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Journalling workshops

Keeping a journal as a means to personal and spiritual growth is what we mean by journalling.

The desire to record and reflect upon one's life seems to be an almost instinctive human need, yet how many of us succeed in giving ourselves the time and space to do so?



A journalling workshop affords a protected space where we can be led to explore the road we have travelled, and be guided to recall aspects of ourselves long-forgotten or hitherto not recognised or appreciated.

Workshops are conducted in a quiet and relaxed atmosphere under the guidance of a leader, and the group provides a place of security

where each can work privately without fear of intrusion.

To writing skills are required as what is written is for the writer's eye alone. All that is needed is an openness to oneself and a readiness to trust one's inner wisdom.

The workshop method is structured but provides the participant with experience in ways of drawing together and integrating every aspect of life.

Once they have become familiar, these techniques are always available for ongoing use, as need arises or as inclination may prompt.

The methods used in the course of a Journalling Workshop are particularly useful for spiritual and retreat directors and for those whose work involves counselling others.

Details of Journalling Workshops are given in the Retreats magazine.