





THIS JOURNAL BELONGS TO



THIS JOURNAL IS FOR YOUR SOUL

AS ONE BORN TO STAND OUT, you've probably encountered people who would prefer you didn't make them uncomfortable. Others may have tried to shame, ridicule or silence you because your words and ideas might destabilise their worldview and trigger a crisis of consciousness. You may have already met people – and eventually, there will be many more such people – who are inspired by your spirituality, your strangeness, your uniqueness and your passions. It is not the thoughts and reactions of others, but your willingness to bear witness to your truths that matters most. Be willing to commit to your voice, your dreams and your insights with purposeful, passionate action. However, you cannot act on your visions or express your soul voice if you are unclear about what it is that is true for you.

Creating time and space to journal is important. This is an unconditionally supportive and sacred place where you can reflect and be absolutely honest about your light, your dark, your prayers and your fears. Before you put pen to paper, decide that your journal is going to be a zone of non-judgement, authenticity, spiritual blessings and healing. You have enough light in you to handle any darkness. As you explore your inner workings, you kick off a process of divine alchemy. Ask deeper questions and become aware of the pain that invokes divine assistance and the healing genius of the Universe.

This journal is your place to be real. Enjoy being you with all the intricacies and quirks that entails. There will never be anyone quite like you on this planet. The Great Divine is loving its experience of life as you right now. It always has and always will. In the challenges and the victories, the Divine is equally loving you, living you, being you and blessing you.

I believe you have found your way to this journal so your soul story can be discovered, told and creatively developed. A seed in you has sprouted and is swiftly pushing roots down into the earth. That soul plant is destined to become strong. It will break through the protective confines of the soil, reach towards the light and share divine beauty, nourishment, inspiration and more. When you work in this journal, you are tending to your sacred garden of soul.

You may work with words to diarise, write poetry or record dreams, meditations and messages from the spiritual worlds. You could use colour,

shape and your favourite tools to create beautiful vision boards and collages throughout. I have expressed my own soul growth in these and other ways in the journals I have kept over the years. There are no limits to how you express yourself in this journal. It is made powerful by your choice to render it sacred.

If you have heard me speak or read some of my work, you will know I am prone to mixing up divinely inspired phrases with off-beat jokes, silliness and even swearing. To me, sacredness is an attitude. You can be real, messy and authentic and still be sacred. In fact, that is more sacred than any contrived image of what you think it should be. Taking those sorts of risks and being truthfully ourselves is our best chance of experiencing the unconditionality of divine love. It embraces all of you – your sacred rage, your grief and your wildly beautiful visions for yourself, your life and the world.

HOW TO USE THIS JOURNAL

I invite you to use this journal to open divine conversation between your body, your mind, your soul, your inner critic and your inner child – all of whom will need your love, strength and compassion. Maybe your future and your past selves will have a voice here too. If you already know the Divine loves you unconditionally, you may feel safe giving the Great Beloved permission to read what you write. You will feel the Divine response in your heart. Your every thought, reflection and question will be answered with healing, love, grace and encouragement.

This journal can become your trusted friend. When you need a place to go and be yourself, your journal is here for you. Human contact and divine relationship are so important. At their foundations is a loving, supportive, acknowledging relationship with yourself. This journal can help you build that. It can be a mirror into your soul, a tool through which you practice divine love for yourself and a reliable place to return to whenever your sacred rebel wants to absolutely, unconditionally, boldly and passionately express itself.

Ignite the holy fire of your spiritual life purpose. Fill these pages with whatever feels real for you. Do the creativity exercises when and how you wish – in groups, on your own, with your children – with the Divine as your creative guide.

