

## **The Practice of Journaling**

Gaining self-awareness through a regular writing practice



<https://pixabay.com/en/entrepreneur-startup-start-up-man-593358/>

*“We must work through, and deal with our stuff, or it will deal with us.”* Stacy Duplease  
*“I write because I don’t know what I think until I read what I say.”* Flannery O’Connor

Tag:Culture / World View - Personal growth - Resilience - Spiritual Practice

### Challenge:

In the business of our lives we can find it difficult to find time to reflect and become aware of the deeper rivers that are running in our beings.

*“What is this life if, full of care,  
we have not time to stand and stare.”*

W.H. Davies - Leisure

Many of us live lives that are not fully aligned with our deepest truth and can spend our whole life unaware of this. We may die unfulfilled and without offering our gifts to the world.

### Solution:

Regular automatic writing can become a key to discovering deeper layers of our own being. It can help us work through difficult feelings, become aware of our patterns and habits and open up a flow of creativity.

### References:

- The Artists Way (<http://juliacameronlive.com/>)
  - Julia Cameron. *The Artist’s Way: A Course in Discovering and Recovering Your Creative Self*. Pan, 1995; Julia Cameron. *The Artist’s Way: Workbook*. Souvenir Press, 2007.
- <http://www.lifehack.org/articles/productivity/the-5-step-guide-starting-online-journaling-practice.html>
- <https://www.presencing.com/tools/u-journaling>

Submitted by FF/GEN