

SPIRITUALRAYS NEWSLETTER OCTOBER, 2009

JOURNALLING - WHAT IS IT? HOW IT CAN HELP YOU?

October, 3rd 2009

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A Journal as the name suggests is a form of diarising, BUT it is more than just a log of events throughout the day. The emphasis is placed on **writing, in detail, your thoughts and feelings**, particularly when related to stressful events or challenging times.

You may feel that you will never come out the other side, as you are struggling to come to terms with the emotions you are experiencing and writing about....yet WHEN YOU DO and you look back through your journal writing, you really **appreciate and will celebrate the progress you have made.**

About Us
Spiritualrays is the home of many holistic therapies.
Reiki
Indian Head Massage
Pranic Healing
Angels
NLP Life Coaching
Hypnotherapy & Psychotherapy
Personal Development
[CALENDAR OF EVENTS](#)

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Journal Writing - What to write about?

As well as the events and emotions, in each entry in your notebook, include something you feel to be an inspiration during that day. For example (if you are a Special Needs Teacher, you might write the following): 'INSPIRATION - the pleasure and satisfaction of seeing a child transformed from an anxious, worried state to a happy, relaxed and knowing state.'

Being happy comes from within, from self-awareness and self responsibility. Know what makes you tick. Know what pushes your buttons, good and bad, and your own strengths and weaknesses. Use your journal writing to explore the inner workings of your mind.

You'll be surprised at what you really know about yourself and how much you can achieve by yourself

f and for yourself. And if you need a little more help you can ask for 'inner guidance' or 'talk with your angels.'

There's something very potent in taking the time for yourself in this way. Find a special place where you can 'be at one with yourself.'

Journal writing can be what you want it to be, and at best you will:

- clarify negative feelings and the thoughts that cause them
- View your situation from a more detached perspective
- release pain and negative emotions like anger, frustration and fear
- balance your emotions
- identify obstacles and work through challenges
- spark your creativity and connect with your intuition
- VERIFY your progress

There is a certain and indefinable power in the written word, especially the flow of the pen or pencil across the page.

The great thing about this personal development tool is that anyone can do it.

Journalling is inexpensive and requires only paper and pen or pencil and a small amount of time, preferably daily. You can stop writing any time...it's not a lifelong commitment.

What is so special about **writing for yourself, to yourself and about yourself** is that **YOU** become the centre of your attention and the time you set aside for writing your Journal is **ESPECIALLY FOR YOU**.

What do you want from your Journalling?

A Journal is a **safe space** where anything is allowed. Remember to **write your goals and intentions too**.
.another verification tool.

Your journal writing notebooks can be different and include things like:

[A Diary of Delights](#) a great way to begin to notice positive things in your life . Each day write down five

different things that 'delighted' you e.g. a smile from a stranger, the birdsong in the morning. a funny film, laughing out loud.

An Inspiration Notebook - As well as writing down events, thoughts and feelings the question here is: What inspired you today?

[Gratitude Journal](#) - If you are always searching for the next thing, you don't always appreciate what you already have. A gratitude journal brings you into the present moment. Take 5 minutes a day to say thankyou.

Daily Travel Log - a diary of your travels in the world are great to look back on and a wonderful tool for cherishing wonderful memories.

Conversations with your [Inner Child](#) - this can be very powerful, sometimes we need to touch in with our inner child, finding out what it is that little person inside needs to be happy, or if there is anything they need to express on the page which will help you understand more about what is happening in your current life. It can often be a main source of wisdom, support and encouragement

[Dream Journal / Dream Diary](#) - in it you record your sleeping instead of your waking adventures. This helps you to practice and train yourself to recall your dreams. You may choose to analyse them or go on to develop the skill of lucid dreaming. You can think of lucid dreaming as being conscious while dreaming. Lucid dreaming is when, during a dream, it suddenly dawns on you that you are dreaming.

[Dialogue with your angels](#) - using the beautiful book 'Ask Your Angels.' Or simply writing down on paper what you want to tell your angels, perhaps you want to ask your guardian angel for help, or thank your angels in writing like you would any close friend for their help and support.

How to Journal?

There is no one correct way to keep a journal / journal writing. After all, it is YOUR journal and you decide how you will keep it.

It is such a worthwhile activity. To get you started here are some guidelines which may help you to get the best from the practice of journaling:-

Allocate a time scale or a page size e.g. 15-30 minutes A4 or A5. Helps you stay focused.

Find a special place to write - and honour that space. Keep it clear and uncluttered, comfortable and private.

Date each page (include the year) It's easy to forget

over time. There may be gaps of time when your journal and when you don't.

Choose a writing implement that you love - be that pencil, ballpoint, cartridge pen, gel pen etc.

Use a notebook especially for that one purpose - personalise it to suit yourself...or keep it plain, YOU choose. **HAPPY JOURNALING!**

HAPPINESS IS LIKE A BUTTERFLY which, when pursued, is always beyond our grasp, but, if you will sit down quietly, may alight upon you. By Nathaniel Hawthorne

MY SINCERE GRATITUDE!

October,3 2009



I would like to take this opportunity, to send a sincere and heartfelt thank you to my past students and friends who helped make the OPEN EVENING AT SPIRITUALWAYS such a great success.

Thank you also to all the people who came to share in the experience on the night....I truly appreciate your support and thanks also for the messages of gratitude which you shared with me after the event too!

It was a beautiful evening and I felt very privileged to be in the company of such genuine people.

On this night we raised €80 for charity with our small raffle and this money will be donated to St. Francis Hospice in Raheny who do such amazing work with so many people.

Thank you again to everyone who took part and I hope to organise another open evening soon.
NAMASTE

