of spreading my wings wide and letting whatever come - what may. But here we are - still. Seizing the invitation to discover more. To learn, "how" too. **We are each (in our own ways) embarking on this journey of self-discovery.**

You made yourself a promise long ago (although it may not have been written down or said aloud), you promised yourself you'd seek - and find. You promised yourself you'd ride the waves - and feel things out. You promised yourself you'd explore all that you are - and allow more of it. **If only you could trust that journey wholeheartedly.**

The core of you knows what you need, and here you are. Poised, present, and intrigued. Here, with a sense of wonder and interest.





Do you know how many pieces of you go undiscovered each day? Unnoticed; untouched? *The self-discovery journey is one where you ask the questions and you listen for your innate answers.* One where you come to understand what the deepest parts of you are trying to convey. It's one where you recognize what you've been holding onto, and you finally follow the call - to let it go. It's where you recognize the parts of the self that need to be opened (wide); allowed fresh air, cool water, a new way. You recognize it, and you aid those parts in their search for relief.

There are so many buds within you that need to bloom. **They. are. ready.** And, there are also so many parts within you that need to die off (softer) - that need to be healed and that energy put to better use.

There are times when you've held yourself back from the "new feels" and that's why I'm here. I'm here to remind you that buried treasures still exists within. I'm here to remind you that there's still inquiries floating around, awaiting your willingness to sit with them. I'm here to remind you that each new stem is pushing its way through the dirt to receive your sunlight (your warmth, your attention, and your recognition).

Your current is still flowing, despite your reluctance to go with it. Sometimes those whispers of hope turn into the wind that pushes you forward, but realize - it's only because you're resisting your flow. **When you're still enough - you can hear the messages in a gentler way;** through some gentle words in a book, through a story's song, through a gentle tap on the shoulder that says - "My Dear, you've been right there all along".



3 Self-Discovery Journaling Prompts

- 1. What's a skill or beautiful quality (within) that's gone unnoticed by you lately?
- 2. What's one landmine in you that needs to be disarmed? What does your deep inner knowing have to reveal, as a pathway forward?
- 3. What are you resisting? And how might your arms wide open to it, change the situation?



It's excruciating to feel the current of your own being and still resist it; still fear it; still doubt it. Yes - excruciating it is. And even in the storm of all that holding back, there's still hope.



MANTRA

there's still more of me to discover

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GENTLE
REMINDER



YOU

WILL NOT

GET IT ALL

RIGHT



and (AND)...

Who told you that you *have to* get it all right?

No one, on this earth, is without flaws. ***Who you are, is who you are.*** But I do ask this... even in your imperfection, I ask that you never make the mistake of believing you are not needed. How do you know who you will touch and when? How do you know how many eyes you'll dry; how many hearts you'll help mend?

You can never know for sure the entirety of the impact you make, just by being here. Give yourself all the chances you need - to discover more of yourself. Give yourself the chance to go inward, to mine the gold, to light more fires, to soothe the angst. You just never know - who's waiting for someone - just like you. ***You will not get it all right,*** but you can still make a huge positive impact on someone's experience, just by seeking and then sharing what you find.



Self-Discovery Inquiry: What's your superpower and where might it be needed in the world today?





Lifelines

Finding Them & Using Them



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There will be times when you need a breath of fresh air; some newness; a lifeline. Let those times be the times when you seek and find. When you move towards what feels like cool water or fresh air. When there's a song saying the words you need it to say - listen closely and take it all in. When you find anything that's soothing, make a note of it. Those things that calm you down and help you feel like you're on stable ground again - those are your lifelines.



Lifelines

1. Grab a small notepad to take along with you.
2. When you notice something that feels like a lifeline, make a note of it.
3. Remain open to your lifelines showing up in ways you may not have expected.
4. Anything that feels like calm, joy, love, harmony, peace - those are your lifelines. You can never have too many of them.
5. Your lifelines can be experiences, people, places, objects, thoughts, books, songs, movies; anything really.
6. Jot them down + use them when you need them. Show appreciation for them. The more you open up your awareness to what makes your heart beat, the more "new ways" will be revealed to you.





HOW TO SIFT THROUGH THE RUBBLE



The self-discovery journey exposes some things. There are some experiences that require tending; *little tender things that want to be known, addressed, and nurtured into new states.* There are some experiences within, that your body knows about, but that you haven't had a chance to work through. The rubble is there (for sure), sprawled across the field, and you may have to really search for the gift. But just know, the treasure *is* there.

Someone said a thing, something that made you doubt your value. That's a piece of the rubble for sure, but there's also strength there. There's also the willingness to move forward, despite having been misjudged or torn down.

Someone did a thing, something that made you doubt that there's goodness in the world. That's a piece of the rubble for sure, but there was also some unexpected beauty that showed up on the scene.

Something meaningful; something helpful; something that pulled you out of the thick of it. What was it? That's the gift (the buried treasure) in the rubble.

Remember it. Extract it. Use it.

Some experience brought you to your knees. It was unexpected; out of left field. It wasn't at all, the vision you had for that piece of your life. I get it. I was on my knees at the same time. Falling down for my own heart - that was torn to pieces, but did you not get up? Was there not a lifeline somewhere that helped you say some words you meant to say; breathe some breaths that you had been holding back?

That's the gift - extract it. Write about it. Share it even.



There's so much underneath the rubble. There are photos of who you use to be - and **WOW how you've grown!** There are traces of where your spirit was, and your being is so much more refined now. There are dreams still buried there. There are things that you were afraid to bring to the light before. Shed the light on those things now.

Nothing is useless.

And deep down inside, you know this, but that fear. You resist the current. You fear it. You doubt it even. You think it's taking you back to the rubble to bring you to your knees again.

That could not be further from the truth. It's bringing you to the rubble, because you now know how to sift through it. To find what's there. **You know now, how to use the raw material to build new structures.** **Nothing is wasted in the self. Everything is being used.**

Understand the gift that's before you.

Your soul knew exactly how to find you. It knows exactly how to guide you.

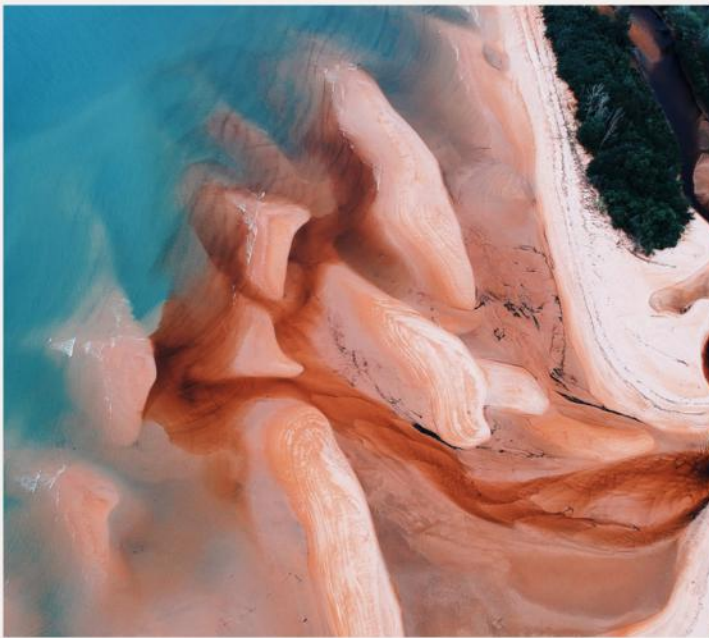
Will you accept the invitation to sift through the rubble and find the treasures within it?



HERE ARE 5 THINGS TO REMEMBER WHILE SIFTING THROUGH THE RUBBLE



- 1. Nothing is useless. It's all raw material.
- 2. There's a story + lesson in every piece of rubble.
- 3. Listen. If it keeps coming up, there's something that wants to be mined from the past experience. Sift through the rubble - find it.
- 4. Your interest, attention, and care is all that's needed to help it shift.
- 5. You can find the treasures buried within the rubble and then use them in new ways. It's the gift within it all.



TRUSTING THE PROCESS – A VISUAL + SOME WORDS



Looking within requires attentiveness. Some things are chaotic - asking to be made sense of. Some things are broken - asking to be allowed and healed. Some pieces are ugly, unclean, unattractive - but do not sum that up as the whole of you. It's important that you trust the process.

Sorting, sifting, and making sense of things, doesn't always come easy. But, you do have the power to plant new seeds.

You do have the power to remember your presence, in each new moment.

You do have the power within (right now) to go with your most natural current and see where it leads you.

You have so much stored.

It takes time to extract it. This lifetime will not be enough to discover all of what you know. That may seem like an inconvenient truth, but there's beauty in that realization as well. That means, there will always, always, always be more. Trust your process.





Deep Inner Knowing

+ What It's Trying To Convey



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Hearing yourself, is not always easy. It requires that you accept what's there; for now. It requires that you listen first and then listen again.

Try the exercise below, to tune into what your deep inner knowing has to say.

1. Bring up something that has been on your mind lately.
2. Without judgment pose this question to your inner being. Write down, "Inner Being, what do you want to reveal to me about this situation?"
3. After you write down the question, take three deep breaths.
4. Try not to analyze it too much. When you feel the answers welling up inside, start writing and do not judge what you receive. The answers are all there.
5. Be open and honest + remember, this is your truth. It doesn't mean someone else has to accept it. All you want to make sure is... you hear yourself and you align with your current to make a positive shift towards what's needed (in the moment).

The objective is to write it down whole-heartedly.

There is no need to filter or edit what you write down. If you feel more comfortable recording your thoughts - do it. ***Here is where you get to see what's real and raw for you.***

You have a process for sifting and sorting through the rubble. Use it. Extract what's useful.

If you listen (without judgment), your inner wisdom will reveal to you - exactly what you're ready to know or act on now. You can't force progress, but you can allow what wants to reveal itself to you (today).

Give it a try.



C O N F E S S I O N

The thing that inspired the "rubble article" in this magazine was a devastating thing for me.

A few years back, I went back to my childhood home. The one I grew up in; laughed in; made memories in. The visit that day, wasn't any different - than any other visits. I would drive down the street I lived on, ride up to the house that was vacant; grass as tall (it seems) as my 8 year old son, and just sit - to talk and to dream. My dream was to rebuild the house and one day make it my own. The day that I decided to visit the house, I stopped across the street at the deli, and when I turned around to see the house (that was usually in clear view), it was gone! There was a huge empty lot with rubble sprawled across the ground. Huge chunks of the house that I had lived in (for my entire childhood) was gone. The memories there were not all fun. There were some that are cringe-worthy (for sure), but the rubble there piled up, reducing all of my experience to what seemed like - nothing, was too much for me. I wept. Harder than I have ever wept before. That night, my dream of rebuilding the house was shot down (so I thought). Several years later, in the same lot, where the rubble once was, there was a brand new home. And although it wasn't mine, it embodied what I had always imagined would happen. It was re-built. I realized in that moment that no matter how hard an experience is, there's always a chance for something beautiful to come back around and fill its space. Remember that always.

Live Well & Keep Creating!

Renee B. (Intuitive Guide)





The Journey's Worth It

While you're in the thick of it, it doesn't seem like it. When you don't know a thing, it feels like the unknown lasts forever. When you're in pain, the pain seems like it will never end. But one day, the sky opens up and rains down all the love you've given out. And that doesn't take away all the past pain, but to see beauty come back around in a better way - that's the treasure in it all.

Never give up on yourself. There's so much about you that you still don't know. There's so much more of a positive impact that you can make. Don't ever disregard that fact. There's only one of you. Only one. I know the journey isn't always easy, but things do come back around in beautiful new ways. Keep going - to see how it unfolds.

Live Well & Keep Creating!

Renee Brooks (Intuitive Guide)



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