



SO WHAT IS THE POWER OF JOURNALING?

One night last week, sitting in bed, journal in lap, I posed a question to myself in preparation for offering ***The Secret Power (and Joys) of Journaling*** workshop.

The question: **So what is the power of journaling?** *Here's some of what came:*

Journaling is not just sitting with pen and paper. It's a meeting, a rendezvous with a beloved companion. It is an act of loving respect for myself. Journaling is self-inquiry. Meditation. Prayer. It's showing up to listen to me, to find out why the urge to cry, why the butterflies. It's deep asking and deep listening.

Writing in my journal is giving myself an adjustment, like when I go to the chiropractor and have my spine helped back into alignment; when I journal deeply into my truth, I can give myself a spiritual adjustment. **Journaling is connecting with my soul.** I invite my soul to speak to me through my arm and pen held above the empty page. Journaling is stopping in the midst of chaos—even if the chaos mostly in my own mind—especially when it's mostly in my own mind.

I journal my way to the eye of the storm—through my vulnerability to my power. Lost, I find my way to unconditional love and to forgiveness (even when I can't forgive yet beyond my journal). I meet myself in my own heart. Journaling is deep quiet joy. I journal to make my way home to my heart again and again and again.

