

# CREATING YOUR PEACE WITHIN JOURNAL

The Peace Within Journal provides a foundation for your journey and a log of your progress. Using the diving example again, a diver's 'log' is an indispensable part of training, so that the diver can record her progress as she learns to dive deeper, and use different equipment. It also serves as a priceless personal document.

A typical dive log notes the date, time, number and location of the dive, the conditions, what equipment was used, depth of the dive and any personal experiences. All of this can be written into your peace within journal. However, your writing here will be much more than this – because the journal exercises themselves *are* dives!

In fact, the word *journal* comes from the same root word for journey, *jour* – French for day. At its best, a journal is a journey within. Just as I had people journal when I guided them on vision quests deep into the wilderness, this process is also a journey into your inner nature. You will truly be discovering who you are beneath conditioned thoughts, and culturally conditioned emotions that come from a lifetime of exposure to mass media, advertising and corporate culture. At times, you might feel overwhelmed, or disoriented, but the journal will help keep you on track as you document your journey.

The journal will also be a place where you can explore spontaneous, unedited, uncensored writing in exercises to help you identify your own process and let go of emotions. For me, the journal is a critical component of coming to realize you are not your thoughts, feelings or even the stories you tell yourself, but rather the flow itself.

First, you need to acquire an actual journal that appeals to you and that you'll feel comfortable writing in. It could be as simple as a black composition book, or a beautiful leather bound journal. Whatever you choose, listen to your heart and it will be a wonderful touchstone for you as we journey together.

If you're a techie and want to keep your journal on your computer, password protected, that's also fine. Some people find writing longhand works better for them, particularly when journaling about their meditation practice, but this isn't necessary.

## *Essential elements include:*

- 1) *Acquire an appealing journal.*
- 2) *Keep a number of writing utensils handy with your journal for whenever you might feel like writing.*
- 3) *Write your intention in the front of the journal, sign and date it. You might even make a copy of your 'commitment contract' and place it in the front of the journal.*

- 4) *Optional – you might want to decorate the inside or the outside in a way that is pleasing and meaningful to you.*