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**Come Back To Your Senses Radio  
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May 3rd 2012: Writing Practice To Express  
Pleasure Or Pain**

Recording our life experience through writing can be a powerful outlet for pleasure and or pain. The privacy of a journal can provide an intimate space to express thoughts and feelings that may be too painful, or too personal to share with another. A journal can also provide a place to let your imagination go wild and write until your heart is content. Automatic writing can be used as a way to encourage a response from your higher self to a question you may have. Writing your spiritual autobiography can reveal information that is stored in your subconscious mind. Through a writing practice we

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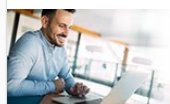
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