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My Soul Pages: A Companion to Writing Down Your Soul

Janet Conner

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My Soul Pages: A Companion to Writing Down Your Soul

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My Soul Pages: A Companion to Writing Down Your Soul Janet Conner

First paperback edition!

For anyone interested in exploring the full potential of deep soul writing, this companion journal to the popular *Writing Down Your Soul* (now in its third printing) offers encouragement, insights, and special instructions into the writing process that gets you out of conscious mind and into the theta brain wave state, where you can easily connect with your spiritual intelligence.

When you follow the seven simple steps the author provides in the opening pages, you write with passion, honesty, and the intention of speaking with and listening to the voice within, you engage in a vibrant conversation with the wisdom that dwells just below your conscious awareness.

This large format (7x9) journal incorporates material from the original book, as well as new that deep-soul writers love: mystical poetry and other soul-lifting quotations, and actual examples of the voice from both the author and other soul writers' pages.

My Soul Pages also features Conner's seven steps of Spiritual Geography--her soul writing system to heal a broken heart. These seven critical spiritual tasks prepare you to live and love again in peace, harmony, and prosperity. This unique writing process connects Spirituality to Creativity.

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