



## *Debbie Jacka - Contemplative Thoughts Journal*

**4<sup>th</sup> June 2007** - As I start to write in this beautiful new journal, I feel quite perplexed as to why I am so compelled to do so. I have no chosen subject to explore or any ideas on which to expand. The thought has just occurred that without any set path, I actually do not have any pressure about where my words will go. It does feel refreshing to write about nothing or maybe I am wrong and this is more about everything. Our thoughts, in fact, are really the truth of our feelings. We too often disguise them with our external appearances and actions. As adults we lose the ability to connect in ways that a child would. A child does not hesitate to show sadness, anger, happiness or fear, no matter how inappropriate in the eyes of others it may seem to be. We begin our lives with a deep connection to our soul but choose to break the tie as we walk through our journey of life. How bizarre is it that we spend our life trying to find ourselves and connect with our soul, when it is all that we are. Is it more the case that we choose to disconnect in order to have the challenge of finding the connection again? Does the challenge give us the opportunity to experience all the emotions that are felt along the way; frustration, fear, excitement, joy, love and so on?

**10<sup>th</sup> June 2007** - Today I have cleared a space or rather a corner in which I hope to meditate, write and tap into my creative energies. Although not planned, the space I have created forms a triangle. The triangle is a symbol which I am greatly attracted to including the Triquetra symbol, which I am yet to learn more about. I have laid out my table with male energy figures & symbols on one side and female on the other, being linked by a Yin & Yang symbol. Balance is hugely important to me. It seems to be something I constantly seek and it shows when I decorate or present anything. So is balance a state of mind or do we need to be physically proactive in order to find it? Is it a combination of both? Maybe we do need to use physical and mental elements to achieve balance, after all they could be considered opposites and using both equally may achieve the balance. I would imagine that if we could say "I have complete balance in my life", we would be stating that we had discovered the perfect combination of elements to lead to contentment and bliss.

