



# Life's Companion: Journal Writing as a Spiritual Practice

*Christina Baldwin , Susan Seddon Boulet (Illustrator)*

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**Life's Companion: Journal Writing as a Spiritual Practice** Christina Baldwin , Susan Seddon Boulet (Illustrator)

In this classic book you will discover the intimate journey of personal and spiritual development that is possible through the practice of journal writing. In **Life's Companion**, acclaimed author Christina Baldwin offers readers guidance and inspiration to this powerful way of expanding our inner horizons and opening our minds and spirits to a deeper relationship with the world and the people around us.

Complete with enlightening quotations, exercises, sample journal entries, and techniques to nurture and encourage the writer and seeker within you, **Life's Companion** will help you transform journaling into a powerful tool for self-growth, heightened awareness, and personal fulfillment.

## Life's Companion: Journal Writing as a Spiritual Practice Details

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Author : Christina Baldwin , Susan Seddon Boulet (Illustrator)

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## From Reader Review Life's Companion: Journal Writing as a Spiritual Practice for online ebook

### Carrie says

This book is an example that sometimes you are not ready to read a book. I started reading this book 16 years ago when I was in my early twenties. I struggled with it and finally gave up for over a decade. A few years ago I picked it up again for a second attempt, still could not finish it. But today I did and it resonated with me for the first time. Now I'm ready to pick out a personal journal and follow the journaling practices in the book. The book has a lot of new age elements but even a rational skeptic such as myself could learn a thing or two from this type of journaling technique. I am also willing to try the meditations.

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### Crystal says

I have reviewed this book as a reference for my thesis. I would highly recommend using the book to accomplish a sacred spiritual journey. This book is not so much to the shaping of a memoir but for the use of keeping a journal and discovering meaning in one's own writing. I am looking forward to putting into practice many of the suggestions in this text.

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### Helynn says

I have always been a dedicated--well, compulsive--journal keeper, so I thought this book would be a natural for me. It was. In fact, I was so impressed by this collection of suggestions, quotations, sacred meditations, etc., in the library copy I checked out, that I had to run out and buy my own copy of the book, and send one to my daughter as well.

This is more than just a guide to finding more personal spirituality through regular personal journal entries. It is a guided quest for self-discovery through a variety of writing exercises and writing techniques that will lead to formerly untapped personal insights.

A favorite part for me was the discussion of the chakras

or energy centers in the body and how those energies can be tapped for our greater self-understanding and creativity. Meditation and prayer are fundamental aspects of these instructions on new self-awareness.

"When you establish a routine or meditation or prayer, you are likely to become more aware of these energy centers in your body. Meditation may turn your body on, as though the voltage suddenly went up" (129).

Author Christina Baldwin includes numerous exercises that can lead a person to more perceptive journal entries; for example: writing about childhood memories, striving through writing to forgive oneself and others, and writing about one's future. "Writing the possible future helps us understand what desire and what actions need to occur in order to support the vision. . . Envisioning is the mind's way of laying out a grid, and it will follow it"(275). Cool stuff!

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### JayeL says

This is, primarily, a book for someone who does not have a journal practice. For those who already write in a journal or diary on a regular basis, some of the exercises and suggestions for carving out time to write are

unnecessary.

There are sections discussing topics, which are interesting and helpful.

One of the difficulties I had in reading this book is that the book has two different books going at the same time. One narrative is on the right pages and the other is on the left. I started reading them both at once, but stopped fairly quickly and plan to go back and read the left side narrative later.

The author's tone is a bit New-Agey, which can grate after awhile. Some of the suggestions she makes about writing topics seemed a little odd to me.

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### **Andee says**

I really like this book, if you need help getting started or unstuck in writing a journal, art journal or blog, this book could be most helpful. If you have a story to be told and don't know how to get it onto paper, this book just might help you get it there.

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### **Debra says**

Author Christina Baldwin says in her introduction that “The spiritual journey is what the soul is up to while we attend to daily living.” In this fast-paced McWorld, daily living tends to take precedence over spiritual reflection. In fact, it almost seems a guilty pleasure to read a quiet, thoughtful book about how to get in touch with one’s spiritual life; to peel down the layers and really ponder choices, goals, and fantasies. But this is exactly what this book does in an elegant, thoughtful way.

Divided into six sections, each containing four chapters, Baldwin shares her personal experiences, but also offers journal entries from other contributors on the left side of every page. It’s an interesting way to explore an issue, but it’s also annoying when both left and right hand pages don’t finish a sentence at the bottom. For me it became a question of which page to read first, and whenever I put the book down for a while I couldn’t remember where I’d left off. Still, there are plenty of journaling exercises and meditations, which I didn’t have time to try in my McWorld. If you do, though, then this book is a terrific guide through the process.

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### **Josephine Ensign says**

An excellent and still relevant guide to journal writing. I especially love how she set up the book with the right-hand pages being a continuous narrative, and the left-hand pages being a series of exercises, questions, and writing techniques. I liked this (academic library) book so much I bought the 'actual' book to keep in my home library.

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## **etherealfire says**

I own this book and read it circa 1998. Beautifully written and inspiring little meditations on writing from a personal, spiritually authentic perception. On a list to re-read and journal along with it again when I get the chance to see where I'm at on the journey.

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## **Daniela says**

I skimmed over this book more than I read it page to page, but I will surely come back to it every once in a while in the future.

The layout is very original - on the right you have the ongoing text and on the left there are quotes, examples of journal entries and questions you can ask yourself in your own journal. Some might find this confusing, but I found it very enjoyable. Some of the chapters were great and of use to me - for example the chapter on "Finding your people" and "The guidance of the body".

Beware that this book is heavily focused on spirituality - not a particular religion though, which is nice and refreshing. But there is a lot of talk about love and forgiveness, which are great things of course, but I always thought of the diary as a place "to let the ugly" out - all our anger, jealousy and so on, as to not let them manifest in our life, and as a means to accept that we as humans do indeed have these emotions, no matter how spiritual or religious we are. For my taste this book focuses too much on becoming a better person, while the books on journaling by Tristine Rainer and Kathleen Adams focus more on becoming a whole person. For me the latter approach has turned out to be the healthier one.

Regardless of my criticism, this is a thoughtful piece of writing, with many new and creative journaling prompts that I have seen nowhere else before, and I feel the author has put a lot of work and love into it.

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## **Jeanne says**

This is the type of book that makes me rub my hands together in anticipation. The format of experiential exercises and quotes on one side and a textual discussion on the other throughout the book is inviting. There is a juxtaposition of theory in the discussion and expression opportunity in the activities that I find an engaging way to learn. The mandala art throughout the book made me choose an unlined book so that I could make my own drawings.

The author's sharing of her intra-personal development is something I have always found quite thrilling - it enables me to feel a connection that was largely missing in the earlier part of my life. That trial and error, deluge and drought, roller coaster ride of coming to one's self and one's voice is never really addressed in our formal education: "Spiritual discipline is a process of claiming our own authority, deciding to train ourselves, and to align our lives with purpose." (p. 245)

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## **Karen Okamoto says**

Christina Baldwin has written journals since she was 12 years old. During her journal writing she learned to reach deeply within herself, as well as extending herself outward in journeys that helped her develop herself more completely spiritually and emotionally and in numerous other ways as well.

The book also gives excerpts from other journals as well; famous people, and ordinary individuals, ....each with a story to tell, and emotions and feelings to explore.

Very thought provoking.

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### **Cindy says**

All journal writers will find something about this book to love. New journal writers will appreciate the prompts to help them write their thoughts and motivations. I carried this one around with me for a couple of months.

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### **Autumn says**

By far the best journalling book I have encountered, with meaningful prompts that go beyond the typical domains of journal-writing from thoughts/feelings/emotions/behaviours to explore the connected self, both inner and outer connectedness. Also interspersed are inspirational quotes and short narratives, making it impossible not to want to explore the spiritual self.

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### **Rena Jane says**

This is an excellent book for anyone who enjoys journaling, and/or is at a point in their life where they want to do some introspective thinking, planning or exploration. Something I think we all should do from time to time.

The format was a little daunting at first with ideas for journaling and poems and aphorisms on each verso page, and continuing of the book on the verso. Still, I would highly recommend it to anyone wishing to take a little journey into themselves, and looking for a tool to aid in self-reassessment.

Kudos to Christina Baldwin

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### **M. Jane Colette says**

OK, here's the thing. I hate journaling. I am not spiritual. I am all wet from this book. So... like, I think you should read it. It clearly entered my life at just the right time. So... read this book. Grab a pen, notebook and start to journal.

I'm giving it four stars instead of five because of formatting: the book is designed so that the right pages are the continuing narrative and the left pages are exercises / meditations etc -- and I can see why that seemed a good idea... but it's not, it makes it more difficult to read.

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