

# Book of the Dead *Journal*

## How To Use This Journal

**BEGIN!** Start writing their names. This practice can be done anytime, anywhere! Keep your Book of the Dead journals readily available! I have a journal by my bed and one handy in my bag! Anytime I think of someone I write it down.

Some of my clients practice at the end of each day before bed. They incorporate it as part of their nightly routine. Others have an intentional practice at the beginning of each day!

The best practice is to maintain your journaling for at least 90 days before you pass any judgment or give up. Recent studies show that any regular practice takes around 66 days to become a habit.

Typically, people will start to experience a new sense of connection and excitement very quickly. If this isn't your initial experience don't give up - allow yourself a good amount of time to collaborate with, to work with your loved ones, in a new way.

When first starting your Book of the Dead journal practice, I recommend keeping it on your nightstand or by your bed. This has offered the best results. If you have trouble remembering to write in your journal, you can also attach it to another evening habit, like locking the doors, setting an alarm, or plugging in your cellphone for the night.

Many Book of the Dead journal users have one for the house and one for their bag or car, so they always have somewhere to record the name and any memories associated with that person.

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Some extra insight

1. **Make a list!** As you begin to remember those in your life who have passed, write their names, their relation or how you knew them.
2. **Create sections and/or categories:** Divide your journal into sections, using tabs or index pages, to organize the information.
3. **Personal Details:** Create a section for each individual, starting with their full name, date of birth, and date of passing.
4. **Profession:** Dedicate a page to describe their profession and career achievements. Include information about their education, workplaces, and notable accomplishments.
5. **Tell Their Story:** Share their life journeys, their challenges, their joys, their sorrows.
6. **Use Creative Expression:** Feel free to add your creative touch to the journal with illustrations, artwork, or calligraphy to make it even more personal and visually appealing.

Let your Book of the Dead journal be an opportunity to remember your dead and to have a handy reference available when you need a helping hand from the other side! They love a good task and are very capable of handling what we ask for or assign them.

**Go ahead get started, they are waiting for you!**

Lined writing paper with 26 horizontal lines.



Handwriting practice sheet featuring 20 horizontal blue lines spaced evenly down the page.





Lined writing area consisting of 30 horizontal lines.

