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Spiritual Journaling

By Catherine Franz

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Whether you keep a separate spiritual journal or just want to add your spiritual postings in your regular journal, you will want to read this.

Personal journaling supports our development and growth. But spiritual journaling goes deeper. Spiritual writing is a reflection of our soul. Like personal journaling it too is a tool for self-discovery, aids concentration, is a safety valve for emotions, a training ground for improving thought to paper processing, and builds self-esteem and confidence.

Spiritual growth is not just about religion, it concerns all life — time, goals, relationships, work, politics, and our inner life. Spiritual journaling is a process where the part of us that connects with God, or our higher power, expresses itself. It is a process of where selfishness can be transformed into caring, rebellion into obedience, and despair into hope. It is with this connection that personal development occurs.

Journaling is just one discipline to a greater path of grace. Prayer and fasting are the other two. This discipline is a response to grace not an alternative. It is also an adventure in joyful freedom.

Spiritual Journaling

Have you ever been listening to your pastor or priest and you zone out briefly, hear something profound, and then suddenly snap back? It's there and then gone.

What about a time when you started crying and there wasn't a reason? The tears could have been triggered by words, a phrase, a visual from a conversation, television program or commercial, movie, or radio broadcast. Apparently, there was an emotional pull, do you remember what it was? Did you ever think of what actually trigger it?

It is my believe that these and other ways we receive subtitle messages, either from your inner spiritual self or

a higher connection, are guidance. God and the universe talks to us all day long but because of our busy lives we don't listen very well or stop and take notice of what "really" just happened. Usually, we just push our way right though the message, shrug it off to being tired, dismiss it as irrelevant, or not having any time to address it.

But these do have meaning and it is important to record these, even if on a napkin, and spend some quiet time with them later in your journal. Then ask our higher power for guidance and understanding. When was the last time you did this? Maybe you have never asked. Maybe its time to renew the experience.

In order not to repeat past events we study them. But do we study our day so that we don't repeat certain experiences again? Usually not. What if you asked: "What occurred in today's events that seem out of the ordinary?" "What messages appeared that were quickly tossed that were spiritually based and could have additional meaning?"

For this very reason, not to repeat our mistakes and to improve our future that we should stop and ask. Throughout history we've been told: "An answer cannot be received, until first we ask." I know this last sentence must be a quote from somewhere but I couldn't find the source.

Do you read material that spiritually enlightens you? A great exercise is to journal before you read the material. This will allow your soul to reconnect with your mind, body, and spirit and enhance the reading.

What about journaling after or during the reading? Writing allows the meshing of thoughts — the authors, yours, and the higher power. It is a powerful connection. It is the best way we can begin to see our path and our purpose.

Dear Higher Power letters are my favorite. I feel like I'm talking with my best friend and trusted father When was the last time you wrote to him or her?

Many people tell me they only journal when they need to dump their negative emotions. Yes, journaling can be a great use for this, however, journaling is actually so much more. If you do find that your entries are more focused on negative aspects of life, I highly suggest you change it. Since like attracts like, you are opening the opportunity to the universe to send the exact type of energy back to you. And who wants more negative energy in their life?

If you must post journal entries that are negative, let me suggest that you don't stop there. Continue writing flipping to the positive side. This maybe difficult at first but as it changes so will your attitude about life.

Normally, people who don't journal often tell me that they don't do so because it is always negative. Who wants to return to something that is negative? I surely would not.

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Catherine Franz is a life and business coach living in Northern Virginia. She has presented journaling workshops over 20 years. Catherine has authored two great books on tips and techniques of journaling. Copies available at: <http://www.abundancecenter.com/Store/main.htm>

The Power Of Scrapbook Journaling

By Elaine Clay

By journaling your pages you will transform an ordinary collection of photographs into a vibrant and visual storyboard – telling the stories behind the pictures, revealing hidden memories and emotions.

It will give your scrapbooks a unique and intimate feel, it is this personal touch that turns your albums into something very special.

That is the power of scrapbooking journaling and why it is one of the most important elements of your

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scrapbooks.

What to write...

When you are doing your scrapbook journaling think about the people who will read it in the future. Try and remember that they weren't there, give them as many details as you can so that they can relive your memories and stories for themselves.

One favorite scrapbook journaling technique is to write using the 5 W's method.

Who :: who's in the photo, who took it and who else was present. It is important to name the people in the pictures you use. People change throughout their lives, especially children, so it is vital to tell readers who they are looking at.

What :: what is the photo about? Describe what is happening.

Where :: where is the event in your photo taking place? Give some background information.

When :: when was the photograph taken? Give a specific date and include the year if possible.

Why :: why did you use this photo? Does it show a special event like a wedding or a milestone birthday? Explain why it is so memorable.

Tell the story...

Don't be afraid of scrapbook journaling. Just ask yourself, "What would I want to tell future generations about the photos on my page?" and then write it down.

A tip to remember is that all stories have a beginning, a middle and an end.

For example, a nice way to start off your scrapbooking journaling is to give your album a title page. Use one of your favorite photos and write down who or what your album is about, you can even include famous sayings, quotes or a special poem if you want.

This leads nicely onto the 'middle' part of your story, the actual scrapbook pages and when you get to the 'end' make a page about yourself. Perhaps use a picture of you working on one of the pages and explain why you have made the scrapbook.

Elaine Clay is the owner of Online-Scrapbooking-Guide.com :: your one-stop online scrapbooking resource. Find inspiration, increase your creativity and have fun with our helpful tips, ideas, articles and much more. – Feel free to use the above article on your web site or ezine. Provided that it is published in it's entirety, including my resource box above and a "live" clickable link to:

The Power Of Scrapbook Journaling

Stress-Free Scrapbook Journaling Ideas
Four Keys to Successful Journaling
Think It and Ink It
Journaling Techniques

The Art of Kissing
All Christian Writings
Inside The Minds of Winners
Your Own Bible Research Library
Christmas Happy Package



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