

## Visual Journaling

A visual Journal is just like a written journal except that it relies on images ( either drawn, painted or most commonly collaged from magazines.) You can Google “visual Journals” and see oodles of examples. But the fun thing is that it can really be anything you want.

One person I knew got up each morning and tore out three images from magazines and collaged them together on a page in a cheap spiral bound notebook. She dated each page. Sometimes she saw a theme in them and wrote one or two words on the page.

Some people collage words on their pages as well as images. Some people doodle, some draw cartoons or make mandalas. The idea is to let your “left brain” play a bit and see if there is wisdom there that your logical mind has not known. Remember that finding joy is a spiritual practice! If you are having fun, that is feeding your spirit and “counts” as a spiritual practice.

