



# Stirring the Waters

*Janell Moon*

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# Stirring the Waters

Janell Moon

**Stirring the Waters** Janell Moon

**This spiritual self-help book is an friendly guide for readers of all faiths seeking a more satisfying and spiritually rich life.**

Whether you're a seasoned writer or just write an occasional journal entry, *Stirring the Waters* will enrich your life. With a poet's insight and deft touch, author Janell Moon leads you along a path that helps you to know yourself and thrive spiritually. She provides nine weeks of exercises that will guide you to answer the essential but sometimes impenetrable questions, "Who am I, and what am I doing here?"

Moon's innovative methods will encourage you to develop a new perspective. "Streaming," one of the many exercises included in *Stirring the Waters*, involves brainstorming, even doodling, across the page. Another exercise, "clustering," shows you how to discover the hidden ideas related to a theme. Moon also introduces other unique thought-provoking techniques such as "gazing into the waters" and "dialoguing" to help you develop a wise new spirit.

As you read and write your way through the exercises of *Stirring the Waters*, you will discover a clarified vision of yourself, and find the way to the you you were meant to be.

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