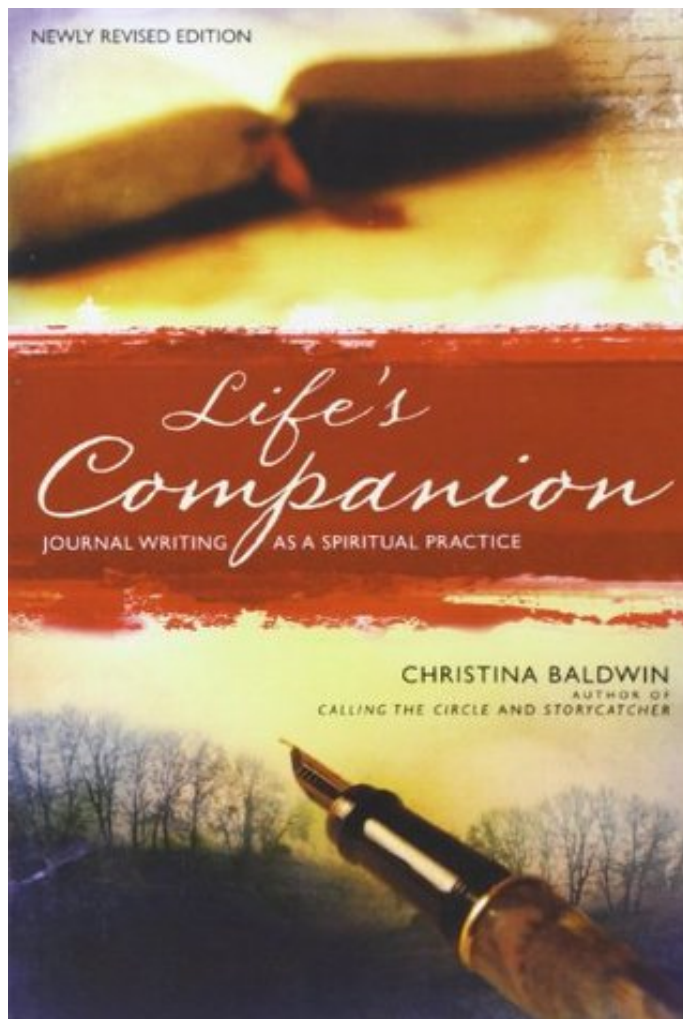

Christina Baldwin

Life's Companion: Journal Writing as a Spiritual Practice



Title: Life's Companion: Journal Writing as a Spiritual Practice

Author: Christina Baldwin

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Description

In this classic book you will discover the intimate journey of personal and spiritual development that is possible through the practice of journal writing. In **Life's Companion** acclaimed author Christina Baldwin offers readers guidance and inspiration to this powerful way of expanding our inner horizons and opening our minds and spirits to a deeper relationship with the world and the people around us.

Complete with enlightening quotations, exercises, sample journal entries, and techniques to nurture and encourage the writer and seeker within you, **Life's Companion** will help you transform journaling into a powerful tool for self-growth, heightened awareness, and personal fulfillment.

Insightful reviews

Autumn: By far the best journalling book I have encountered, with meaningful prompts that go beyond the typical domains of journal-writing from thoughts/feelings/emotions/behaviours to explore the connected self, both inner and outer connectedness. Also interspersed are inspirational quotes and short narratives, making it impossible not to want to explore the spiritual self.

Crystal: I have reviewed this book as a reference for my thesis. I would highly recommend using the book to accomplish a sacred spiritual journey. This book is not so much to the shaping of a memoir but for the use of keeping a journal and discovering meaning in one's own writing. I am looking forward to putting into practice many of the suggestions in this text.

Melissa Miller: I really enjoyed this book. It does take some getting used to, as it is arranged with notes/journal entries/prompts on the left and the text on the right. I highly recommend this book, if you keep a journal or want to expand your journal keeping to include spirituality.

Jeanne: this can be the kind of booklet that makes me rub my arms jointly in anticipation. The layout of experiential routines and charges on one aspect and a textual dialogue at the different through the e-book is inviting. there's a juxtaposition of conception within the dialogue and expression chance within the actions that i locate a fascinating solution to learn. The mandala artwork in the course of the publication made me opt for an unlined booklet in order that i may make my very own drawings. The author's sharing of her intra-personal improvement is anything i've got continually came upon fairly exciting - it permits me to consider a connection that used to be principally lacking within the prior a part of my life. That trial and error, deluge and drought, curler coaster journey of coming to one's self and one's voice isn't relatively addressed in our formal education: "Spiritual self-discipline is a strategy of claiming our personal authority, finding out to coach ourselves, and to align our lives with purpose." (p. 245)

Helynn: i've got regularly been a dedicated--well, compulsive--journal keeper, so i assumed this e-book will be a usual for me. It was. In fact, i used to be so inspired via this choice of suggestions, quotations, sacred meditations, etc., within the library replica I checked out, that I

needed to run out and purchase my very own replica of the book, and ship one to my daughter as well. this is often greater than only a consultant to discovering extra own spirituality via typical own magazine entries. it's a guided quest for self-discovery via various writing routines and writing thoughts that may result in previously untapped own insights. a favourite half for me was once the dialogue of the chakras or power facilities within the physique and the way these energies could be tapped for our better self-understanding and creativity. Meditation and prayer are basic points of those directions on new self-awareness. "When you determine a regimen or meditation or prayer, you are going to develop into extra conscious of those strength facilities on your body. Meditation may perhaps flip your physique on, as if the voltage without notice went up" (129). writer Christina Baldwin contains quite a few workouts which may lead somebody to extra perceptive magazine entires; for example: writing approximately formative years memories, striving via writing to forgive oneself and others, and writing approximately one's future. "Writing the prospective destiny is helping us comprehend what wish and what activities have to happen as a way to aid the vision. . . Envisioning is the mind's approach of laying out a grid, and it'll persist with it"(275). Cool stuff!

Debra: writer Christina Baldwin says in her advent that "The non secular trip is what the soul is as much as whereas we attend to day-by-day living." during this fast paced McWorld, day-by-day dwelling has a tendency to take priority over non secular reflection. In fact, it nearly turns out a accountable excitement to learn a quiet, considerate booklet approximately find out how to get in contact with one's religious life; to peel down the layers and very contemplate choices, goals, and fantasies. yet this is often precisely what this booklet does in an elegant, considerate way. Divided into six sections, every one containing 4 chapters, Baldwin stocks her own experiences, but additionally deals magazine entries from different individuals at the left part of each page. It's an attractive solution to discover an issue, yet it's additionally stressful whilst either left and correct hand pages don't end a sentence on the bottom. For me it grew to become a query of which web page to learn first, and every time I positioned the e-book down for some time I couldn't take note the place I'd left off. Still, there are many journaling workouts and meditations, which I didn't have time to attempt in my McWorld. if you happen to do, though, then this ebook is a great advisor in the course of the process.

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