





This journal belongs to



Introduction



“The way is perfect, like vast space, where nothing is lacking and nothing is in excess. Make the slightest distinction however, and heaven and earth are set infinitely apart.”

These words are part of a poem written over 1,400 years ago by an early Zen master known as Sosan. They seem to connect with a core part of our being and convey the duality of life perfectly.

‘The way’ is existence, life, creation. There is something infinite, profound and perfect about it. It is a feeling beyond words or description that we sense in our hearts at times, like a timeless eternal truth that we have known forever. But overlaying this vast space of perfection where nothing is lacking, and nothing is in excess, there is human suffering. We cannot escape it. We can make it bearable, we can overlay it with fleeting periods of happiness, possessions, and a million distractions, but the suffering is always there in the background, hanging around like a dark cloud.

Life is beautiful, it is a gift. There is so much to be grateful for, and yet it is also painful and tragic. Just like in quantum physics, where it’s possible for particles to be in two different states at the same time, we too seem to be in two simultaneous states of being. One is like peace and one is like war. One feels like heaven and the other more like hell. One is perfect clarity and order, the other is confusion and chaos.

The way is perfect. Existence, life and creation are perfectly balanced, nothing is lacking and nothing is in excess. This perfection exists in each of us – we can feel it at times in meditation or in fleeting moments of grace, but in our perception the

opposite is also present.

How do we live with, reconcile or heal these two opposing states of being? This is something you may want to explore in your journal through writing or drawing. Some of the things that come to mind for me are faith, acceptance, compassion, love and purpose. We can have faith that there is a higher purpose and order to things. We can accept that life is a mystery beyond our understanding. We can develop compassion for all sentient beings in the knowing that we all suffer in some way or will suffer at various times in our life. We can simply love ourselves, humanity and creation, and find a purpose larger than ourselves, do some good, and hopefully leave the world a better place.

I hope you enjoy exploring, writing, drawing and colouring in your journal. Here, within these pages, your boundless, ingenious soul can find expression, space and the freedom to be. Just as it is. Write, draw, colour and create to your heart’s content. Then, take that energy beyond these pages and live to your soul’s delight.

About my work....

Art and writing are my therapy. There is no singular meaning in any of my works, and ultimately, within their layers of intent and significance, there may be no meaning at all.

When I work, I don’t think about what I am doing. I don’t pre-imagine or try to figure anything out. I let go of expectation, step into timelessness and enter a deep, soulful connection with the present moment. If my work moves you in some way, that is wonderful. Perhaps we have made a connection that will transcend space and time. Whether it is now or in a thousand years, it makes no difference. I hope something in my work resounds and awakens the beauty and infinite creativity within you.

Love and blessings,

Toni



*I freely express my thoughts, feelings and impulses without judgment, analysis or censorship. I practice this daily without concern for the results. I think of myself as a channel for universal energy. I **feel it flow** through me. I treat this as I would a meditation practice. Any time I feel blocked or stuck I will know my analytical mind is trying to take over. I am surrounded by infinite love.*

*I am a seed of creation.
Within me lies all knowledge,
wisdom and **possibility**.*

