



Journaling

Writing for Your Life

Journaling is the act and art of putting our lives on paper.

Our minds and hearts are often distracted and unfocused. The act of writing focuses our minds and hearts, so we can best make sense of our experiences.

In journaling, we slow down the racing mind as we seek the words that best express what we are experiencing. Our writing moves scrambled thoughts and feelings into some type of pattern or a narrative. It brings order out of chaos and leads us into understanding. Since journaling slows our racing minds down, it can take us into a relaxed, meditative experience.

Finding Meaning

Besides focusing on the moment, our journal writing can enable us to attend to the flow of our lives from past to present and aid us in finding meaning.

A quote from an unknown source says it so well: “Life is lived moving forward but understood looking backward.”

Journaling also gives us a record of our thoughts and feelings that we can return to when we want, to study and integrate into the meaning of our lives.

Journaling is personal. It is our journal and how we manage and use it is up to us. We silence our “inner critic” to write as we want. Journaling allows us to be creative, poetic, light-hearted, nostalgic, or thoughtful – among other things. Journaling can aid our problem-solving.

Emergence of Journaling

Journal writing has emerged and grown in modern times. Near universal literacy allows more of us to record our thoughts. Cheap tools for writing are readily available. In addition, over the past 200 years, there has been increasing conviction that ordinary lives matter and are valued.

Starting in the late 1960s, journal writing became more than recording thought and lives. Journaling became valued as therapeutic and transformative. Doctor Ira Progoff’s Intensive Journal Process – using CG Jung’s depth psychology – started this movement.

Research into the value of writing in expressing feelings was initiated by Dr. James W. Pennybacker and others in the 1980s. This research continually affirms the value of expressive writing.

Connecting to the Divine

Finally, journaling can help us express our relationship with our “Higher Power.”

Writing our prayers and meditations can focus mind and heart into the divine movement in our lives.



Renew · Refresh · Refocus

at Centering Space

A Sponsored Ministry of the Sisters of Charity of St. Augustine

14812 Lake Ave, Lakewood, OH 44107

216.228.7415

www.centeringspace.org

Journaling at Centering Space

Throughout the year at Centering Space, we host a variety of programs, including sessions on journaling. Please check our website calendar for upcoming programs and registration information.