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*public use of the
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can be workshops for
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where we can*

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*investigate and
examine our lives, our
secrets, hurts,
resentments,
memories, and joys.
Journals are records
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mind. They chart the
joys and sorrows of
our daily lives, and,
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can direct us back to
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*Intensive journal
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Journaling Workshops
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This workshop is for those who have started (or are returning to) a daily journaling practice, and want to deepen their exercise.

Students are given tools to (re)discover and explore what matters most to them, by becoming experts in noticing the

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*ordinary and
mundane.*

*Ira Progoff - Wikipedia
This is one of
mine...of course, OUT
there, on the spot, is
my first love. I was
sitting on a bench by
Lake Taneycomo,
where I've camped a
number of times when
I wore a younger
woman's clothes...*

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invaluable

commentary for those who have done the various Progoff's workshops. It is also valuable to those who haven't, but it isn't written in such a way that you can learn what you need to know without plodding through the whole book carefully.

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