



JOURNALING as a Path *to*



Come Home

by KIM MARIE

6 Journaling Methods to remember and reconnect with your True Nature.

I'm So *Welcome* glad You're Here

"Journal writing is a voyage to the interior."

~ Christina Baldwin

Thank you for being here!

I'm Kim Marie, and through coaching, mentoring, writing, and teaching, I bring a unique, and sometimes magical, blend of ancient wisdom, archetypes, Soul-led leadership, and practical spirituality.

This journaling guide is one of many tools I offer to support visionary women longing to stop betraying themselves by compromising who they are, and start living in alignment with their True Nature.

Enjoy coming home to YOU!

Kim Marie



WHY PRACTICE *Journaling*

Soul Sickness n - 1: a feeling of bereavement; being deprived of something or someone 2: a nagging dissatisfaction 3: a sense of emptiness 4: a longing for meaning/purpose 5: a feeling of being lost or aimless 6: a longing to come *home*



Journaling Heals

We're living in a time of pandemic soul-sickness. It spreads through our psyches like wildfire, and cuts us off from our True Nature. Soul-sickness is perpetuated by our patriarchal dominance culture that rewards prediction, action, and control, over stillness, creativity, intuition, and flow.

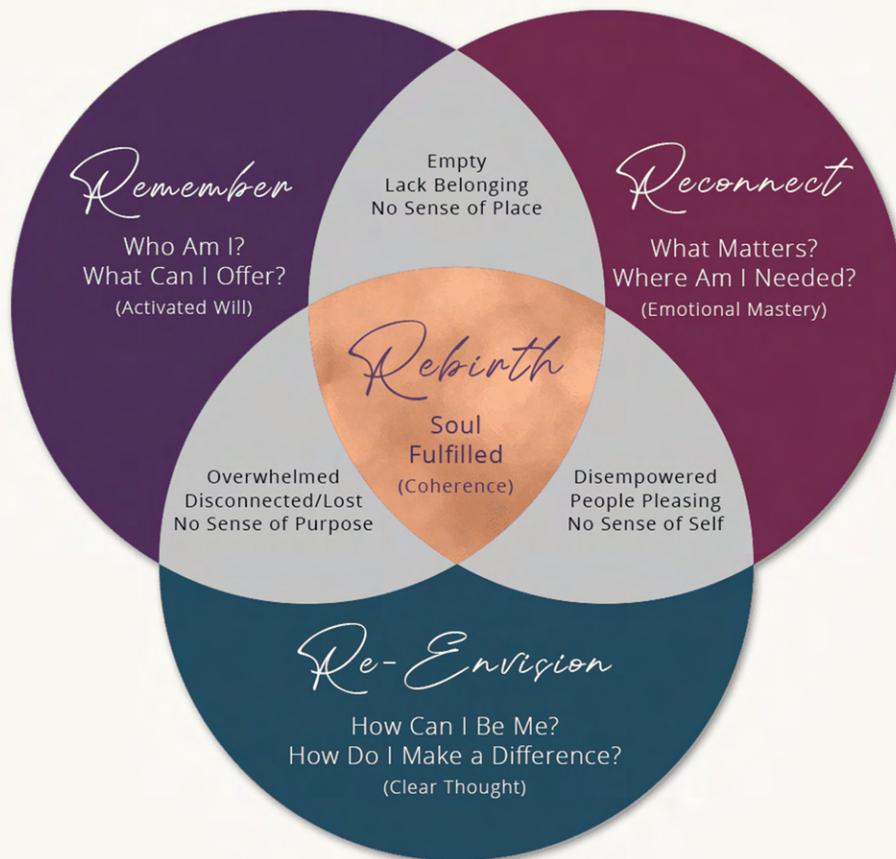
Our Souls are crying out for connection, meaning, healing, and solace. Journaling supports us to dive deeper into the realm of the psyche, allowing us to align with the best of who we are.

Aligned with our True Nature, we remember who we are and are connected to our unique values and sense of purpose. We're able to envision new possibilities and step into the co-creative, empowered role we came here to experience.

When the depths of our being, i.e. the realm of the Sacred Feminine, are ignored, we pay a hefty price for not committing to the journey to awaken our inner wisdom.



THE JOURNEY *Home*



Without *Remembering* who we are, we feel disempowered and stuck in people-pleasing rather than being true to our Self. Without *Reconnecting* to our values and sense of meaning, we feel overwhelmed, lost, and without purpose. Without *Re-Envisioning* our lives and how we can make a difference from a place of true remembrance and connection, we feel empty and lack a sense of belonging.

We must bring these aspects of our Soul's journey into active, healthy alignment in order to *Rebirth* ourselves into the Soul-fulfilled life we know is possible.

This is the journey to heal our soul-sickness and come home to our Selves.

Journaling is one of many tools to help us get there. This guide shares some tips, inspiration, and **6 journaling methods** to support you on your journey.



DO'S & DON'TS of Journaling

Do

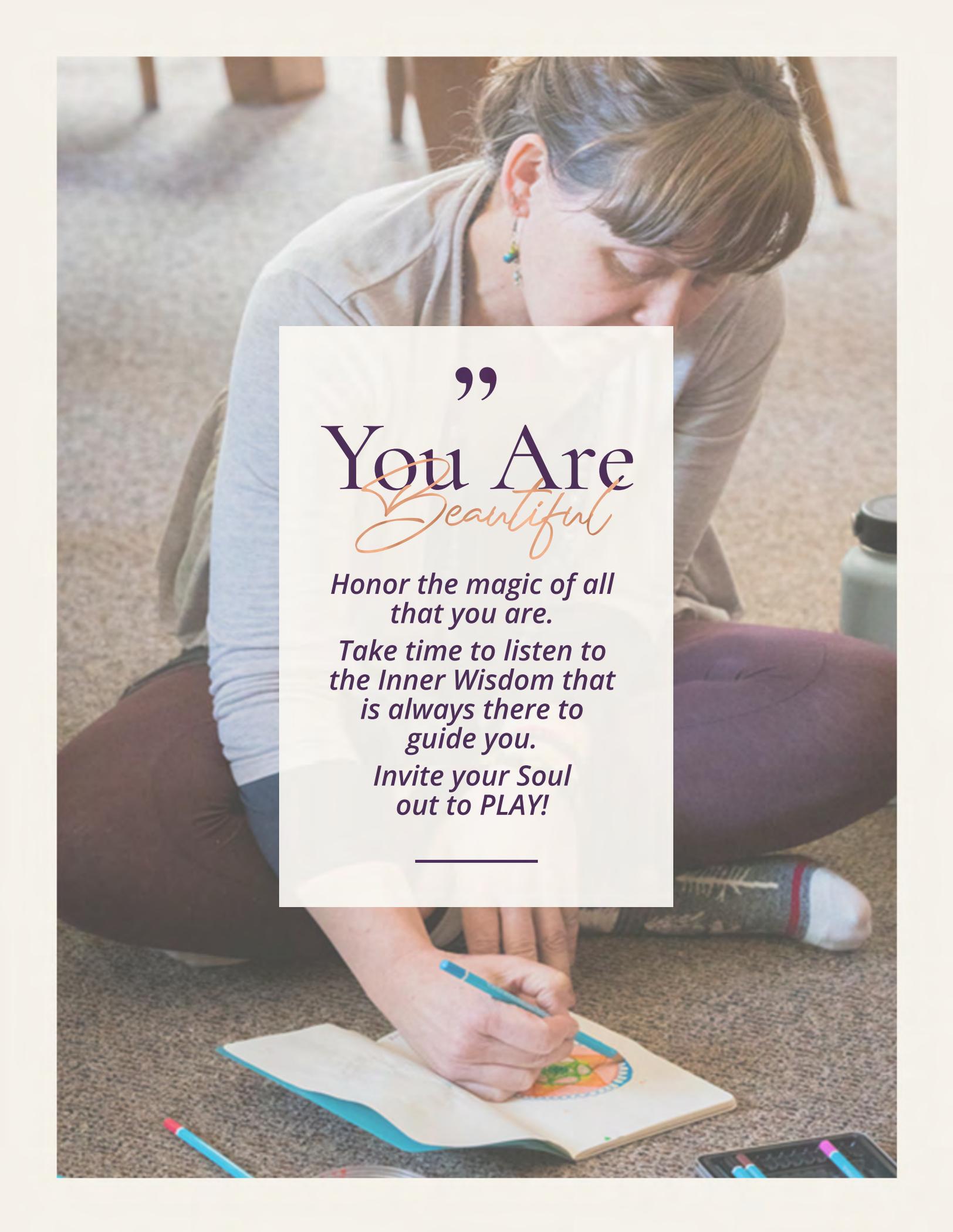
- Create **Sacred Space** for yourself to find beauty, calm & quiet
- Find a **special journal** that you love and will actually work with
- Set aside **time** to feel freely immersed in your journaling
- Light a **candle** to invite the light of Source and your True Nature
- Choose a writing utensil and **materials** that feel easy to use
- Explore creative ways to **express** yourself and bring out your Soul
- **Trust** the process and allow your Soul to speak to you, letting the writing flow freely

Don't

- Allow for distractions to disturb your practice
- Get caught up in perfection that restricts free writing
- Use time as an excuse...even a few words on paper counts
- Try to do it "right" or worry about the process
- Allow writer's block to keep you from starting..write anything
- Let your inner critic stop the flow of your writing
- Get discouraged...keep going until you find what works for you, and enjoy the process

There's really no right or wrong way to practice journaling. Allow these tips to get you started with some inspiration for a powerful practice.





”
You Are
Beautiful

*Honor the magic of all
that you are.*

*Take time to listen to
the Inner Wisdom that
is always there to
guide you.*

*Invite your Soul
out to PLAY!*



Method 01 *Diary and Dreams*

One of the most common methods of journaling is a daily diary style. Many a journal entry has begun with “Dear Diary,” followed by a sharing of one’s feelings, what’s happened that day, and other personal reflections. This is akin to Julia Cameron’s “Morning Pages” in her book *The Artist’s Way*.

Dreams are a very powerful way in which our Soul speaks to us, through imagery, symbols, and emotions. Capturing our dreams on paper upon waking is a great way to notice any messages we’re being asked to pay attention to.

Tracking your aha moments and inspiration, along with your dreams, offers the opportunity to see patterns emerging in your life, and become more aware of your journey. Your inner wisdom is allowed to flow naturally from pen to paper.

BENEFITS:

- Contemplation
- Tracking / Reflecting

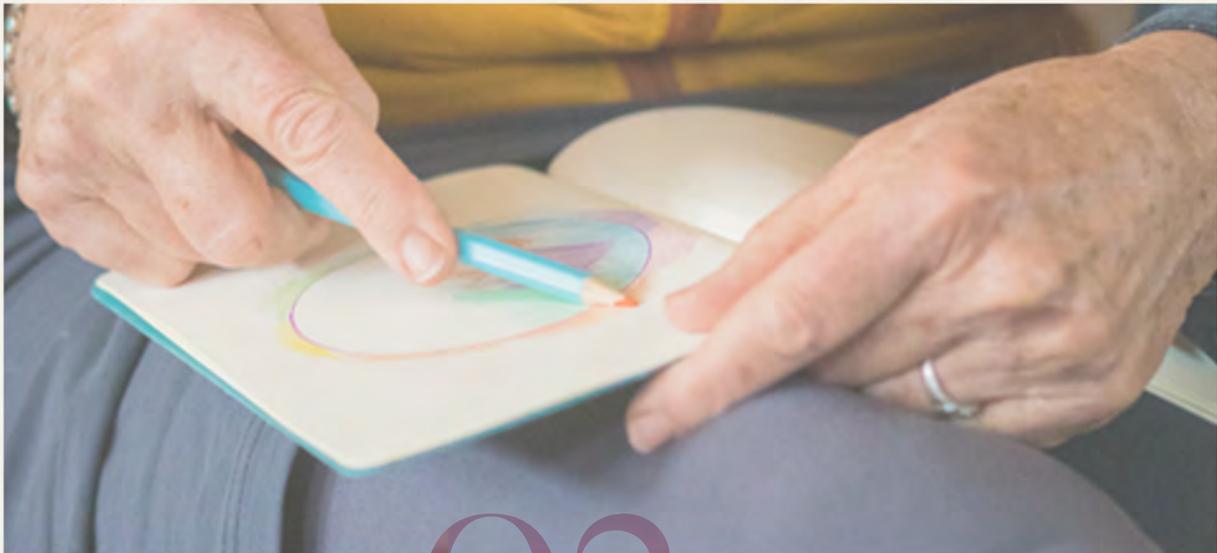


PRACTICE

Diary and Dreams

What are the dreams you recall from last night, and/or aha moments that generated greater awareness for you today? What's happened today that may be part of a pattern worth exploring?





Method 02

Artistic Expression

Journaling is a wonderful way to bring out your artistic expression. Too many believe they are “not creative.” Yet when offered the opportunity to freely express their creativity, amazing beauty is allowed to pour forth.

Artistry can be expressed in a variety of ways including drawing, painting, coloring, mandalas, and more. You might even experiment with various art instruments and tools such as colored pencils, markers, and charcoal pencils. Many enjoy bringing life to their writing by including sketches and color in the margins to enhance it.

Even if you don't think you can draw or paint, give it a try and see what comes out. Take your time and allow yourself to play. Creativity is healing to the Soul, and the intentionality involved in carefully selected placement of color is quite therapeutic.

BENEFITS:

- Idea Generation/Development
- Creative Expression



PRACTICE

Artistic Expression

Instead of writing what you're feeling or thinking, try drawing or painting it. You can add color with pencils, paint, or crayons if you wish.





Method 0.3 Collage

Collage journaling can be a great way to find additional and unexpected inspiration by cutting out images, words, shapes, and textures that inspire you, and putting them together into some kind of story or vision board for yourself.

Taking time to pull out the scissors, ribbon, old magazines, colored papers and stickers can bring out the child within, and allow you to create interesting compositions that express what's in your Soul in a way you might not otherwise be able to document, bringing a bit of three-dimensionality to your journaling

While it may seem like simple writing is enough, you might be surprised at how expressing in multiple dimensions can offer inspiration. Who knows what you might find written or photographed that can be the perfect cut-out Soul expression.

BENEFITS:

- Visioning
- Unexpected Textural Inspiration in 3-D Expression



PRACTICE

Collage

Gather a few magazines, some scissors and some glue, and see what catches your attention, pasting cutouts into a small collage here.





Method 04 Processing

Journals are a wonderful place to process our emotions and explore options.

Indecisiveness is one of the greatest causes of our suffering. Sometimes taking time to list out the pros and cons of a situation, as well as express how we're feeling about the various options in front of us, can be a great way to release us from that suffering.

Maybe you have some grief to process, or are feeling confused. Maybe there's a new opportunity you need to weigh the options about.

Conversations are often a preferred way to process thoughts and feelings, but you can have a great conversation with yourself through journaling, considering questions about your situation and writing out what comes to you.

BENEFITS:

- Expressing Emotions
- Exploring Options



PRACTICE

Processing

Write out the pros and cons of a decision you're struggling with, or express your emotions as if no one will read them, and see what messages they have for you.





Method 05 Questions

Have you ever kept a questions journal? There's something incredibly freeing about asking questions with no expectation for answers.

Most of us are living with tons of questions every day, longing for answers and clarity. If we pose those questions to the Universe via a questions journal, they're often answered in the most unexpected of ways. Much of our challenge comes from the anxiety around not knowing, but if we can surrender our questions by writing them down and letting them go, that anxiety can be greatly reduced.

Consider keeping a small journal just for your questions. Jot them down as they show up or feel like they're plaguing you with anxiety to find answers. Once they're written, let them go and trust that answers will come in Divine timing.

BENEFITS:

- Reduce Anxiety
- Allow for the Unknown



PRACTICE

Questions

What questions are living in you? Try to stay away from “why” questions, and focus on how/what/who/when/where questions. Framing your thoughts in the form of “I wonder...” is also a great way to invite the Universe to return some inspiration to the questions living in you.





Method 06 *Dialogue*

Dialogue journaling is my all time favorite, though all of the methods are helpful in their own way. Most of us struggle with a certain amount of Soul fragmentation that happens due to trauma in childhood. Even seemingly insignificant traumas can cause parts of our Soul to fragment, either due to us “shunning” them, or simply forgetting them.

When we’re triggered by something, it’s usually a fragmented part of us asking for some attention. We can connect to that part and begin a conversation with it. How old is that part? What is the story it’s telling you? What does it need?

Parts can be masculine or feminine, regardless of our gender. You might be surprised to hear from a masculine part of you needing attention. Many of us grossly overwork our masculine parts in this patriarchal dominance culture!

BENEFITS:

- Intuitive Conversation
- Healing Fragmented Soul



PRACTICE

Dialogue

Begin a dialogue with a part of you that is triggered by something. Ask them what they're feeling, needing, believing, etc. Journal as if writing lines of a script, first you asking the question, and then the part answering. What are they afraid of, resisting, or anxious about? What can you offer them?



BENEFITS OF *Journaling*

Hopefully you're seeing some of the powerful benefits of journaling as a path to come home to your Self.

- Journaling engages the whole of our being - mind, body, emotions and spirit.
- Journaling allows for creativity in multiple expressions.
- Journaling pauses time and creates space.
- Journaling puts us into a flow state, and connects us with Soul.
- Journaling supports our *Remembering, Reconnecting, Re-Envisioning & Rebirthing* journey.
- Journaling helps to heal our soul-sickness, and align us with our True Nature in wellness of Soul.
- And so much more!





Thank YOU

Thank you so much for taking the time to journal with me.

There are many more journaling methods to be explored including gratitude, music, nature, and story journals....to name a few. I hope you'll continue your path of journaling to support you in coming home to yourself!

Be sure to check out the resources on the final page of this document, and feel free to reach out anytime with questions at KimMarieCoaching.com.

With Love & Awakening Inner Wisdom,

Kim Marie

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MORE Resources



01 Solace: A Journey to YOU

Come home to yourself with ongoing support and community in my 12 month program. KimMarieCoaching.com/Solace

Balance & Empowerment 02

Download these free cards and begin using them today to navigate life's extremes. KimMarieCoaching.com/BalanceAndEmpowerment



03 Sacred Nights of Winter

Enjoy a magical journey through the Sacred Nights of Winter with my annual journal. KimMarieCoaching.com/SacredNights

