

Journal To Inner Wisdom And Peace

By Diana Rankin

At the deepest levels of ourselves, we are wise, and in our wisdom, we find our peace. Journaling is one of the strongest practices to tap into these deeper levels. Whether you like to write or writing is difficult for you, following these five steps will guide you to using journaling as a means to reach your inner wisdom and peace.

Step 1: Go on a fun quest to find the perfect journal. Your journal can be a \$2 notebook or a \$35 leather-bound journal. What matters is that the journal feels good in your hands. It is something that you want to pick, hold, and use. Your journal should be a book you feel comfortable with.

The same is true of the pen or pens you choose to use. Whether you use a black ink pen or pens of several different colors, the pen must be comfortable in your hand. At some point, you will find the very act of observing ink flowing from the pen is so meditative that you want to keep writing.

Step 2: Set aside some time everyday to journal. The best times are early in the morning and late at night, both if possible. Start with about 10 minutes. You can increase this time as you like, but do make a commitment to at least 10 minutes a day. By making journaling a part of your daily ritual, you put your inner guidance on notice that you are ready to tap into your inner wisdom.

Step 3: Journaling does not have to always be recorded in words. If you are a visual person, you may want to draw pictures or diagrams. Fill your journal with thoughts, feelings, drawings, pieces of this and that. If you have trouble getting started, begin with the words: "Thank you," and then make a list of the things you are thankful for. Or, begin by recording the events of your day or a conversation you had. What's important is that you begin and keep putting words down on the page. Soon words will seem to magically pour forth from you pen. It is in this place of words flowing, that the inner wisdom comes. Be patient. This does take practice and desire.

Step 4: Keep your journal with you. A journal that stays behind is less useful than one that travels with you, allowing you to record moments of realization, or the wisdom that comes while writing an e-mail to a friend, later to be cut and pasted into the journal pages; or to record the celebrations, the frustrations, the questions, the ups and downs of your day. It is within the ordinariness of your everyday life that you often find the most profound wisdom. Take out your journal in a restaurant while waiting to be served, or in your office while on break or waiting for someone to respond to you, on airplanes and in airports, or while in the dentist or doctor's waiting room.

Step 5: Once you have filled a journal, reread it. You will be amazed at your own inner wisdom. It may also delight and surprise you. You already know what you wrote in your journal. Still, you may find yourself cheering yourself on during the difficult times and congratulating yourself during the peak times. Sometimes your life may seem mundane and ordinary; other times you will be amazed by the whisperings and wisdom of your inner world, and knowing your own inner wisdom will give you a profound sense of inner peace.

Diana Rankin, author of *23 Days, A Celtic Journey*, is a gifted psychic medium, international speaker, and radio personality. For a private reading by phone or in person, or for information on workshop, seminars, or speaking to your group, please contact Diana at 937-593-6500, or <http://www.dianarankin.com> To read her latest book, while she is writing it, go to <http://dianarankin.blogspot.com>