

From Words to Journaling and from Journaling to Journeying

By Cynthia Hutchison, Healing Touch Program Director

Words are very important to me. I love words and I own several old dictionaries. The thesaurus is my desk companion. Inspirational words and sayings are displayed around my house in most of my rooms. Before the wooden floors and drywall were installed in our home, my three daughters and I took colored chalk and wrote hundreds of positive words all over the floors and wooden wall frames to imbue our space with the energy of healing and affirmation, which our visitors and ourselves continue to sense. Books are my addiction and our four large bookcases are overflowing.

Something about the energy of words intrigues and draws me into them. I love listening to people who have colorful vocabularies and who know how to put words and sentences together in artistic and descriptive ways that show me the way they think or give me a snapshot of their soul. Songs with words add a whole new dimension to my experience of listening to music because the musical tones, harmonies and rhythm deepen the experience of the message conveyed. Beautiful and expressive poetry spoken thoughtfully and with proper cadence or silence between the lines is the icing on the cake and can leave me in awe and stillness, reverberating in the mood and thought that was created.

Words have energy, as do all aspects of life. Words can be used as weapons or as balm for healing. Words put pictures into our imagination and demonstrate the unique capacity of human beings to express our thoughts and feelings through verbal sound. As much as I love words and language and expressing myself through them, I also strive to more and more live by one of my favorite sayings from St. Francis... "Preach the gospel at all times!!... Use words when necessary!" St. Francis's wisdom reminds us that most of us speak more than we need to, and often unconsciously, and that we should use our words carefully and not wastefully. (Right Speech is also a teaching of the Buddha in his 8-fold Path).

Janet Mentgen urged her Healing Touch students to journal their HT experiences as a method to learn about themselves. Self-knowledge through HT practice, self-care, giving and receiving HT, reading/study, and journaling as a pathway into our intuitive, soulful self are all important teachings in the journey into Self that Healing Touch students embark upon. If you haven't yet embraced journaling as a method to deepen your understanding and experience of healing work, don't wait any longer! When done with intention, journaling becomes a magical activity that can unlock the door to self-healing and inner wisdom. Let the energy of words be unleashed in your personal writings and "expect the unexpected". You will find that "words" will speak to you at a whole new level of being -- with symbolic unfolding, unraveling of mysteries, enjoyment and delight with this unique capacity and human gift.

By Lauri Pointer, BS, HTCP/I
Certified Journal to the Self Instructor

All journaling prompts are simply spring boards- methods to get you into the waters of writing. Something powerful happens when you create space to listen inward, inviting your authentic self- your Higher Self to express in unlimited ways on the pages of your journal. It is a good idea to fill your “journaling toolbox” with a variety of ideas to get you started so you are more likely to find something that fits your mood in the moment. Little by little, as you make a habit of picking up your journal, you will begin to experience epiphanies of insight ranging from simple to cathartic, self awareness as clear as gazing into a freshly cleaned mirror, and, ultimately, you will feel your energy move vibrantly through your body as your creative muse takes up residency in your day to day life.

For Days When Words Feel Elusive...

Collage

Supplies needed: journal, glue stick, scissors, old magazine

1. Pick up an old magazine. Let yourself be intuitively guided to one page of the magazine. Tear it out and create a collage on a page of your journal with just that one page. You can use the front and/or back of the page you tear out.
2. Do a quieting meditation, closing your eyes, focusing on your breath. Invite into your mind's eye a color that would most support your energy vibration in this moment. Notice what color comes to mind and hold that color in your memory. Pick up an old magazine and tear out everything in that magazine with that color. Create a one color collage.

Sometimes doing something creative can open the channels for writing. You can just leave it as an illustrated journaling entry or you can follow it up by observing



your collage, writing your observations about it, asking yourself questions such as “What does this remind me of? How do I feel looking at this? What stands out the most in this collage? How is it a reflection of my inner life?”

For Times When You Only Have a Couple of Minutes...

Quickies

1. Write a list of five things you feel grateful for in this moment. Draw a simple, creative border around your list.
2. Grab any book off of your shelf and read any two sentences. Write those sentences word for word in your journal and then write reflecting on how those sentences fit or don't fit for you in this moment. €

About the author:

Lauri Pointer is a Healing Touch Certified Practitioner and Instructor and a Certified Instructor of Journal to the Self. She has a degree in Exercise Science from CSU, specializing in Wellness. She is on the faculty at Front Range Community College as a part time instructor in the Holistic Health Practitioner Certificate program. She teaches Healing Touch and Journaling classes around the country and has a full-time Healing Touch practice.

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