

How to use a journal to communicate with your deepest self Step-by-step advice on keeping every type of journal--from a personal diary to a dream chronicle Simple exercises that bring out the poet /journalist/profiler/narrator in everyone The Omega Institute, the nations largest holistic education and retreat center, has helped tens of thousands of people in their search for well-being, personal growth, and spiritual development through its world-renowned workshops and retreats. Now the experts at the Omega Institute share their wisdom with you in a unique series of books that provide the guidance, the inspiration, and the skills you need to bring increased meaning and vitality into your life. . . . Scripting a record of your internal life consistently and over a period of time allows you to give voice to your subconscious, commit otherwise fleeting thoughts to paper, and liberate your dreams. But where does a nonwriter begin? Writing Your Authentic Self is the beginners guide to crafting an intimate, enlightening, and, most of all, genuine memoir. Whether your interests are spiritual, artistic, or historical (a genealogical journal is a gift for the generations to come!), there is a type of journal that will bring out the writer in you. Written by one of the top creativity experts at the Omega Institute--and containing advice and inspiration from dozens of experts in the field--Writing Your Authentic Self shows you: How to capture experiences, record your dreams, embrace your memories, and free your muse--even if you have never written for pleasure How to find the best journal format to express your true self How to have your journal teach you . . . about your goals, your challenges, your strengths, and perhaps your real calling Dont miss these other outstanding Omega Institute Mind, Body, Spirit books: Vitality and Wellness The Essentials of Yoga And coming soon . . . Contemplative Living The Power of Ritual Bodywork Basics From the Trade Paperback edition.

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