

# Being Present and in the Moment Through Journalling

## By Febe Aguirre, Med, CSD



During these days of the COVID-19 pandemic and subsequent confinement, a simple journaling method can be helpful as we face and set out into the unknown with fear, uncertainty, stress and anxiety. Since we are often without a guide, the journal itself becomes our confidant and companion.

When practiced consistently, from a centered place within ourselves, the process of journaling can open us to new awareness, perspectives, insights, and possibilities. Without a guide other than our pen and paper, we may be able to meet our numerous "protective masks" as well as some other characters that inhabit our inner world. In journaling, we can engage them in conversation. We can pause, reflect, and hear our inner narrative. In listening and in writing, we can encounter our feelings or discover an image that can generate beauty, a sense of strength, and hope.

This journaling exercise gives us the parameters of communicating with our inner self. It is a way of putting a frame around our experience. It is a way of describing our inner landscape. What tends to be helpful is to create an intention and to be present to the experience. In order to ground ourselves into the process, it will be supportive to be in a centered space of our being—with the absence of judgment or hurry. The experience, painful or delightful, can provide sacred moments as we step forth with more clarity, more resilience, and more strength. If we listen carefully beyond our written words, we may be able to access and allow ourselves the possibility of encountering the stirrings of wisdom; and to see the world through new eyes in the midst of this human tragedy.

### **Journal Writing Process**

Materials:

A writing instrument and a notebook for your personal journal writing.

Process:

- Find an experience, an event, an issue, a person or a relationship that sparks energy or feelings.
- Write about it.
- Be persevering in your writing.
- Personalize the issue or the event. Engage in relationship and in dialogue as it expresses itself.

- In all its roughness and rawness, be honest.
- Allow the flow of words or feelings without judgment.
- Listen for the awareness, insights and wisdom that may emerge.
- Continue to engage your energy in writing.
- When you feel you are ready to stop, stop.
- Pause for a while. Read, ponder.
- Contemplate the emerging insights and wisdom. Question it.
- Listen to its wisdom; hold and honour it.
- Ground the emerging awareness, insights and wisdom using these considerations:
  - How does this awareness or insight fit into your life right now?
  - What is the invitation? What gift are you being given?
  - What is God telling you?
  - How can you respond to this new awareness?

Happy writing!

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Resources: Johnson, Robert. *Inner Work*. Harper & Row, San Francisco, 1986.

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