This journal belongs to
The works of Kahlil Gibran are profoundly moving in their honesty. His brushstrokes depict anguish and bliss with equal care so we can see them as equally beautiful. So, too, his words take us outside the need to transcend, control or deny our sorrows or to strive only for joy. Gibran inspires us to marvel that our emotions can be chaotic, cosmic, chasmic and climactic, and ask, “What miracle is this, that a rich and boundless universe of feeling could exist within a limited physical being?”

This journal is a place you can savour and honour your inner world, in its entirety. And also, to be inspired to authenticity. When we have only ourselves as witness, honesty may be assumed. But still, it can take practice, examination and acceptance. So, be gentle and patient as you allow genuine expression to arise and spill forth on these pages. Sketches, poetry, memories, or whatever else you gift to each leaf, do so truthfully and without the desire to understand or be understood. For, Gibran tells us that to be understood, we must limit ourselves.

Grant yourself the freedom and delight of not being grasped, of being misunderstood. Go beyond the margins. Be limitless!
Thus, I became a madman. And I have found both freedom of loneliness and the safety from being understood, for those who understand us enslave something in us.