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### **Sandy Grason's Journalution**

Activities, such as keeping a dream log and timed stream-of-consciousness writing exercises, follow each chapter. Throughout, the author offers guidelines and prompts, encouraging readers to pick up the pen and journal their way to greater self-awareness. Page 1 of 1 Start over Page 1 of 1

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Journalution Journal Writing to Awaken Your Inner Voice, Heal Your Life, and Manifest Your Dreams. Sandy Grason. \$10.99; \$10.99; Publisher Description. In Journalution, Sandy Grason combines the writing guidance of Julia Cameron and the emotional nurturing of Shakti Gawain, while balancing basic instruction in the art of journaling.

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