

Journaling to the Heart ~ Inspiring Guidelines for a positive journaling experience.



1. **A quiet place and fifteen minutes.** Before Journaling, find a comfortable place to sit and write. Fifteen minutes will be sufficient time. This time is yours and yours alone, so make them count. Light a candle, sit in a comfortable chair, hide in the bathroom if you have to, but be sure to take this time each and every day.
2. **Do not edit yourself while journaling.** Journaling is an art that is about honesty and discovering your true feelings. It is an art that everyone can master, and it is unique to every individual. There are no wrong or right ways. You are discovering your unique voice. When you write, spelling and grammar are not important. Do not cross off what you have written. If you do cross off, go back to that word or phrase and you might find valuable insight into what you are really feeling.
3. **Your journal is your trusted best friend.** Look at your journal as the best friend you ever had. Give yourself permission to share your truest thoughts, knowing that your journal is a space where you are loved and honored unconditionally. It is your space to be you.
4. **Respect your privacy.** Keep your journal in a safe space where others will not be tempted to read it. Hide it safely if you must. This will ensure that you are free to write your feelings.
5. **Date your writing and keep what you write.** You will be amazed and pleasantly surprised at how fast you open, change, grow. Dating and saving your writing will help you see the progress. Again, write every day and keep what you write. Later, you may decide to get rid of old journals. Now, you are creating a treasure.
6. **Always write with your hand, not on the computer.** Journaling is a powerful energetic connection of head, heart and hand. As you write you are

waking up your mind/heart/soul connection and by writing you are “making real” who you are. You do not have to carry your hopes, dreams, fears, desires within anymore, you get to release what you do not desire and make manifest what you do. Journaling is true freedom!

- 7. How to work with the Journaling Prompts** – Journaling to the Heart is an intuitive experience. It requires you set aside your thinking, logical mind and open to your intuitive flowing mind. Read the prompt and start to write, letting your thoughts and feelings guide the words. What comes out may not make sense, or it may feel odd, or provoke uncomfortable feelings. Trust the process. You are excavating. Remain curious.

- 8. How to get the most of the Journaling meditations.** Prepare so that you are in a quiet and uninterrupted space. These meditations are guided imagery. No experience is necessary. Guided imagery works to put you in an altered state where you can access the potent and healing force of your imagination. Imagination is where all reality comes from. Of course, not all that we imagine comes true. The guided imagery in Journaling to the Heart is filled with simple tools and techniques to help you relax, open and respond to your inner knowing. Follow my voice and enjoy the experience.