Touch a dream to paper,
pen a soul song,
sketch the sky, trace a sigh,
write yourself strong...

This journal is a safe place where you can recall, retrace or reinvent days gone by, wonder at the mysteries before you, and simply be present. Breathe in the stunning artwork by Dora Alis, be transported to times, places and spaces, and feel the beat of other hearts as you connect to the wonder, vulnerability and honesty of innocence. Enfold yourself in warmth, love and protection as you release and explore all that you are, all that brought you to this moment, and all that you lovingly dream into being.

Enjoy!
Possibility