

A Magical Journey

Your Diary of Inspiration, Adventure and Transformation

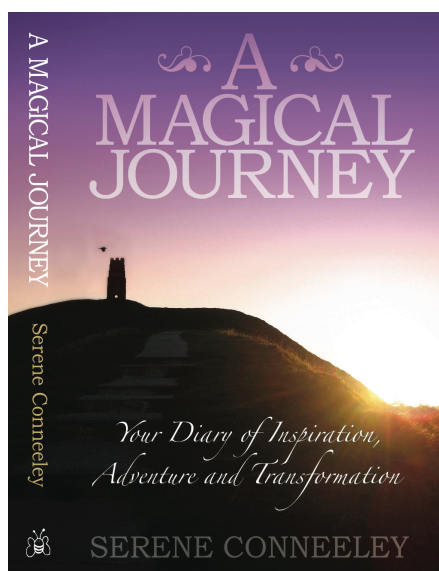
Whether you're travelling overseas or setting out on a journey within to discover your own truths, keeping a journal is a powerful way to make sense of the world, and of your own inner universe. Observing and recording your life helps you understand yourself and your motivations, identify what makes you happy and illuminate the areas you want to focus your time and energy on. Your diary is a valuable tool of self-expression, self-discovery and self-knowledge, a sacred, secret place to unravel and reveal your inner being.

In the new book *A Magical Journey: Your Diary of Inspiration, Adventure and Transformation*, discover the physical, mental and spiritual health benefits of journalling, tips and exercises to express your deepest desires, and tools to release emotional blockages and unleash your authentic self. Find out how to make a wish come true using the cycles of the moon, celebrate some of the festivals that take place around the world, and create magic in your life by harnessing the ancient, sacred energy of the seasonal turning points of the year.

Then, write your own life story in the pages of this journal, following in the footsteps of playwright Oscar Wilde, author Anais Nin, naturalist Charles Darwin, psychoanalyst Carl Jung and Hollywood star Cameron Diaz. Draw inspiration from your triumphs and wisdom from any tragedies, record your hopes and desires, your moments of beauty and despair, and reveal the patterns that are holding you back from achieving all that you dream of. Whether you use it as a daily diary, a travel journal, a blessings book or a manifestation guide, it will awaken your inner voice and unlock the power and strength within, helping you to explore and express your psyche and start to see the magic in every moment.

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Serene Conneeley is a Sydney writer with a fascination for history, travel, ritual and the myth and magic of ancient places and cultures. She's written for magazines about travel, spirituality, health, news, environmental and social issues and entertainment, and contributed to books on witchcraft, psychic development, personal transformation and history. She is a reconnection healing practitioner and has studied magical and medicinal herbalism, angel therapy, reiki, shamanism and other healing modalities, as well as politics and journalism. She loves yoga, hiking, reading, rainbows, drinking tea with her friends and celebrating the energy of the moon and the magic of the earth. This is her second book. Her first was *Seven Sacred Sites: Magical Journeys That Will Change Your Life*, published in 2008.