



# “Feel Good Journaling”

by Dede Lyons



**A**re you looking for a new best friend who will help you release all your worries, learn to love yourself, express all your feelings, uncover your gifts, find your divine passion and feel good?

Your search has ended and I have the answer! Journaling! It will fulfill all these desires and many more.

Journaling which is the biggest and most powerful tool in my “Feel Good Express” empowerment program, will take you on a journey of self discovery. In a moment, your life can change; your heart opens, an answer appears and a major shift occurs.

Oprah Winfrey was quoted as saying, “Keeping a journal will absolutely change your life in ways you’ve never imagined.”

Louise Hay, bestselling author of *You Can Heal Your Life* wrote, “It is so important for each of us to take that inward journey and discover what attitudes and beliefs we hold within ourselves.”

Louise Hay’s wisdom prompted my journaling journey. It was divine timing for sure. In 1990 I had successfully completed several years of psychoanalytic therapy and I thought journaling would be a great way to extend and enhance my progress. I knew that unexpressed low vibrating feelings such as anger, sadness, shame, regret and resentment can block the higher vibrating emotions of love, joy, happiness, gratitude and hope.

A few years later I registered for a “Learn How to Talk with Your Angels” class with Trudy Griswold, author of *Angelspeake*,

who showed me how to communicate with my angels through writing. I learned to ask, believe and receive; ask for guidance, believe it’s coming and openly receive it. Soon after, I bought a special journal dedicated to writing to my angels. The Angel Journal was born! Once I got the hang of this wonderful practice, lots of messages would pour into my writing and before I knew it I was channeling angelic guidance.

Students in my “Journaling With Your Angels” workshops often asked me, “Dede how do you know for sure it is an angel message?” Since I know in my heart I have a divine connection, but do not have tangible proof, I often reply, “I know it’s angelic guidance, but does it really matter whether it’s an angel message, universe guidance or your intuition? If you are getting good guidance that resonates with you, how wonderful is that?” One of my favorite mantras is, “Believe it before you see it!”

Writing and sharing my feelings in a journal is like having a loving companion who is always looking out for my highest good and cheering me on! Often it’s my Guardian Angel who is guiding me with unconditional love. At other times, this unseen helper, is my soul (my inner child) loving me inside and out.

My clients and I have definitely reaped the benefits of this writing ritual through our many life transitions: career change and relocation, birth, death, divorce, retirement, and more.

Here I am twenty five years later with over seventy five completed journals in my library. I still love journaling so much that I have recently created the Feel Good Journal so I can spread the word and share with others how super duper helpful this tool can be. If you going to choose only one powerful practice from my program that will enhance your life in so many ways this is it!

Here are just a few of the many gifts you will receive by expressing your thoughts and feelings in your journal:

- Creates a safe haven to dialogue with your inner child
- Connects you to angels, your highest self and the universe
- Nurtures self love and raises self esteem
- Cultivates gratitude, abundance and joy
- Empowers you to be your true self
- Releases childhood traumas
- Gives answers and guidance to life’s problems
- Assists you to release worry and doubt
- Opens your heart and helps you to feel deeply
- Helps in the healing process of loss and grief

I’m hoping that your new angelic friend, my Feel Good Journal will help you to heal, grow and thrive as you release your “Joy Blockers,” uncover your gifts and manifest your dreams.

*If you would like more information on the Feel Good Express, please email Dede Lyons at [dede@feelgoodexpress.com](mailto:dede@feelgoodexpress.com) or visit her website at [feelgoodexpress.com](http://feelgoodexpress.com). You can also view her “Feel Good Tweet of the Day” on Twitter at [@dedefeelsgood](https://twitter.com/dedefeelsgood).*