

## Spiritual Direction:: Journaling

Writing in a journal has been a way to record one's thoughts for many years. Some journals from the past were private, while others have been published and discussed years later. Journals today can be diaries, spiritual autobiographies, a record of scriptural reflections, written prayers, poetry, letters, or a description of one's struggles in the faith. Whatever the journal is, it can be a way of centering one's thoughts.

The writing does not have to be perfect in grammar or language. You are writing for yourself and may develop your own "short-hand." Let the words flow from your inner being onto the page. Some people are doing their journaling using their computers. If it works for you, do it!

Check out::

"Journaling: A Spirit Journey" by Ann Broyles