This journal belongs to
There is a need in each of us to be heard and to express what we think and feel without censorship or fear of upsetting anyone. Love, joy, hate, anger, fear, confusion, doubt, desire, hopes, dreams, prayers and affirmations are all part of being human; they are valid aspects of who we are. The life force that flows through us is a river of creative energy that generates feelings, emotions and ideas which need to be expressed. If we try to suppress or control the flow, we become creatively and energetically blocked, and if the blockage continues for a significant amount of time it may also affect us physically.

Self-expression is healing. It is a natural and necessary part of leading a healthy, balanced and creative life. There are many ways in which you can express yourself safely without upsetting anyone. It is up to you to choose whatever feels comfortable. Drawing, writing, dancing, talking, screaming, painting, singing, running naked through a forest or your backyard at midnight are just some of the ways you can express yourself; the list is endless.

Expressing an idea can be the first step in making it a reality. Expressing a creative impulse can be a powerful unleashing of energy that can transform your life. Expressing the river of thoughts, ideas, impressions, feelings and emotions that constantly flows through us is vital. Where there is no flow, there is no life or vitality. Prayers can be answered, love can grow, anger can transform to love, healing can occur, clarity can be reached, peace and grace can descend upon us, magic can happen, when we express what is in our hearts and minds.

Expression is the planting of a seed that eventually flowers. This journal can be your flowering – it can be a place where you plant seeds of future creations; a place to collect your scattered thoughts, and express your heart’s deepest desires or concerns. It can be a mirror that reflects your unique brilliance and the light and essence of your soul. It can also be a place where light is cast upon your shadow. There is possibly no safer way of expressing yourself than through this journal. And, there are no rules, except for this one: THIS JOURNAL IS FOR YOU AND ONLY YOU. It is important that you feel free to express what you want in any way you want.

The following affirmations are about your connection to this journal. They can be very helpful and powerful if you repeat them, perhaps on a daily basis for a while. I also encourage you to create your own.

Affirmations:

I will spontaneously express all I think, imagine and feel within these pages, without censorship or judgment, in any way I choose. I will honour, love and value everything I express in this journal in the knowing that all is, in essence, light pouring out from my heart.

This journal is my sanctuary, a place I go to relax and just be. There is no right or wrong here; there is only love pouring out of my soul. There is nothing about me that I need to fix or change; I love and accept every part of me as I am. There is an infinite ocean of creation inside me. The universe is expressing endless love through me. There is vast space inside my heart, creative energy without beginning or end. I AM ALL THAT I AM. I am a particle of light, I am life, I am devoid of space and time, I am space and time, I am one with all, I am duality also.

These pages are a fertile field where I plant my imaginings, thoughts, hopes and dreams. They will be an exploration, a celebration, a meditation, a sacred journey. I am blessed by an outpouring of inner light which helps me see through illusion and perceived faults. I let go of judgment and the need to label things as good, bad, beautiful, ugly, right or wrong. I look within and see the perfection of life. Beyond all thought and suffering there is only love – a vast ocean of love.
Creativity
A thought on that which is beyond thought.

For many years, I held workshops on intuitive art and writing. The people who attended were of all ages and backgrounds. Many of them were initially very timid and seemed afraid of not measuring up to either their own or others’ expectations. But their fears dissolved as they realised the workshop was not about performance or producing anything. I made it clear that the workshop had nothing to do with artistic or writing talent. It was not about techniques or formulas, it was simply about self-expression and self-discovery. The only requirement was to be open and not judge anything or anyone, especially themselves. I realised that when people feel safe, accepted and loved, the protective amour melts away and their inner essence shines through.

I discovered that everyone is creative, and everyone is a channel for creativity to flow through. Creativity is life force, and we all have it. It may sound strange, but I’m convinced that the major obstacle to creativity is thinking. Thinking and reasoning block the flow of creativity because, a bit like a computer, the mind, when engaged in thinking and reasoning, can only process pre-existing data – it can only drag up what has already been. Creativity, on the other hand, is a living energy; it is infinite, it is always from the unknown, always arriving for the very first time, fresh and new. It created everything we see around us. The greatest artists who ever lived did not possess any more creativity than you or I. They simply realised that creativity is an energy; a force greater than themselves, and they found ways of allowing that energy through with minimal interference.

You can learn how to draw, paint, write, dance, sing or play a musical instrument, but you cannot learn creativity. It is something you already are and have; all you need is to allow it through without prior analysis or thought. It is that simple, just allow it to be what it wants to be and not what you think it should be. Try it, practice this, and it will surprise you. You will discover that creativity is a wild, super-intelligent force with a heart and mind of its own. It doesn’t need you to figure it out or think it into being. It doesn’t need you to understand it, manipulate, master or control it. It just needs you to allow it. It has already created an infinite amount of things, like the universe, every form, colour and texture, so trust and let it show you the way – it does have a lot of experience in this area.

With love and blessings,

Toni

Look within – there is something beautiful, something sacred inside you, a space full of infinite wisdom.
I am changing as I write these words and you are changing as you read them. Even so, there is something inside us that is forever unchanging.

“I have no special talents. I am only passionately curious.”

- Albert Einstein
“Do not go where the path may lead, go instead where there is no path and leave a trail.” – Ralph Waldo Emerson

Feel it all around you, feel it inside you, an infinite, all-embracing and creative field of love.