

Journaling for the Soul

A Five Week Exploration
Week One - September 1, 2020

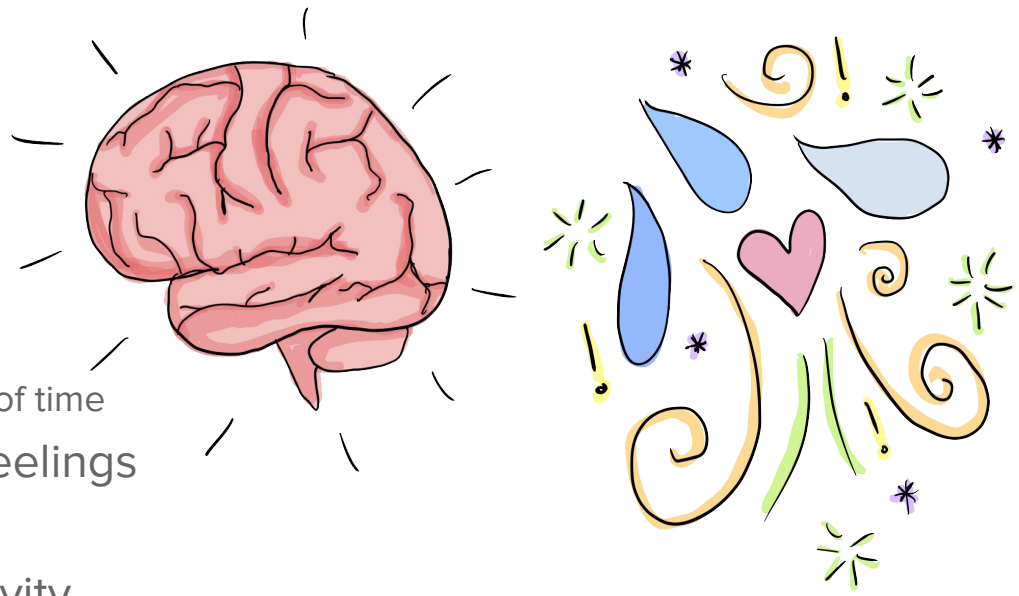
Leaders: Elizabeth and Sophia Gaynes

Community Guidelines

- Feel free to share about the experience, but please maintain confidentiality for the content of other people's sharing
- Focus on YOU - journaling is personal, take what you need, and don't try to fix anyone else
- Participate fully!
- When there is an opportunity to share, be mindful of other people and the time.
- Come on time - you don't want to miss this!

Why journal?

- Documentation - mark the passage of time
- Clear and clarify thoughts and feelings
- Self expression and creativity
- Set goals and measure productivity
- Combination of right (creative imaginative) and left (act of writing) brain
- Others?



"Journaling is like whispering to one's self and listening at the same time." - Mina Murray

Benefits of a Journal Practice

- Boost your mood/Enhance your sense of well being
- Helps you to detect patterns in your thoughts and behaviors
- Improve your working memory
- Reduce symptoms of anxiety and depression before or after an important event (ie. an exam or important meeting)
- Clear and process events and emotions with perspective

“Whether you are keeping a journal or writing as a meditation, it’s the same thing. What’s important is your having a relationship with your mind” - Natalie Goldberg



Why Now?

- We are currently in the month of Elul
- This is traditionally a time for self-reflection

Jewish tradition points to the name of the month as symbolically appropriate — the letters of Elul form an acronym for the words in the verse Ani le-dodi ve-dodi li—“I am my beloved’s and my beloved is mine” (Song of Songs 6:3). Believing that the “beloved” refers to God, the sages take this verse to describe the particularly loving and close relationship between God and Israel. Elul, then, is our time to establish this closeness so that we can approach the Yamim Noraim, or Days of Awe, in trusting acceptance of God’s judgment. We approach the trial not out of fear, but out of love.

**Entering the High Holy Days, published by
the Jewish Publication Society.**

Week One Exercise: Mind Mapping



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Find work that I love



The fires! Global warming!



I am grateful for my relationship
with my mom

A red spiral-bound notebook is positioned in the upper left. Below it is a small potted plant with green leaves in a brown pot. To the right of the plant is a grey pen with a textured grip and a pencil tip. The background is white.

Prep for your journaling practice

- Find a journal that makes you happy - it should be small enough to take with you.
- Find a pen that you love! Or multiple pens to add color
- Find a space to write in - quiet, inspirational

Week One Homework: Writing from a Prompt



- Choose one topic
- Set a timer!
- Write for 15 minutes
- Repeat



Reflections

See you next week!

All illustrations by Sophia Gaynes