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In this weekend intensive, you will learn to awaken your highest potential with journaling and meditation. Whether you're a new or experienced journaler, this workshop is designed to help you unblock what might be keeping you from realizing your most authentic happiness and most expansive success by utilizing unique journaling techniques to identify what it is in your life that you'd like ...

Journaling and Meditation to Awaken Your Potential

Journaling helps you connect to your inner wisdom, which is especially important in our noisy world, according to Sandy Grason, author of the book *Journalution: Journaling to Awaken Your Inner ...*

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In Journalution, Sandy Grason combines the writing guidance of Julia Cameron with the emotional nurturing of Shakti Gawain. With chapters including "Completing Your Incompletions," "Masterminding Your Destiny," and "Communicating with a Higher Power," the book balances basic instruction in the art of journaling with intimate entries from the author and her workshop participants.

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