





This journal belongs to

Introduction



SEEK – Reveal the answers to the questions within. Learn who you were, who you are, and who you wish to become. Keeping a journal will help you communicate with your inner self and know your conscious mind. Knowledge is power. Self-knowledge and awareness are the keys to empowerment.

FEEL – Delve into the watery realms of your emotions, and begin a journey toward understanding why you feel and react as you do. Keeping a journal will help you shine a light on what you are feeling from one day, or experience, to the next. It will allow you to be honest, and explore the depths and extremities of your emotions without fear of judgement. Know that they are a natural part of who you are, but also within your power to shift and change.

GROW – You are in a constant, cyclic state of growth and change. Growth and evolution are both inevitable and unavoidable, yet so many fear and resist change, despite the fact that life itself is both a transformative and a transmutative process. Keeping a journal will help you to recognise and respond when a time of growth and change approaches, and to face it with increased confidence. You are here to live and experience life – to fear less and meet your fullest potential.

HEAL – There are experiences in your past that can do harm in your present because you have bound them to you by holding on to the

emotions and beliefs they have fostered. These bonds are the foundation of all that limits and restricts you in the present, and prevents you from moving forward with confidence and trust. Awareness of these bonds will come through keeping a journal. You will, in essence, be writing your history, and looking back will help you recognise experiences that you need to forgive and let go of.

This life is your journey of undoing, being, and becoming. Keeping a journal will give you insight into your hopes, desires, dreams and fears, as well as what makes you feel happy and confident, or insecure and uncertain. Keeping a record of your questions, certainties, thoughts and feelings, will empower you and enable you to choose your path with mindful awareness. You will create a present, and future, in harmony with your dreams and heart's desire.

Blessings and love,

Ravynne



