



## Journal M.A.G.I.C.: A Five Step Process to Create Your Magic. (Hardback)

By Martez Schembri Rmt Cst-D Cfs

Balboa Press, United States, 2012. Hardback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. Journal M.A.G.I.C. -A Five-Step Process to Create Your Magic is a daily journal workbook designed to assist everyone from caregivers, healthcare practitioners, life coaches, and self-help industries, to individuals looking for a valuable tool. This guided journal was initially designed as a daily self-care tool exclusively for my clients. It is comprised of five chapters: Meditations, Affirmations, Gratitude, Intentions, and Connections, and is intended to track and enhance a person's healing journey. Each chapter contains a suggested exercise that flows into each subsequent chapter. Your journal entries are like pebbles cast into a still pond, and your written thoughts, ideas, and insights are the waves that create the concentric circles rippling out from the locus point. You are the connection to the pebble, the water, and each ripple. You create a wave of change through your action, ripple after ripple, consciously and unconsciously. Each chapter creates momentum into the next chapter, thus creating a tidal wave of creativity, insight and effect more far-reaching than you can imagine.

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