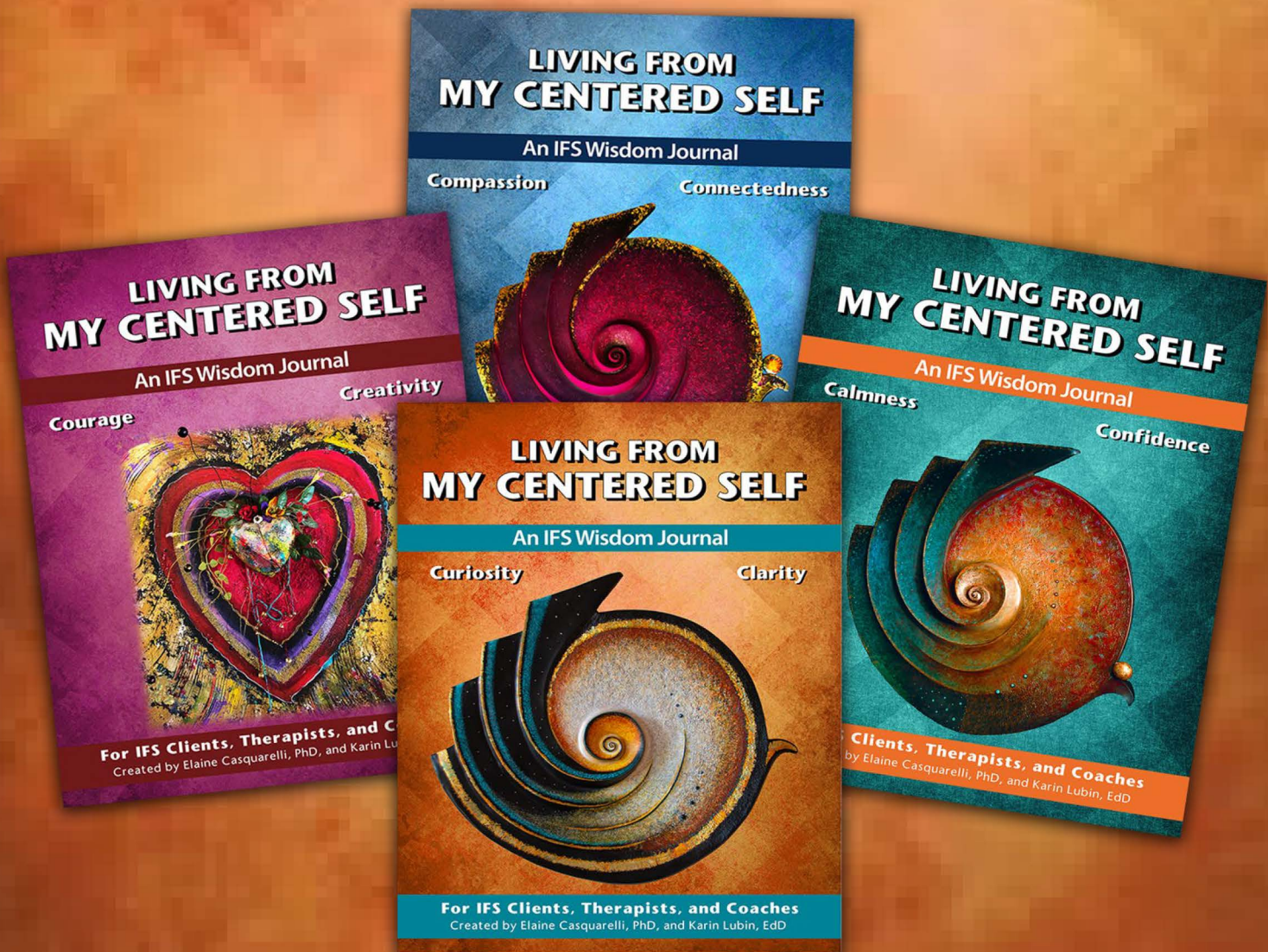


# LIVING FROM MY CENTERED SELF

## A Companion Guide



**Welcome to your companion guide to**  
*Living From My Centered Self: An IFS Wisdom Journal*

**This Guide Will Help You Explore...**

- what Internal Family Systems is all about and how it can help you feel a greater sense of wholeness and integration.
- the 8 characteristics of your centered Self. You will gain an overview of the characteristics and how we use them in the four quarterly editions.
- your connection to your own parts and ways of developing healthy and loving relationships between your Self and your parts, which can set the tone for your experience.
- suggestions for getting the most out of your daily journaling practice.
- how to order your own IFS Wisdom Journal on Amazon to begin your parts and centered Self journey.

With appreciation in following your path to your centered self,

*Elaine and Karin*

# Creating the IFS Wisdom Journal

## **Elaine Casquarelli, PhD, LPCC**

I was in a meeting with other therapists when I first heard about IFS. One of my colleagues had just finished the Level 1 training. She described how transformative IFS had been for her and for her clients. As she explained the approach, I resonated deeply with it. It felt true to me. That is when I decided that I had to learn more. Eventually, I completed the Level 1 training and began applying IFS to my personal life and to my work. I experienced first-hand how transformative IFS can be.

As I continued to help my clients develop a relationship between their Self and parts, I found that some struggled to maintain that relationship between our weekly or biweekly sessions. This motivated me to work toward creating a resource they could use in their daily lives—and that we could use together during our sessions. I knew Karin had created the Seasonal Wisdom Journal and asked her if she would be interested in collaborating on an IFS Wisdom Journal.

## **Karin Lubin, EdD**

We each have a legacy to share. When we have attained some knowledge and wisdom, it is important to share that wisdom with others to support them in their journey to mastery and deeper understanding of themselves. When Elaine contacted me, I had just completed a series of four Seasonal Wisdom Journals that tapped the powerful metaphor of nature, integrating positive psychology, brain-based education, and decoding our inner wisdom.

I was excited about using the IFS model to inform a journaling practice to deepen one's awareness of IFS principles of parts and Self. I immediately saw the power in this model and practice. Elaine and I had a meeting of the minds in creating a series of four IFS journals that incorporate the eight characteristics of Self using a gentle, guided approach for people to practice and embody IFS knowledge. I am touched by the clarity of the IFS model and the freedom experienced by embodying this wisdom.

# Welcome/Introduction

Welcome to this companion guide to the *Living from My Centered Self: An IFS Wisdom Journal!* We hope it will help you get the most out of your daily journaling experiences.

We initially created the wisdom journal to help clients of IFS therapy stay connected with their internal systems between counseling sessions. (If you are new to IFS and are not sure what “internal system” means, don’t worry. We have provided a brief description of this and other IFS concepts in Section 1 below.) While the journal was created for counseling clients, we soon found that people who weren’t in a counseling relationship also wanted to use the journal. It has proven to be a great tool for personal or spiritual growth for those who resonate with the IFS model.

The journal offers a structured format for helping you connect with your inner turmoil or suffering from a place of compassion or loving kindness. Oftentimes, we find ourselves disliking elements of who we are. Does that sound like something you do? If so, you aren’t the only one! By connecting compassionately with all your parts—which hold your emotions, thoughts, perspectives, and motivations—you may find that you are able to release your burdens that keep you repeating the same patterns that no longer serve you. The IFS Wisdom Journal can guide you through that growth and healing process. It will help you...

- Connect with your internal parts—from the parts who are resilient to the parts who are suffering and in need of release and transformation.
- Connect with your centered Self—which can enable you to embrace all your parts and help them release their burdens and live in greater peace and wholeness.
- Connect with your inner wisdom—to create caring and health-filled relationships from a place of Self, the Self which encompasses openness compassion, authentic respect, and loving-kindness.
- Enhance personal and spiritual growth.
- Live in greater alliance with your vision of overall wellness.
- In conjunction with your counseling or coaching work to bring you greater internal harmony.

# How to Use This Guide

If you are new to IFS, we recommend that you begin reading *Section I: An Introduction to IFS and Parts*. This section will help you become more familiar with terms like “inner system” and “parts.” You will also gain a better understanding of the IFS model as a whole.

If you are already familiar with IFS, we recommend that you begin with *Section II: Introduction to the Self and its 8 Characteristics*, which offers you the opportunity to reflect and journal on how each of the 8 characteristics show up in your own life.

*Section III: Embodied Experience* will guide you through the process of identifying, witnessing, and helping your parts to unburden.

*Section IV: Getting the Most Out of Your Journaling Practice* offers suggestions for your journaling experiences.

## SECTION I: Introduction to IFS — Connecting with Self and Parts



The basic assumption in IFS is that our inner system—our intrapsychic world or mind—is made up of many subpersonalities. IFS refers to these subpersonalities as parts because that is what we tend to call them in everyday language. For example, we may say something like *a part of me wants to apply for that job but another part of me doesn't believe I have the skills or ability to do it well*.

Parts develop throughout our lives as we experience a variety of events. For example, if we felt hurt by someone we love, a part of us may develop a belief that we are not worth being loved. Alternatively, a part may choose not to let anyone get close to us to keep us from getting hurt again. Which leads to another basic assumption of IFS: *having and being influenced by parts is a natural element of our “humanness.”* Sometimes parts affect our behaviors in ways that are not helpful—or worse, that cause us emotional pain that leads us to abandon our goals and hopes for our lives. We are also likely to have parts who are resilient and help us move





**Managers:** Managers are parts that help us navigate our daily lives in a way they believe will be most helpful to us, and some managers can be very useful. For example, managers can help us multitask, practice discipline, and cultivate relationships. In addition to these useful activities, managers also try to banish our exiles for fear that they will overwhelm or otherwise harm us.

**Firefighters:** When managers are not successful at controlling our exiles, firefighters will often present themselves and do anything they can to put out the pain. Firefighters have only one goal: to stop the pain at all costs. Their actions usually have negative consequences



Among the main goals of IFS are to connect with your parts, invite them to release their burdens, and then help them take on new roles that promote the health of our entire inner system. As we move toward this goal, it is important to do so at a pace that feels right to all of your parts. For many of us, this means working with manager-parts before working with the exiles they protect. When we try to work with an exile part before familiarizing ourselves with the concerns of their managers, the managers may cut off communication or we may experience a sense of emotional overwhelm from the exile. Therefore, the structure outlined below can be helpful when getting to know our parts and helping them to release their suffering.

When people are new to IFS, they sometimes wonder how to best connect with their parts. Usually, the first question I am asked is how do I even know it is a part? Parts communicate with us in any of the following ways.

- Some parts may initially appear as images, emotions, thoughts, attitudes, sensations, or some combination of these. We recommend that you begin by sitting quietly and turning your attention inside (inward). Then notice your inner experience. Often a part may start as a sensation and then flesh itself out to include thoughts, perspectives, images, and so on.
- Sometimes we may experience an event, like a disagreement with someone or a challenging situation that leads us to experience conflicting emotions and perspectives, and a host of parts can appear all at once. When this happens, it can be helpful to identify all the parts that appear in your experience and then sense which one needs your attention the most.
- A part may even present itself to your awareness without you having to exert any intentional effort.

Take a moment now, to notice any parts that are presenting themselves to you. I invite you to take a deep breath or two and simply notice any thoughts, emotions, sensations, or images you might be experiencing as well as the location in your body in which they appear. Take a moment to write down what you are noticing:



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**Sit with what you are noticing in an attitude of kindness and see if it fleshes out into a cohesive part. What do you notice as you do this?**

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Now, simply thank the part for allowing you to connect with it. Try to feel that sense of gratitude in your heart and body.

The more you practice tuning into your inner experience and noticing the parts who are present, the easier this process will become for you. Of course, it is most helpful when you can identify and connect with your parts from the experience of Self.

Once you can identify your parts while feeling connected to your Centered Self, it can be most helpful to follow the process described in *Section III: Embodied Experience*.

## SECTION II: Introduction to the Self and Its 8 Characteristics



In addition to parts, another assumption of IFS is that you also have an element of your being called Self. Self is the state of being fully present to yourself or to another, with openness, compassion, and loving-kindness. For example, if you are someone who loves nature, have you ever had the experience of being in nature and losing all track of time and just taking in what is around you in a state of openness? Or perhaps you've had the experience of being involved in a creative activity that seems to just unfold without an agenda or plan. You may have experienced wanting to support a friend who is going through a rough time. While comforting them, you listened deeply to their sorrows with curiosity, acceptance, and care. These are all experiences of Self.

When connecting with parts, it is important to do so from the experience of Self. In the process, you are invited to extend greater understanding and compassion to your parts, which can lead you to eventually release the pains and burdens you carry. As your parts become unburdened, you will experience greater integration and wholeness in your body, heart, and mind.

I am often asked, *how do I know I am embodying the experience of Self?* Self has the following eight characteristics: curiosity, clarity, creativity, courage, calmness, compassion, connectedness, and confidence. When you can experience these qualities without judging your parts, that is when you know Self is present.

Each edition of *Living From My Centered Self: An IFS Wisdom Journal* includes a theme based on two of the 8 characteristics of Self. The four-volume set will help you connect with and further develop all 8 characteristics. While we write about each of the 8 characteristics separately, it is important to keep in mind that they are intricately interconnected, each characteristic mutually influencing the expression of the others. Here is a brief introduction of each of the 8 C's of Self:

**Curiosity:** We are in a state of curiosity when we feel naturally inquisitive about something or someone. When we naturally wonder about someone or something, we tend to be free from judgment or preconceived notions about the object of our curiosity. We are purely interested in gaining a deeper understanding of the thing or person that has captured our attention. In the Buddhist tradition this innocent state is called the beginner’s mind, when we can allow ourselves to be open to whatever arises in the present moment without expectation.

**When do you feel naturally curious? Write down some recent or long-ago moments that had you riveted.** \_\_\_\_\_

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**What do you feel when you experience curiosity?** \_\_\_\_\_

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**Clarity:** How we think about experiences, people, or ideas is often clouded by our past experiences and opinions. Achieving a state of clarity means letting go of the distortions we developed in the past. These distortions are often triggered by intense emotions and faulty assumptions. Like curiosity, clarity requires that we release our preconceived notions and see people, things, or ideas as they are in and of themselves. In other words, clarity leads us to see a situation or interaction as the centered Self would see it. It requires that we remain open to new possibilities instead of replaying the limited stories we have been telling ourselves for years. Clarity can also be enhanced when we take time to reflect—on our inner experiences and interactions with others; and on our ideas, goals, and life dreams.

**What has supported you in gaining clarity?** \_\_\_\_\_

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**How do you feel when you are clear about something?** \_\_\_\_\_

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**Courage:** It has been said that courage is not the absence of fear but the willingness to move forward despite the fear, or with fear at our side. Courage is also the belief that, while an action may be difficult, we will nonetheless be able to meet that challenge, however imperfectly. When engaging in IFS therapy or using IFS for personal growth, we access courage when we look at the parts of ourselves that feel guilt, shame, or fear. The state of Self is open, compassionate, loving, and kind. Love, compassion, and kindness can also lead to the desire to advocate for others who are being treated unjustly in some way. Engaging in advocacy from the state of Self often leads to non-violent resistance—what Andrew Harvey, who is an author, mystic and scholar, calls Sacred Activism. Sacred Activism requires that we summon the courage of Self in the service of creating positive changes in our world.

**What additional feelings come up for you when you walk the fine line of courage with fear?**

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**What parts want to show up?** \_\_\_\_\_

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**Creativity:** Creativity is the state of creating something new or different than what has existed before. We are creative when we produce a piece of art. Creativity also describes the creation of a new or revised idea, strategy, or way of moving through life. Often, these innovations arise out of our experiences of intuition, dreaming, or deep immersion in our work or play. In other words, we access our creativity when we can quiet the ramblings of our mind and be in a state of timelessness—when we give ourselves fully to the activity at hand and access the courage to let go of our limiting beliefs about ourselves.

**Review a time in your life when you felt the creative flow? When was this and what was expressed when you allowed it?** \_\_\_\_\_

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**Whether you have experienced creativity or not, what parts might show up for you to begin to explore your intuition and ideas?** \_\_\_\_\_

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**Compassion:** In her book, *The Gifts of Imperfection*, Brené Brown, a renowned author on shame, reminds us that the root of the word compassion means to suffer with. Compassion asks us to open our hearts to the suffering of others, while extending empathy and kindness. Doing so requires that we have the courage to look at their pain without blame or judgment. In doing so, we recognize our shared humanity. When we are in the state of Self, we can extend compassion to our parts, as well as to others. We practice self-compassion when we accept the emotions, perspectives, and actions of our parts with kindness and, in the same attitude of patient kindness, help them to release their suffering when they feel safe enough to do so.

**When do you feel compassion? For whom do you feel compassion? Can you feel compassion for yourself?** \_\_\_\_\_

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**Connectedness:** We connect with others when we approach them with genuine curiosity and compassion. In other words, when we listen to someone with the pure intention of understanding them, enjoying their company, and lifting them up, we experience true connection. When we extend this kind of presence to someone else, we often feel more centered in Self. Experiences such as these help us realize that interactions with others have an impact on our own inner states—we are interconnected with one another. From an IFS perspective, connectedness also means, from a state of Self, we can more authentically

connect with our parts, as well as the Selves of others. Self-states can also facilitate meaning-filled connections with something greater than ourselves. For some people that means community or humanity. For others it means connecting to a spiritual source, whether that be called God, Goddess, Spirit, Adonai, Divine Intelligence, or The Great Mystery.

**How does your body feel when you experience connection with another?** \_\_\_\_\_

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**Confidence:** We experience confidence when we believe we can trust in something or someone—when we can trust in their abilities, loving care, commitment and/or consistency towards us. We experience self-confidence when we can trust in these same qualities within ourselves. According to the IFS model, Self extends these qualities toward our parts as parts are invited to share their experiences and release their burdens. Moreover, as Self displays its consistency in extending these qualities towards our various parts, the parts develop confidence in Self and are more likely to allow the Self to lead the inner system.

**When have you felt confidence within? What were you doing or being at the time?**

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**What does confidence feel like in your body?** \_\_\_\_\_

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**Calmness:** Calmness is the state of feeling at ease, tranquil, peaceful, or serene. We feel unrestricted from agitation or worry and feel free from states of intense emotions or other disturbances. The process of transforming agitated states requires that we experience calmness and safety, as well as many of the other Self characteristics we have already described. These characteristics together create an environment of acceptance and love where

our parts can feel safe enough to release the patterns that hinder them and take on new and healthier roles.

**When do you least experience feeling calm?** \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**What do you do to experience serenity within?** \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

### **SECTION III: Your Embodied Experience**



**Let's put this new awareness together now, so you can begin to explore what Self and parts are for you—and how they show up in your mind, heart, and body.** Please note that the process described below will likely take place over time. You may only connect with a part and express your gratitude toward him or her in a single sitting. That's okay. Go through the process in way that feels right for you and your inner system. If you are a client, you may want to simply connect with your parts during your reflection and journaling time and then work more fully with them during your therapy or coaching sessions. Oftentimes, having a trained IFS therapist or coach guide you through the process can be more helpful than going through the entire process on your own. This is as true for coaches and therapists as it is for clients! We recommend that you work with your IFS therapist, coach, or consultant to determine the daily practice that works best for you.

**Find a Quiet Space:** First find a quiet space where you can get to know your parts without being interrupted by others. We recommend that you give yourself at least half an hour for engaging in this inner work and journaling about it.

**Center Your Self:** When you're ready to begin, take a few minutes to calm and center yourself. Some people feel centered by taking deep breaths, reciting mantras or prayers, or engaging in yoga. Use whatever activity is most helpful to you. If you enjoy guided meditations, there are a number of options on YouTube.

**Find Your Parts:** Turn your attention to your body, noticing any thoughts, emotions, or sensations you might be experiencing. Notice which of these experiences is calling for the most attention. Sit with that thought, emotion, or sensation for a moment or two and see if it begins to flesh itself out into a part. Notice where that part seems to be located in or around your body.

**Extend Gratitude:** Once you have identified a part, thank him or her for showing up and see if you can feel a sense of gratitude in your heart and body. Even when parts at first seem challenging or scary, it is important to welcome them all, extending them gratitude for their willingness to show up and share information about themselves.

**Identify Concerns:** Before getting to know this part more fully, ask your inner system if there are other parts who have concerns or fears about you connecting with this part. This is a particularly important step if the first part with whom you have connected is an exile. If so, checking in with the manager or managers who protect the exile will help you work with your inner system at its own natural pace and avoid feeling overwhelmed. If managers appear, it is important to familiarize yourself and work with their fears and concerns first. You can return to your work with the exile part once the managers trust that you have addressed their concerns.

**Assess Self-Presence:** As we've mentioned earlier, it is important to connect with your parts from the experience of Self. A quick way of checking to see if your Self is present is to ask yourself the following question: How do I feel about the part with which I wish to connect? If your answer is consistent with the 8 C's of Self—for example, you are curious about the part, you feel compassion toward her or him, you want to connect with him or her, and so on—you are likely to be experiencing Self presence. However, if your response is negative—you don't like this part, you just want this part to go away, and so on—then another part of you is likely present. At this point you have a couple of options. You can choose to connect with the



part who is expressing its dislike for the other part, or you can ask this part if it is willing to step back and give you space for Self to connect with the initial part. If you choose the latter option and the part is unwilling to step back, begin by thanking the part for letting you know that she or he has concerns about your connecting with the initial part and then see if you can get to know this protector a bit more.

In this process, you may find that many parts show up at once, leading you to lose connection with Self. We all have this experience at times. When this happens, you can take a brief break to engage in some calming activities and then go back to your inner system from a more centered place. Or you can ask the parts to select a spokesperson to tell you about their concerns. Once a spokesperson appears, you can ask all the other parts to step back.

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**Get to Know Your Parts:** When you experience the presence of Self and identify which part you want to get to know, once again thank that part for showing up and extend your curiosity and compassion. Depending on how much time you have to connect with your part, try some of the following activities or questions:

Notice...

- what the part looks or feels like. You can experience parts as images, sensations, or an intuitive sense of presence.
- the gender and relative age of the part. It is normal for both men and women to have male, female, and/or androgynous parts.
- any other quality or appearance of this part that stands out to you.

**What did you notice?** \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Let the part know that you are here and be present with the part as if you were sitting with a good friend or a child who needs your compassion and support.

You can ask the part some of the following questions...

- what do you want to tell me about yourself?
- what are your current surroundings?
- what was happening when you first came to be?
- what are you feeling right now and what caused these feelings?
- what are your fears and concerns?
- what are you afraid will happen if you stop impacting me in this way?
- what would help you feel safe enough to tell me more about yourself?
- what would help you feel safe enough to allow me to connect with one of the exiles you are protecting?
- what do you need or want from me?

**Retrieve Parts and Help Them Release Their Burdens:** Once you have become familiar with the way a part has carried burdens—or suffered—over the years, ask the part if she or he is ready to release these burdens. The first step is to find out where the part experiences itself in space and time. Some parts who have carried the burdens of past traumas experience themselves as living in the place and time where the trauma took place. If this is the case, it will be important to take the part to a safe place before helping them release their burdens.

You may ask the part if he or she is ready to leave the current location and go somewhere safe. If the part is ready to relocate, it can be helpful to ask the part where it wants to go. Some parts choose a natural location like the beach or the mountains. Others may choose a room that feels safe or simply to be in the presence of someone who can protect them. Once you know where the part wants to be, imagine taking the part to that location. Sometimes a part may not want to leave their current location, even when there is quite a bit of pain or fear she or he continues to experience there. If this is the case, ask your part if there is a manager or a spiritual being he or she would like to remain with him or her. It is not uncommon for exile

parts to choose nurturing and protective parts to serve this role. It is important to continue checking in and working with this part until she or he is ready to relocate.

Keep in mind, not all parts are stuck in the past. Therefore, not all parts will need to be retrieved prior to releasing the burdens they carry. Once a part has been retrieved, or once you have determined that the part doesn't need to be retrieved, it is time to initiate the unburdening process. This is when you invite your part to release the burdens or suffering he or she has carried for all these years. You can invite your part to release these challenging experiences to the wind, earth, sky, or sea.

Sometimes the burdens a part has carried appear as dust that is released from their bodies. Other parts have given their burdens to a spiritual being so that they can be transformed in some way. Ask your part what it wants to release and how it wants to release it. Then simply be with that part until it has released its pain. At times, parts may be ready to release some of their burdens, but not all of them. That is okay. Help them release what they are ready to release. It can then be helpful to ask the part what he or she needs to happen to be ready to release the remaining burdens he or she holds. It will also be important to check back with this part regularly to see if she or he is ready to release more burdens.

**Describe your experience retrieving and unburdening your part(s):** \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**Take on New Roles:** Once a part has released the burdens, he or she may want to take in a new quality (for example, joy, confidence, playfulness, and so on) or take on a new role. In other words, instead of reminding you of the importance of fearing or distrusting others, young parts may simply want to help you play or be creative. Other parts may want to help you become more discerning and judicious, making decisions from a place of wisdom instead of fear. Ask your part what new quality or role seems appealing and thank the part for her or his willingness to transform. Once parts have taken on new roles, check in with them regularly to see how they are doing and, again, to express appreciation. Also notice any changes in your inner system that result from changes the part has made.

**What new qualities or roles did your part(s) take on?** \_\_\_\_\_

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**Thank all the parts:** Thank all the parts who presented themselves to you—the ones you got to know better as well as the ones you were not able to focus upon today. If it feels right, tell the parts you didn't get to connect with that you will do so at another time.

## **SECTION IV: Getting the Most out of Your Journaling Practice**



### **The Five Aspects of Well-Being**

Review the Five Aspects of Well-Being in the introductory pages of the journal and take the time to reflect on your experience of well-being. How would you define wellness in each of these five categories? We recommend that you use one of the blank Notes pages at the beginning of the journal to record your definitions of wellness, your responses to the questions in each category, and any other reflections or life goals you may have.

### **Daily and Weekly Pages**

We included the Other Insights, Inspirations, or Notes section of the daily and weekly pages as a way for you to journal on experiences or reflections that are not captured in the structured questions. You can use this section in any of the following ways:

- Create a map or other visual image of Self, a part, or multiple parts.
- Reflect on the weekly affirmation while noticing the parts that are activated by it.
- Record the parts who showed up during your morning journaling that you didn't get a chance to connect with as fully as you would have liked. You can then do so later in the day.
- Describe any additional experiences you had during the day with the part described in the morning section of the daily pages.

- Identify and reflect on any inspirations that came to you as you moved through your day. Record the part or system of parts with which you want to work further in your counseling, coaching, or consulting sessions.
- Anything else you want to use it for!

## **Wrapping Up**

**In the end, we hope that you make this journal your own. May this journal be helpful to you in your efforts to live a more Self-led life!**

## BIO and PHOTOS

Elaine Casquarelli, Ph.D., LPCC, is a professional counselor residing in Santa Fe, NM, who has a deep passion for helping clients live the life they envision for themselves. One of her key strengths as a counselor and a person is that she is able to see beyond a person's current experience to their true potential to thrive. She currently works at The Gloaming at Santa Fe, LLC, a counseling and life-coaching practice ([www.thegloamingatsantafe.com](http://www.thegloamingatsantafe.com)).



Elaine resonated with IFS the moment she first heard about it. She completed Level 1 training in 2014 and Level 2 training in 2021. She provides IFS therapy to clients as a stand-alone modality and in combination with EMDR. In addition to working as a counselor, Elaine has taught graduate counseling courses at The College at Brockport in Brockport, NY, and Southwestern College in Santa Fe, NM. She has also provided trainings to counselors on an Introduction to IFS, Integrating IFS and EMDR, and Spiritual Issues in Counseling.



Karin Lubin, Ed.D., is a coach, trainer, and leadership consultant driven by a desire to inspire and energize people and teams through the power of love, self-reflection, and inner leadership. She uses passion to catapult people into a life full of deep meaning and purpose.

Karin's lifelong pursuit of deep self-discovery and connecting others to their brilliance guides all her work and creative endeavors. She collaborates with transformational leaders and mentors to create wisdom journals that support people in transition and recovery to greater clarity, self-esteem, and emotional resilience. For information about her

Seasonal Wisdom Journals™, the IFS Wisdom Journal Series, and facilitated journal circles online visit [www.karinlubin.com](http://www.karinlubin.com)

We thank Estella Loretto, a sculpture and jewelry artist from Santa Fe, New Mexico. Estella is world renowned for her inspired artwork. She is masterful at bringing together harmony with Self, Spirit and Soul into vibrant expression. We are honored to feature Estella's inspirational creations on all four journal covers.



*How to Order*

# *Living From My Centered Self* An IFS Wisdom Journal

Journal 1:

**Curiosity and Clarity**

Journal 2:

**Courage and Creativity**

Journal 3:

**Compassion and Connectedness**

Journal 4:

**Calmness and Confidence**

Visit Amazon or the IFS online store to order your wisdom journals.  
More information at [www.IFSwisdomjournal.com](http://www.IFSwisdomjournal.com)

