

The Path of Consciousness

Spiritual and Writing Convergence and Retreat

Effective Journaling – Weam Namou, Facilitator 3:30 – 4:15

Journaling is an opportunity to spend time alone, reflect, pray, and explore solutions to some of your problems. With today's technology there are many ways you can journal but for me, the following has been quite beneficial for me:

1. Use a pen: many have stopped using the pen to write, but this is still the most intimate form of writing. It's especially important for journaling as research has shown that doing so is beneficial to the brain and brings about amazing results.
2. Don't use a pen: if you're happier typing on a keyboard, then by all means, then go ahead and do so! The most important aspect is to writing your thoughts and feelings on paper.
3. Choose a realistic time frame: whether you write for 30 minutes or two hours, be realistic so that you don't get burned out from the beginning and quit. Consistency is more important than quantity.
4. Don't edit: write your heart out without judgment or criticism. Write, don't think, and have fun in the process.
5. Get your favorite authors out of your head: this is not about them, it's about you. It doesn't matter how poetic this or that writer writes their sentences.

6. Sacred space: find a place to meet with your journal where you will meet privately and regularly.
7. Look at your problems but don't get stuck staring at them.
8. Ask Spirit how you can make changes that will get you out of this pattern.
9. Listen for an answer through different mysterious ways...
10. Don't forget to be grateful for this healing process, and the experiences you've had in the past, which have made you who you are today.

Development Exercise

1. Write down 20 events that have affected you. They can be positive, negative, events that have affected others that you have witnessed. The timeframe should include your earliest memories to current events.
2. Take some time in writing them down but just list. Let spirit guide you.
3. Review your list.
4. Now, each week select an item to write out. Take a page and totally describe the event. What made it so important? How did it affect you? Why is it still impacting you? Review all the questions that may come to mind.
5. The goals will be to release these items with forgiveness. Forgiveness for yourself, for others, and to let them go to God.
6. There may be items on your list that will be combined with others or may be similar.
7. Do not let yourself be limited in ideas, ideals, and momentum.
8. Seek out professional help when needed.
9. As items leave your list there may be others that spirit leads you to add. Continue working through your list.
10. This is a lifelong journal. There are always events that can affect you that can affect the way you see, act, or react to your environment.
11. God bless and if you have any questions or comments let me know. Largo@coechurch.org.