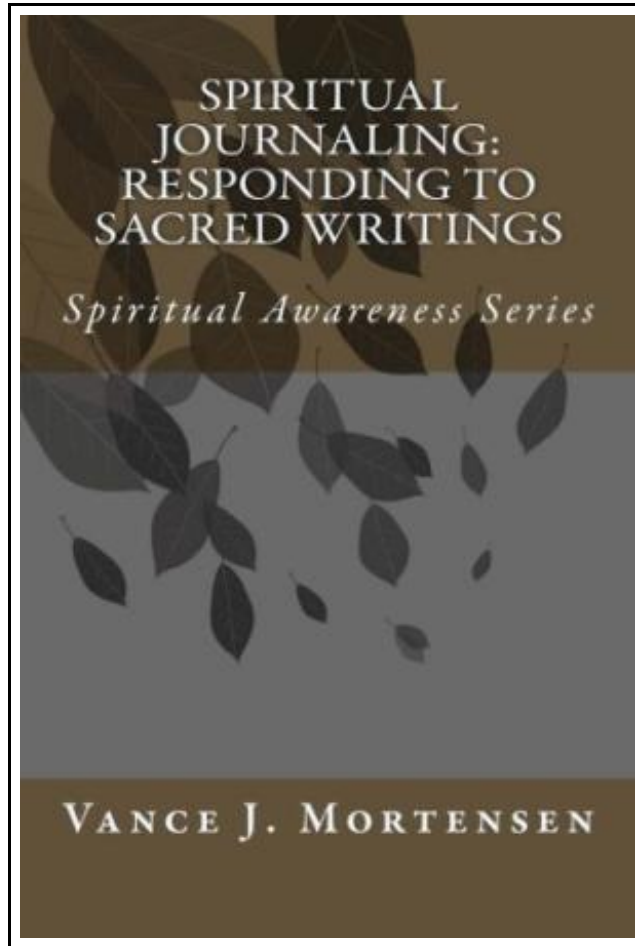


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Createspace, United States, 2013. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.In this book the author encourages people to try spiritual journaling using sacred texts to stimulate reflections and responses about what is important to and gives meaning to their lives. Spiritual journaling can be a practice to increase and develop personal spiritual awareness. If you have never tried writing a spiritual journal or have tried and struggled to gain momentum, this book might help you to start writing or help clear away some of your barriers to writing regularly. The book discusses the significance of the written word and how there is something very spiritually powerful and rewarding about writing a journal. There are examples of different kinds of journal responses: prose reflections, poems, and reflective prayers. Also included is a section with suggestions on how to start writing a spiritual journal. The sacred writings used in this book's examples come from a Judeo-Christian tradition, but the author encourages people of all faith traditions and spiritual perspectives to begin a spiritual journal. There is a short section suggesting a variety of sources for locating sacred texts which are not part of a Judeo-Christian tradition. Some reader comments: Clear and warm, inviting and encouraging. I really like your examples and the concrete, practical approach/guidance you offer. I particularly liked the areas where you wrote of simplicity. Going overboard with formalities is, I am sure, not what's important. Great points made on the individual nature of journaling. This is great direction. all too often we are consumed with how we THINK our journaling should LOOK rather than allowing our heart to SPEAK.

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