



START A JOURNAL

BY EUGENE YIGA

© peshkov | Dollar Photo Club

**“THE ONLY JOURNEY IS
THE ONE WITHIN.”**

- RAINER MARIA RILKE

It's important to get issues off your chest so that they don't linger around and add to your troubles. Other than having a solid support group, one of the best ways to do this is through a journal.

More than just being an outlet for your thoughts, keeping a journal is a great way to get to know who and how you are. It's all about discovering your true self.

WHY YOU SHOULD JOURNAL

“He who knows others is learned; he who knows himself is wise.” ~ Lao Tzu

I've been keeping a journal ever since I was 14 and writing in it almost every day has been incredible. I like to spend the last week of December reading over everything I wrote during the year. It's the best way to clear my mind and prepare for another fresh start!

Looking at your life with that kind of perspective is also a good opportunity to laugh at all the molehills you turned into mountains as well as a good reminder of how far you've come and how much you've grown.

WHAT FORMAT IS BEST FOR YOU

“Mastering others is strength; mastering yourself is true power.” ~ Tao Te Ching

The process doesn't have to be complicated. I just use separate Word documents for each month but you could get a nice notebook or use whatever format works for you. For example, with the growth of cloud computing and online storage, you could have audio or video journals too.

CONTINUES TO
PAGE 42

 CONTINUED FROM
PAGE 40

Whatever you choose, take a few minutes every day to jot down your thoughts or one thing you’re grateful for. Write about what’s happened lately and how it made you feel. Write about how you reacted to a problem and why you did what you did. Information like that is priceless when it comes to figuring out what makes you tick.

DREAM JOURNALING

“Your visions will become clear only when you can look into your own heart. Who looks outside, dreams; who looks inside, awakes.” ~ Carl Jung

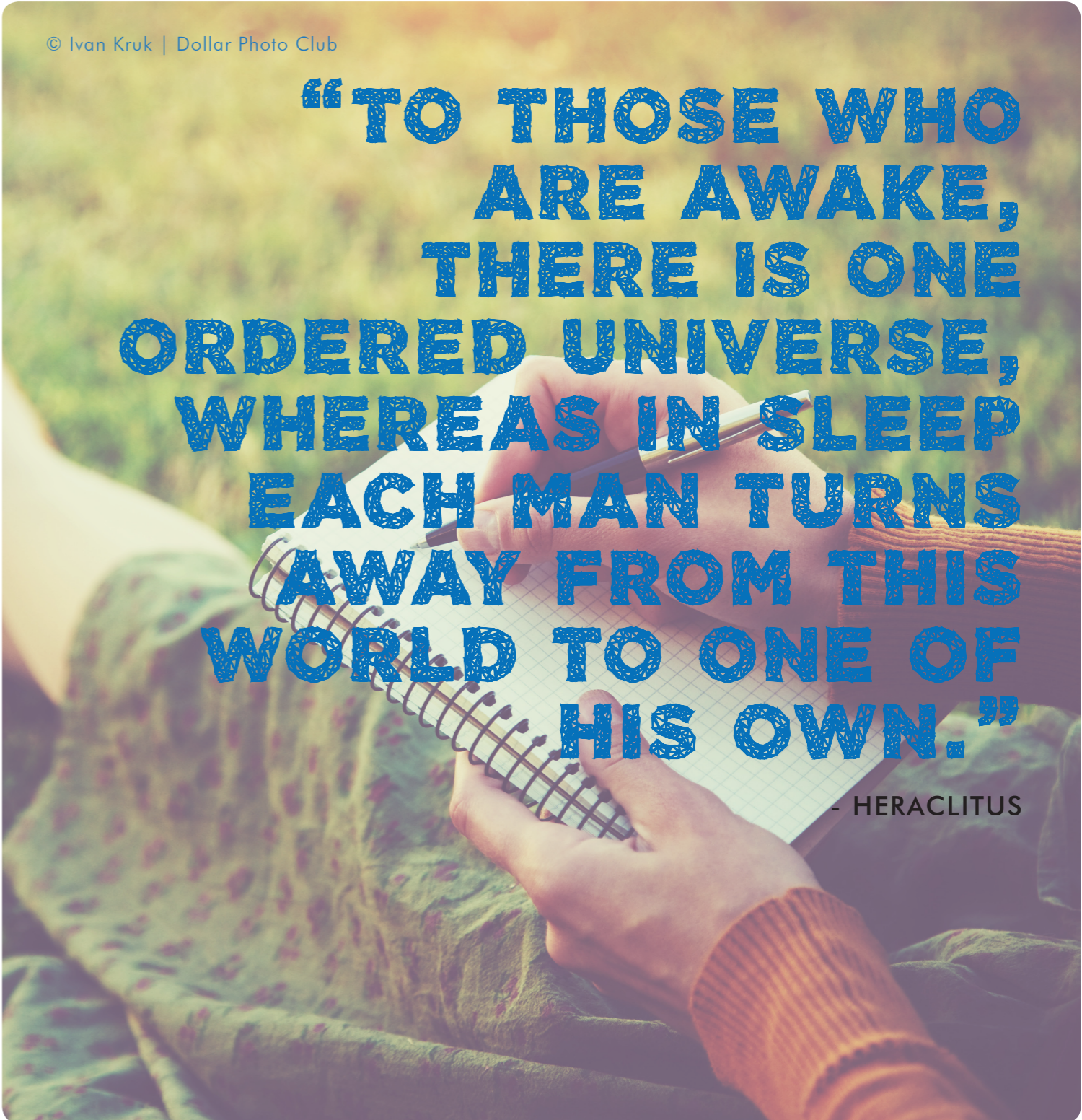
Everyone dreams. Considering we spend a third of our lives asleep, that isn’t surprising. But while it’s understood that sleep rests our bodies and recharges our minds, dreaming is more complex. What are dreams for? There are too many theories on the subject to discuss here. Instead, our focus will be on how to remember your dreams and use them to your advantage.

To keep a dream journal, all you need is a notebook and a pen next to your bed (with a lamp or torch close by in case you wake up in the middle of the night and need to jot things down before you fall asleep again). As you lay in bed each night, repeat out loud that you will remember your dreams. This prepares the subconscious mind and leaves it in a state of expectation that is often followed through.

As soon as you wake up (and before you move a muscle or even open your eyes), recall what happened in as much detail as you can. Once you’ve remembered all you can, get up and write it down before getting started with the day.

HOW TO INTERPRET YOUR DREAMS

What should we do with the information we gather from monitoring our dreams? Well, it’s useful to spend some time interpreting it with resources like Dreammoods.com while always remembering that each person’s symbols are different and that your first intuitive understanding is often correct.



© Ivan Kruk | Dollar Photo Club

“TO THOSE WHO
ARE AWAKE,
THERE IS ONE
ORDERED UNIVERSE,
WHEREAS IN SLEEP
EACH MAN TURNS
AWAY FROM THIS
WORLD TO ONE OF
HIS OWN.”

- HERACLITUS

It’s good to remember that the messages in our dreams are there for our benefit. They’re the way our subconscious mind makes us pay attention to things we may be avoiding in our conscious lives.

Dreams could also be a great way to solve problems with some creativity. For example, the ideas for the alternating current generator, DNA’s double helix structure, the sewing machine, the Periodic Table, and even Google were apparently all inspired by dreams. Who knows what your dreams will hold!