

Why Keep a Journal?

Keeping a journal is an excellent tool for coming to understand yourself better, and helps you tune into subtle guidance and messages from your soul that may otherwise be missed. It is especially useful to enable you to go through a time of change and transition smoothly and successfully.

Is It The Same As A Diary?

The journal is different from a diary in that it is focused mostly on your inner life. So you might mention having lunch with an old friend just as you would in a diary, but the focus of your journal entry would be on the impact of that experience on your inner world. For example, you might record an inspiring comment, or an insight you shared, or how you felt seeing this old friend. Perhaps it brought up particularly happy memories or unhappy ones that you need to work on. This is the sort of material that goes into a journal.

What Do I Need?

Your journal can be as attractive and decorative as you wish, but it doesn't have to be. Mine is a hard covered exercise book that I buy cheaply from the stationery store. Some people keep a loose leaf binder, perhaps in sections: one for dreams, another for insights and another for things you are working on emotionally etc. Start with what appeals to you and is easy to start *right now*. You can refine your system later if you wish.

3 Simple Steps in Journalling.

1. Keep it private. Research has shown that this is the most important step of all. To gain most benefit from your journal you need to write whatever is uppermost in your mind, without anxiety that someone else might read it. So make sure you have a way of keeping your journal private.
2. Keep it simple.
3. Do it regularly.

You don't have to write in your journal every day, but I recommend that several times a week you make time to record your thoughts, your prayers, your insights, night time dreams and questions. As little as five minutes taken regularly will become a wonderful dialogue with your soul that enables you to mine the deep wells of wisdom and creativity of your higher consciousness. I talked about this in a recent blog. [Watch the video here.](#)