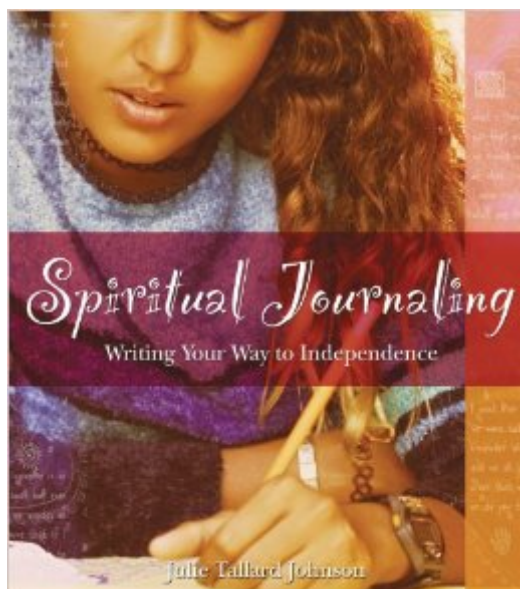


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# Spiritual Journaling: Writing Your Way To Independence



## Synopsis

A guide for teens and young adults on the power of creative journaling and its role in enhancing self-discovery and self-awareness • Provides encouragement for creative writing, self-expression, and self-dialogue • Includes journaling exercises to inspire creativity and cultivate self-esteem • By the author of *Teen Psychic* and *The Thundering Years*, winner of the 2002 Independent Publisher Book Award for multicultural juvenile nonfiction

Most teens and young adults search for ways to express their individuality and to discover who they are, without being judged. In *Spiritual Journaling* Julie Tallard Johnson shows that journaling is an informative and supportive outlet for the joys, frustrations, and questions that arise for those making the transition toward their own independent ideas and lives--and a powerful tool for awakening creative potential. Johnson encourages young people to discover their own unique voices by offering guidance on writing and other forms of self-expression and self-dialogue and on learning how to listen to inner wisdom. As readers move through the book and write in their own personal journals, they gain insight about themselves--knowledge reflected in their own words and the writing of other young people included in the book. The journaling tools provided include meditations, consulting oracles, writing poetry, visualizations, writing rituals, and problem solving around spiritual questions.

## Book Information

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Average Customer Review: 5.0 out of 5 stars • See all reviews (12 customer reviews)

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Science > Psychology #244 in Books > Teens > Education & Reference > Language Arts >

Composition & Creative Writing

Age Range: 12 - 17 years

Grade Level: 7 - 12

## Customer Reviews

Though Ms. Johnson's most recent books have been aimed at teens (and those adults who are in relationship in some way with teens), this book (though it has a teen on the cover and several writing entries by teens and young adults) is for spiritual seekers of all ages. Neither is it necessary to be extremely comfortable with the process of writing in general, nor journaling in particular, in order to make use of this book's wisdom. It is so accessible, so rich with visual stimulants, quotes, suggestions, and examples that I would defy anyone to open it to any page and not be inspired to move deeper into themselves, be that through writing, "dreaming," ritual, movement, or seeking connection with others, nature, or All That Is. I have personally used and professionally recommended many spiritual journaling books over the years, and this one brings fresh energy and new life to a rather staid genre. Bravo! Kudos to Ms. Johnson and all of her contributors.

If you wish to find ways to express individuality without being judged, SPIRITUAL JOURNALING is for you: SPIRITUAL JOURNALING: WRITING YOUR WAY TO INDEPENDENCE is written with the young adult in mind - but it's reviewed here because many an adult won't want to miss its message. Its inventive, different journaling techniques use meditations, oracle consultation, visualization rituals and more to aid the writing process, providing a satisfying mix of new age technique and writing advice. Diane C. Donovan, Editor California Bookwatch

A great guide for journaling, geared toward high school age kids but by no means "dumbed down". I'm an adult and I found it thought-provoking. Where were all the caring teachers when I was in school? I would have really benefitted from this and I'd recommend it for anyone who has an interest in journaling. When I say geared for high school, I mean in the sense that she explores topics such as dealing with the drama of other students and the particular challenges of that environment, but among other things. We can all benefit from reflecting on our life's journey.

I loved this book and have used it to assist with stimulating teens who are stymied in self-expression. The material presented in this book is comprehensive and includes more themes and open-ended questions for journaling than I can chronicle. In addition, quotes of famous people are inserted to support the themes of each chapter. The book is an excellent tool to be used for assisting teen to till the soil of their lives and unearth blocked feelings that they have been unable to express or were unaware even existed. In addition, the material is presented with a multi-cultural format that honors our global connectedness. Gift someone with this book or use it as a teaching tool with groups. Adults looking for a way to embark upon a desire to journal their feelings would

also benefit from its use.

This book has become one of my "go-to" reference books for self-discovery. *Spiritual Journaling: Writing Your Way to Independence* benefits adults as well as teens in countless ways. Filled with interesting and thought provoking writing prompts, meditations, and rituals, it invites the reader to delve deeply into one's inner wisdom for guidance. Ms. Johnson's personal stories make the book relatable and believable. She includes wisdom, poetry and quotes from several traditions, ancient and modern. Delightful and irreplaceable book!-Karen J. Braun, Merrimac, Wisconsin

This book put a whole new spin on the journaling I'd done for so many years and has become a dear, trusting friend. I have given it to many friends and family members of all ages, keeping extra copies on hand for gifts. All of them love it and some even started their own "support circles" using this book as the facilitator. Ms. Johnson lures you into yourself and your spiritual make-up by offering practices and writing prompts, incorporating her own life experiences as well as those of spiritual adventurers she has touched along the way. The book is loaded with wisdom, practices, and quotes from many traditions. Above all, Ms. Johnson demonstrates that listening to your intuition, personal stories, and imagination is not New Age, but an Ancient, time-honored means for deepening your spirituality. Pen and paper are simply the vehicle and map for however you choose to find your independence. *Spiritual Journaling: Writing Your Way to Independence* is a book for anyone, not just teens or those who keep journals. Independence and freedom from our own trappings is something from which we can all benefit and Ms. Johnson has produced a remarkable guide.

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