

Using journal writing as a way of expression brings an awareness and understanding to thoughts and feelings, by bringing unconscious thoughts into conscious awareness. By bringing awareness to our internal conversation with ourselves, we are able to then work with our self-talk, which can drastically improve our mood and outlook on life. Writing allows a deeper, closer look into our psyche, which is needed to shift energy and promote healing.

To find out more information, or if you have specific questions, feel free to call, email or text.