

Life Source Writing



A Reflective Journaling Practice
for Self-Discovery, Self-Care,
Wellness and Creativity

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Life Source Writing – Reflective Journal

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Adoration to my muse, Peter Allan and our beloved sons, Jackson and Jesse.



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*I dedicate this journal to
you – the person about to
fill these pages with your
heart, soul and life.*

*May you live well and live
fully, whatever that means
to you.*



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Introduction

We human beings have both a hunger and a fundamental need to listen to our inner worlds while paying attention to our outer worlds, in order to enhance our physical, emotional, psychological and spiritual well-being. As simple or complex as this may sound, it is a learned skill to attend to one's inner life and to practice the art of self-awareness. Many practices aim to slow us down so that we can listen, breath and simply be: practices such as yoga, meditation and mindfulness. Life Source Writing is a another tool for cultivating presence helping you to have a deeper connection with your own lived experience.

Our lives are stories which offer us rich material for reflection, transformation and personal growth. Although Life Source Writing is not therapy, it can be therapeutic. It starts from a place of presence, centeredness, acceptance, compassion and mystery, and goes from that place to the written page. You can tap into your authentic voice more readily when the mind and body are in a relaxed state. The practice of reflective journaling supports you to connect with your highest truth and to create a meaningful relationship with your own knowing. This personal writing helps you witness your life and engages you more fully with all that it means to be You.

Within this resource I begin by sharing my own journal writing journey and invite you to consider your unique journaling experience so far – perhaps this is your

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first step on this journey. You will learn about Life Source Writing including the unique five step process that defines this reflective journaling practice. There are many suggested writing prompts, tools and exercises intended to help you tap into your creative expression. There is also an extensive list of writing and well-being references offering further information and inspiration as you deepen your journaling craft and your writer's voice. Finally, your reflective journal pages offer themes, quotes and of course blank space for you to write. Wishing you a great adventure on the page!

Summary

Life Source Writing is intended to support you to go to the blank page often. The five steps offered are like a wrap around to your reflective journaling practice, with arriving fully and engaging the relaxation response as the foundation to going to the page, followed by reflecting, questioning and affirming your writing and your experience while there.

As we begin to explore our lives, our experiences, and ourselves through reflective journal writing we naturally become more self aware, we instinctually look for ways to accept ourselves, to love ourselves and to honour who we are and who we are becoming.

We also tap into a deep well of vitality, truth and authenticity as we write our lives within our journals. We start to notice our habits, our patterns, our ways of being, perhaps we come face to face with our perpetual doing. We get invited to arrive with awareness into this one moment, into an intimate listening of our inner selves while engaged more fully with our outer lives.

We open. We soften. We transform. We grow. In *The Journal of Katherine Mansfield*, Mansfield writes: "Everything in life that we really accept undergoes a change." As we get to know ourselves and accept ourselves we change.

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It is my hope that the Life Source Writing process gives both form and support to your unique experience with reflective journaling. Always know that when you engage in the act of self-discovery and self-care you are choosing a path of courage and meaning. Also remember that although writing is a solitary act, the collective benefits from our individual efforts to be seen and known.



About
Lynda Monk, MSW, RSW
& Creative Wellness

Lynda is the founder of Creative Wellness, a coaching and consulting business that specializes in work–life balance. As a registered social worker and life coach, she helps individuals and organizations cultivate clarity and find their balance through alignment with core values – leading to greater success, wellness and fulfillment in both life and work.

She recently produced the Creative Wellness Guided Meditations CD © 2008 including six mini retreats for balance, self–care, replenishment, clarity, relaxation and celebration – a resource for stress management and well–being in mind, body, heart and spirit.

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Lynda has been journal writing and deepening her own creative writing voice for over twenty years. She is currently authoring a memoir of adoption entitled *Umbilical Cord* which is being created in part from her own reflective journal and life source writing practice. She is also co-authoring, with Ahava Shira and Wendy Judith Cutler, a book entitled *Writing Alone Together: a creative journal memoir and writing companion*. She has over twenty professional publications including training manuals, workbooks and articles across topics such as suicide prevention, self-care, stress management, vicarious trauma, healthy workplaces and care for the caregiver.

Life Source Writing: A Reflective Journaling Practice for Self-Discovery, Self-Care, Wellness and Creativity © 2009 – is available as an e-book or in hard copy via the Creative Wellness online store at www.creativewellnessworks.com. Life Source Writing Retreat Workshops are hosted on Salt Spring Island, BC and are also available in your location or within your organization by request. Watch for the new Life Source Writing Virtual Retreat – virtual retreats are conveniently and affordably accessed by telephone. Feel welcome to contact lynda@creativewellnessworks.com for more details.

Please visit www.creativewellnessworks.com and sign-up for our free “Creative Wellness Tips and Tools” bi-weekly newsletter and receive your free copy of “The Top 10 Tips for Balanced Living.”

Be well and write. Write and be well.

Lynda Monk