

stone journal soulful moment

Our Stone Journal was designed to be used as part of a therapeutic practice, one that you can use over and over.

The paper in this journal is made from stone. Unlike the saying 'set in stone' - anything you write within these pages can easily be removed - no more worrying about anyone reading what you have written.

Using the special pen provided, write in the journal, then clean the page with a slightly damp cloth to remove your words, allowing you to use the notebook again and again and again.

Write your thoughts and feelings - get it all out of your mind, heart and body so you can look at it without judgement and then... simply wipe it all away - literally and symbolically.

As you watch your words disappear allow any feelings to transform into something else. These words may have been present in the moment - but that moment has passed.

Writing therapy allows our thoughts and feelings to flow through the body and out on to the page - often allowing us the gift to see and understand ourselves with clarity.



- 1** WRITE USING THE ERASABLE PEN PROVIDED. (ONLY EVER USE ERASABLE PENS WITH YOUR STONE JOURNAL).
- 2** WRITE DOWN YOUR THOUGHTS AND HOW YOU ARE FEELING.
- 3** TO ERASE, SIMPLY APPLY WATER TO THE CLOTH (PROVIDED) SO IT IS SLIGHTLY DAMP (NOT DRIPPING WET). WIPE THE CLOTH OVER YOUR WORDS. ALLOW THE PAGE TO DRY BEFORE CLOSING IT.
- 4** NOTICE HOW YOU FEEL SEEING A CLEAN, BLANK PAGE IN FRONT OF YOU AGAIN.
- 5** IF YOU WANT OTHER COLOURED PENS, YOU CAN PURCHASE PILOT FRIXION ERASABLE PENS FROM ANY STATIONERY SHOP AND USE THEM WITH YOUR STONE JOURNAL ALSO. NEVER USE A NORMAL PEN.
- 6** WARNING. YOU MAY FEEL A LOT CALMER AFTER COMPLETING THIS EXERCISE.

Note: You can also make the words disappear by using a hairdryer, blow warm air on the page (not too close) and watch the words fade away.

VISIT OUR WEBSITE FOR MORE INFORMATION
WWW.SOULFULMOMENT.COM



Using Our Stone Journal as part of a Therapeutic Process

Writing is a wonderful tool - especially when challenging thoughts or emotions are present. In this therapeutic writing exercise, the page acts as a filter.

The first part tends to your human self - writing what you are thinking gets it out of your mind and onto the page,

Writing what you are feeling allows it to flow through your body and onto the page,

Then you can look at it from a distance, seeing it as separate from yourself, not as something that is a part of you.

Because you are not your thoughts,

You are not your feelings.

By acknowledging what you have written - you get to determine it's truth (or lack of), it's validity (or lack of),

it's kindness (or lack of) and

it's worth (or lack of).

Our thoughts are constantly changing and are often not true... sometimes they are not even kind towards ourselves.

Our emotions are constantly changing - and are often effected by our thoughts.

Writing helps process what we are feeling and thinking, it helps to transform thoughts and feelings into something different.

Usually the words that come from our human self and subconscious self don't need to be kept - we don't need to be attach to them, once they are realised and acknowledged, they can be discarded.

This practice can help you connect with yourself on different levels.

You can use it to discover and find your true self as you sift your way through the mess and chaos to reveal what is at the core.

Once your thoughts and feelings are recognised and acknowledged, keep writing, what is in the subconscious may flow out.

Doing this can allow us the gift to see and understand ourselves, our situation or any problems from a different perspective, one which can offer clarity. Especially if you continue writing so words and wisdom from your soul is accessed.

If you would like more ideas, tips and inspiration for using writing and journaling in a therapeutic way, download the free Soul Writing Guide available on our website.

www.soulfulmoment.com

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