

From Words to Journaling and from Journaling to Journeying

By Cynthia Hutchison, DNSc, RN, MSN, HTCP/I

Words are very important to me. I love words and I own several old dictionaries. The thesaurus is my desk companion. Inspirational words and sayings are displayed around my house in most of my rooms. Before the wooden floors and drywall were installed in our home, my three daughters and I took colored chalk and wrote hundreds of positive words all over the floors and wooden wall frames to imbue our space with the energy of healing and affirmation, which our visitors and ourselves continue to sense. Books are my addiction and our four large bookcases are overflowing.

Something about the energy of words intrigues and draws me into them. I love listening to people who have colorful vocabularies and who know how to put words and sentences together in artistic and descriptive ways that show me the way they think or give me a snapshot of their soul. Songs with words add a whole new dimension to my experience of listening to music because the musical tones, harmonies and rhythm deepen the experience of the message conveyed. Beautiful and expressive poetry spoken thoughtfully and with proper cadence or silence between the lines is the icing on the cake and can leave me in awe and stillness, reverberating in the mood and thought that was created.

Words have energy, as do all aspects of life. Words can be used as weapons or as balm for healing. Words put pictures into our imagination and demonstrate the unique capacity of human beings to express our thoughts and feelings through verbal sound. As much as I love words and language and expressing myself through them, I also strive to more and more live by one of my favorite sayings from St. Francis...."Preach the gospel at all times!!.... Use words when necessary!" St. Francis's wisdom reminds us that most of us speak more than we need to, and often unconsciously, and that we should use our words carefully and not wastefully. (Right Speech is also a teaching of the Buddha in his 8-fold Path).

Janet Mentgen urged her Healing Touch students to journal their HT experiences as a method to learn about themselves. Self-knowledge through HT practice, self-care, giving and receiving HT, reading / study, and journaling as a pathway into our intuitive, soulful self are all important teachings in the *journey into Self* that Healing Touch students embark upon. If you haven't yet embraced journaling as a method to deepen your understanding and experience of healing work, don't wait any longer! When done with intention, journaling becomes a magical activity that can unlock the door to self-healing and inner wisdom. Let the energy of words be unleashed in your personal writings and "expect the unexpected". You will find that "words" will speak to you at a whole new level of being -- with symbolic unfolding, unraveling of mysteries, enjoyment and delight with this unique capacity and human gift.