



Journaling:

This is a place to write out important messages you have received from the meditations, exercises, and various teachings. Write about your personal experiences.

Writing can give way to other forms of expression, using color, drawings, poetry, prose, doodling, painting, etc. The creative muse lies within all of us and needs the space, time and nurturance to emerge and be expressed.

Journaling Exercise:

Making a practice of counting 3 blessings a day

The Objective is in developing a state of Gratefulness and Appreciation brings awareness of one of the core TTouch-for-You principles of generating personal happiness. See the cup as half full rather than half empty. This is part of creating the world, and the humanity craved by so many.

About Sharing: You are encouraged to write, draw, doodle and share in the private Facebook group, and also to share in classes about what you get from the meditations and various exercises.

This is the fun right brain stuff. Sharing, and ‘talking story’ is so important for everyone to hear from others. People think after receiving guidance sometimes, “I had never gotten anything like this before and thought I was crazy.” Through the sharing, you get to hear that others got similar kinds of information.

Practice sharing pain, or guilt with the group. For instance, the pain and sense of guilt that can arise from euthanizing an animal. It is so important to have a safe place to express the guilt and pain.

You are also encouraged to practice **Ho’Oponono** with any pain or guilt and to also write out your experiences.

The practice Linda received from Auntie Mahialani Henry is to feel guilt for 15 seconds, and release it!

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Another idea in addition to sharing with the group, is to write the pain/guilt on a paper and for you to create a simple ceremony and burn the paper to release and forgive yourself.

Creative Art Journaling is a combination of writing, pictures, symbols, colors, doodling, drawing, painting, collaging. All are forms of self expression which assists in integrating your heart, creativity, intuition and logic. This supports whole brain learning.

Creative Art Journaling assists in developing self-reflection and is a tool for self-growth. Self-exploration takes time.

Creative Art Journaling offers time to uncover and access deeper truths that reside inside and that are sometimes hidden and challenging to access. Feelings and thoughts can be safely expressed without outside judgment, experiences, choices can be made with greater awareness, you can gain perspective in your life, etc.