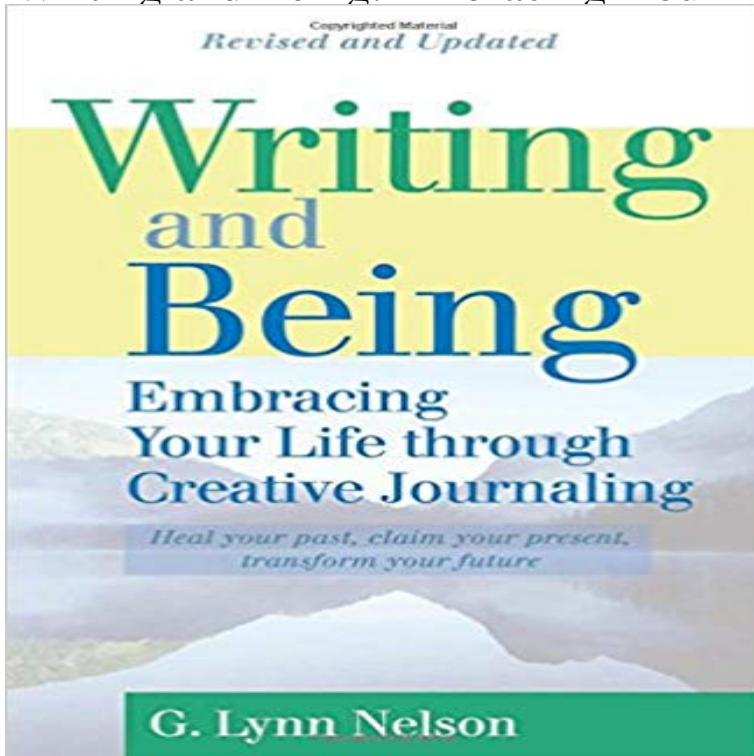


# Writing and Being: Embracing Your Life Through Creative Journaling



Writing is a doorway to our most creative, spiritual self. Writing and Being approaches writing at the source of the process and then, with guided personal writing, leads us outward to meaningful and authentic public writing. With powerful, practical step-by-step writing exercises and a plethora of examples, Writing and Being demonstrates that journaling is the most profound way that we can discover our authentic selves. But beyond mere diary writing, the new-found clarity through Nelson's journaling methods help us chart a path for a better future. Nelson begins by providing tips for the logistics of journal keeping, and includes suggestions for getting started. He then explores the entire writing process and explains the distinctions between private writing and public writing. By shedding light on the relationship between meditation and writing, he shows the value of being nonjudgmental and having soft eyes and a beginner's mind. Nelson also explains the biology behind the powerful experience of journaling by laying out recent discoveries of the human brain, and shows how journaling can heal psychological and spiritual wounds. Lastly, he shows how journaling is not only a voyage of self-discovery, but through expanding the private writing process can become a means of sharing one's life.

Welcome to the blog of Joan le Grande. I'm changing the blog to English so forgive me the Dutch articles before. I already translated a few, keeping it up! Anyway, stay tuned for lifestyle articles and reviews about games or other nerdy stuff. Enjoy! Categories Comics Games Playstation 4 Wii U Lifestyle Posted by Joan le Grande in Games, Playstation 4 Leave a comment Tagsexperience, first look, Games, Playstation 4, Playstation VR review, ps4 VR review, virtual reality YES YES YES. I'm super hyped about the VR, but you obviously knew that already because of my last blogpost. There were a few hiccups because I ordered it online and I was working during the time it came. I stressed, freaked, jumped and finally gave up on the thought I got to play on the day it came out. But luck was on my side and when I got home, 20 minutes later the VR glasses arrived! In this post I will take you with me on my first experience with virtual reality. Was it as awesome as I hoped? Or is nauseating and not really my cup of tea? Read and find out!

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