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The Diarists' Workshop

A School of Personal Writing and Creative Journaling

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SOURCES

Information, classes, and journaling groups on the Internet Search Engines:

Here is an alphabetized list of the current best research sites on the Internet. If you want to see what's out there on your own, go to one of the following and type "Journal Writing" or "Joys of Journaling" in the Search prompt. Besides writing tips, lists of journaling topics, and classes, you can even locate and read the online journals of others.

In addition, many colleges and universities offer courses on journal writing that vary from semester to semester. Go onto one of the Web engines and type in "Journal Writing Courses" for an up-to-date schedule of classes at schools both in your vicinity and online.

If you are feeling lazy, skip this and go to the next section, where we have already ferreted out great sites that are brimming with journaling tips, resources, and information.

[About.com: http://www.about.com](http://www.about.com)

[All the Web: http://www.alltheweb.com](http://www.alltheweb.com)

[Alta Vista: http://www.altavista.com](http://www.altavista.com)

[Ask Jeeves: http://www.askjeeves.com](http://www.askjeeves.com)

[Google: http://www.google.com](http://www.google.com)

[Lycos: http://www.lycos.com](http://www.lycos.com)

[Web Crawler: http://www.webcrawler.com](http://www.webcrawler.com)

[Yahoo: http://yahoo.com](http://yahoo.com)

WEB SITES FOR THE DIARIST:

A vast amount of resources are available on the Web for journal writers. Remember, however, there are occasional road closures and detours along the information highway: some of the sites listed below may be here today, gone tomorrow, and possibly back the day after. Be patient. When available, we have listed addresses and telephone numbers.

Association of Personal Historians: <http://www.personalhistorians.org>. Dedicated to helping people preserve their histories and life stories. Go to "Coaching Corner" and click "Archives" for articles and writing tips for the aspiring life story writer.

Can Teach:

<http://www.canteach.ca/elementary/prompts.html>. Hundreds of free writing prompts to get you going. Though geared to elementary school students, many are pertinent to adults as well.

Center for Life Stories Preservation:

<http://www.storypreservation.com/home.html>. Huge site for genealogy, writing tips, sample memoirs, lists of organizations, and more.

Conversations Within:

<http://www.journal-writing.com>. "Journal Writing and Inner Dialog," an excellent free online workshop, conducted by Gerry Starnes who teaches journaling in the Austin, TX area.

Creative-Journal.com:

<http://www.creative-journal.com>. Canadian teacher Corinne Pratz's site, with free online Creative-Journal newsletter, dedicated to "Achieving Growth One Word At a Time." Provides journaling encouragement and inspiration via articles, techniques, a visual gallery, and more. Updated weekly.

Creativity Web:

<http://members.ozemail.com.au/~caveman/Creative>. Australian Charles Cave provides creativity resources - quotes, courses, humor, and more. Under "10 Creativity Kick Starts," he offers ideas for keeping a journal.

Heart Writing:

<http://www.heartwriting.com/class.html>. Journaling teacher Lynda Heines offers distance courses via email (prices vary) including "Journal To the Self" and "Building Self-Esteem Through Journal Writing." Also, a free online newsletter, Heart Writing.

Higher Awareness, Inc.:

<http://www.higherawareness.com/journaling.shtml>. Online journal-writing courses with "automated personal coaching," plus tools and resources for people who want to reduce anxiety and stress via journal writing. Higher Awareness, Inc., 3532 51st Street, Edmonton, AB, Canada T6L 1C6, 780- 462-2167.

Journal Jar:

<http://www.omnicron.com/~fluzby/sister-share/journal.htm>. A long list of journaling ideas and prompts.

Journal Magic:

<http://www.journalmagic.com>. Journaling coach Sue Meyn offers professional coaching, tips on getting started, plus resources, guest writers, and guided journal meditations.

Journal Writing Resources:

<http://people2.clarityconnect.com/webpages6/tbyrne>. Good bibliography of books on journal writing, links to journaling sites, and other resources, including "Intensive Journal" seminars on the method developed by psychologist Ira Progoff - a pupil of Carl Jung and D.T. Suzuki - that uses structured journal writing to "enable the writer to access the deeper layers of his or her consciousness." (Contact <http://www.intensivejournal.org>, or Dialogue House, 80 East 11th Street, #305, New York, NY 10003, 212-673-5880 or 800- 221-5844, for additional information on classes using the Progoff method.)

Journal Writing with Virginia Hamilton:

<http://teacher.scholastic.com/writewit/diary>. Ms. Hamilton, a Newbery Medal-winning children's book author, offers classes, journaling tips, and writing challenges. Included is a program especially geared to teachers of grades 3-8.

Live Your Dream:

<http://www.joycechapman.com>. Joyce Chapman assists others in their "journey toward self-fulfillment

and joy." The author of *Journaling for Joy* provides ideas, techniques, an online journaling circle, and the Live Your Dream newsletter.

Natalie Goldberg:

<http://www.nataliegoldberg.com>. Writing guru Goldberg - author of *Writing Down the Bones* and other books on finding the writer within - conducts weeklong workshops in Taos, NM. Check site for dates, or call 800-846-2235.

New Life Stories:

<http://www.newlifestories.com>. Ellen Moore's "Journaling Beneath the Surface" includes a newsletter, writing resources, juicy writing prompts, links, and more.

Novel Advice:

<http://www.noveladvice.com>. Devoted completely to the craft of writing, offering quality support for writers since 1997. Many online courses, including "Journaling for Writers" and "Making Your Words Work." Also, Cyber-Journal writer's magazine.

Online Education Newsletter:

<http://www.onlineeducationnewsletter.com> offers a variety of writing classes, including journal writing. Affiliated with WorldWide Learn (<http://www.worldwidelearn.com>), the "world's directory of online courses, learning, and education," which also offers journal-writing workshops.

Open Grove:

<http://www.opengrove.com>. An audio magazine online of holistic health and well-being.

Oxygen:

<http://www.oxygen.com>. Their "Keep a Journal" prompt takes you to Oprah Winfrey's extensive journal site: <http://www.oprah.com>. But if you click on "The Writer's Tool Kit," under "Self Discovery," you will reap advice on how to craft personal, memory, and poetry journals, and discover a pool of prompts.

Painted Rock Writers & Readers Colony:

<http://www.paintedrock.com>. Offers classes, including "Memoirs and Family History," and also has a copyright center.

Rebeccas Reads:

<http://rebeccasreads.com/services>. Site run by Rebecca Brown, who publishes RebeccasReads e-Zine and hosts Internet courses on journal writing - conducted via email - for beginning to advanced students.

Soulful Living:

<http://www.soulfulliving.com>. Dedicated to personal and spiritual growth. Click on "Soulful Journals" to access their open journal where you may write, anonymously or not. Each month the site explores a new topic, with related articles.

Soul Food Caf :

<http://www.dailywriting.net>. Australian Heather Blakey's extensive and interesting site, featuring the Muse Toolbox, guided imagery, creative arts projects, an online journal, and the provocative "Antifreeze for the Soul."

SpiritSite.com:

<http://spiritsite.com/index.htm>. Besides finding a vast listing of self-awareness and spiritual books and retreats, there is a "Spiritual Writing" prompt that provides excerpts from books by many authors, including Julia Cameron, the Dalai Lama, Hugh Prather, Ram Dass, and Marianne Williamson.

Spirituality & Health:

<http://www.spiritualityhealth.com>. The print magazine's online site offers "spiritual practices for human being." Though not about journal writing per se, this thoughtful site lists workshops on self-renewal, and writing meditations on subjects such as joy, listening, kindness, et cetera.

The Artist as Traveler:

Artist and teacher Gail Rieke offers workshops around the U.S.A. incorporating travel experiences with journaling and collage. For schedules: email riekestudios@aol.com, or write 416 Alta Vista, Santa Fe, NM 87505, 505-988-5229.

The Artist's Way Web Sites:

<http://www.taoscreativity.com>, which hosts The Artist's Way Creativity Camp in Taos, NM - a week with Julia Cameron, James Nave', and selected faculty. (For camp information, call 877-994-TAOS or, outside the U.S.A., 505-776-1518.)

The Center for Journal Therapy:

<http://www.journaltherapy.com> is the organization run by Kathleen Adams, author and leader in the field. Courses offered at the center's headquarters outside of Denver include: "The Write Way to Wellness," "Journal to the Self," and "Clinical Journal Therapy," which includes a home-study series. Contact: Center for Journal Therapy, 12477 West Cedar Drive, #102, Lakewood, CO 80228, 303-986-6460 or 888-421-2298 or e-mail: info@journaltherapy.com.

The Heritage Institute:

<http://www.hol.edu/index2.cfm>. Online courses in continuing education for K-12 teachers, including "Journal Writing in the Classroom."

Topics du Jour:

<http://www.colba.net/~micheles/eng/dujoura.htm>. A lengthy list of things to write about - free and updated regularly.

Michele Senay's other site:

<http://www.colba.net/~micheles/sites.htm> gives links in French and English.

Tristine Rainer's Center for Autobiographic Studies:

<http://www.storyhelp.com>. The nonprofit educational site of the author of The New Dairy, CAS offers workshops, retreats, personalized sessions, and resources for the diarist.

Veech Business Journal:

<http://www.ate.co.nz/journal.html>. New Zealander John Veitch's [sic] site also includes many topics related to personal journaling.

Whole Heart: <http://www.whole-heart.com>. Writer Eldonna Bouton offers a series of four-week online journaling workshops providing "focus, motivation, and support." Courses include "Introduction to Journaling and Reconnecting to the Self" and "Paper Dreams: How to Use Your Journal to Create the Life You Want." Also, The Writefully Yours Newsletter, a free e-zine for journalers.

Writers.com:

<http://www.writers.com>. Online writing classes in all genres, with published authors as instructors. Most courses are for fiction and non-fiction writers but there are some for the diarist, including "The Journal: Entering the Journey of Language" and "Inner Journalism: Writing, Dreams, and Telling the Truth."

Writer's Online Workshops:

<http://www.writersonlineworkshops.com>. Offshoot of Writer's Digest, offering six- to fourteen-week online courses on life stories, with a focus on the "Personal/Family Memoir."

Writing the Journey(tm):

<http://www.writingthejourney.com>. Free online journal writing workshop developed by teacher Charlene Kingston. Besides classes and a monthly newsletter, this site features exercises, resources, tips, reviews, contests, and a bookstore - all for the diarist.

Writing to Heal:

<http://www.writingtoheal.com>. Margie Davis's site, "Writing to Heal, Writing to Grow," offers therapeutic personal essay courses - conducted via e-mail - to examine and understand life's events. Among those offered: "Memoirs for Seniors" and "Writing About Cancer." Ms. Davis also conducts journaling classes for health care professionals.

ONLINE JOURNAL & WEBRING SITES:

The following Internet sites allow you to read and/or write diaries online:

Atomic Online Diaries Ring: <http://www.atomic-webrings.com>.

Diary: <http://www.deardiary.net>.

Diaries and Journals on the Internet: <http://worldimage.com/diaries/index.html>.

Diarist Net Registry: <http://www.diarist.net>.

DiaryLand Online Diary: <http://www.diaryland.com>.

Diary X: <http://www.diary-x.com>.

Live Journal.com: <http://www.livejournal.com>.

My Dear Diary: <http://www.mydeardiary.com>.

Open Diary: <http://www.opendiary.com>.

Open Pages: <http://www.hedgehog.net/op>.

Oprah's Online Journal: <http://www.oprah.com>.

Scribe Tribe: <http://groups.yahoo.com/group/ScribeTribe>.

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