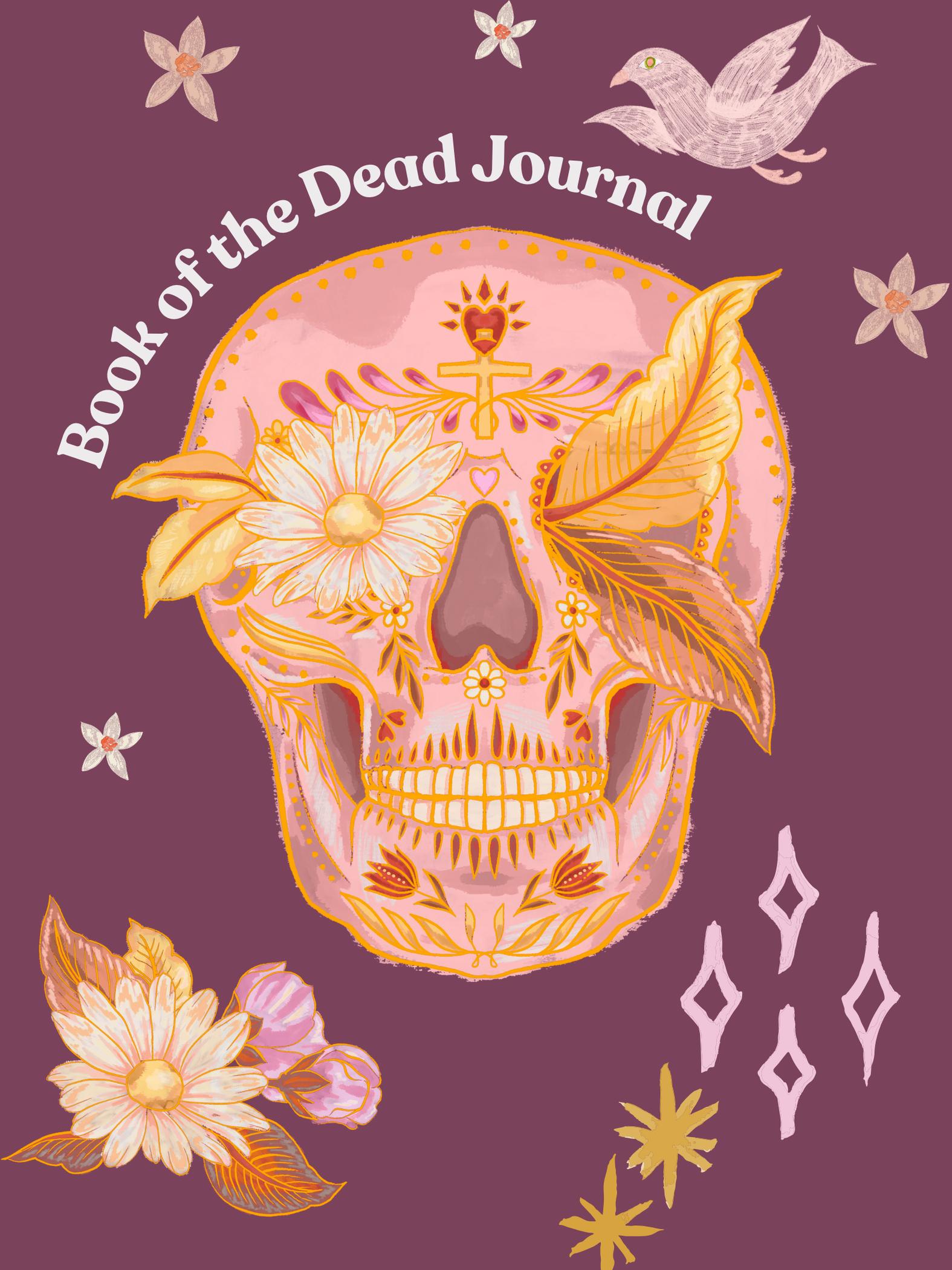


# Book of the Dead Journal





# Book of the Dead *Journal*

Belongs to:

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# Book of the Dead *Journal*

Hello! I'm Teri Williams



As a Soul Advocate I am a lover of the mystic, the “dead” and the cosmos. I have dedicated my life to helping people (just like you) learn how to live in harmony with all beings, both on this side of reality and the other side - whatever that means to you! Humans, animals, feathered and flyers, crawlers, sea creatures, trees, rocks, plants, are all part of who we are!

Every day I journey, work on myself energetically, am in nature, and journal. These practices help me create more peace and harmony in my life - maybe they will work for you, too!

Ever since I can remember I have called on or “prayed” to the dead for support in my life. Mystics of old, our ancient ancestors, lived by these practices. They were simply a part of their normal existence.

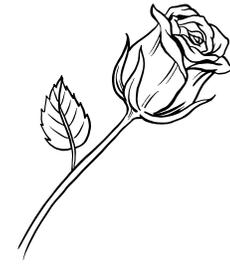
One day, I decided to try something different and began writing down everyone I knew who had died, EVERYONE! I included family, friends, acquaintances, adding more as I went along. It was a game changer for me. The stories I can tell are endless!

I'm excited to start this journey with you and hope you find deep connection to yourself and others with this practice!

*-Love, Teri*

# Book of the Dead *Journal*

They are here to support you!



## What is the Book of the Dead Journal?

Your ***Book of the Dead*** Journal is a beautiful, meaningful way to honor and remember the lives of those who have passed on and to collaborate with them for anything in your life!

It serves as a personal container of memories, stories, and details about the people you've known, the work they did, the love they shared during their lifetime.

Our ancestors from long ago had altars and dedicated spaces for connecting with their dead loved ones. They would call on their dead for help with everything from growing the crops to healing of babies.

These types of practices are lost in our modernized culture, they are forgotten and deemed "taboo".

## Who are the dead?

They are everyone you have ever known: Humans, animals, trees, plants, the earth, flyers, swimmers, crawlers, even the water itself!

I have called on my parents, my pharmacist, my neighbors who were chefs, and even cab drivers!

In her book, ***Take Back the Magic***, Author Perdita Finn says, "The dead are our allies and our teachers; they will guide us to the particular practices and devotions that are suitable for each of us."

### ***A Rose is Still a Rose...***

*The rose images are in honor of my mother, Janet ROSE Griffin, who died in September 2020. She is still "mothering" us all from the other side!*

# 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.

# Book of the Dead *Journal*

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!**

Book of  
the Dead *Journal*





















































































































































































# Book of the Dead



## AVAILABLE JOURNALS

*Book of the Dead, Your Lunar Cycle Workbook,  
Dreams Matter, Journey Meditation,  
Impeccable Soul Care*

Interested in working with me

**SCHEDULE A CALL**

[SoulPractices.com](http://SoulPractices.com)