

Journal to the Mountaintop



by Stef Swink

Welcome to the Journal to the Mountaintop! It is an honor to "travel" with you in this special way.

This on line and "down-loadable" journal is a delicious combination of four passions of mine - writing, photography, animals and travel. I am so pleased to share it with you.

My sincere desire is that the inspired quotes, photos from my own journeys, and the love and positive energy infusing this journal will ignite a spark of creativity, insight and passion in you.

This project would not have come to be if not for the creative (and patient) support of Sam Doran of Novel Website Design. He took my idea and made it real. My gratitude is immense.

See you at the top of our mountains!

With love and bountiful blessings,

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You do realize, don't you, that you are loved
beyond imagining and supported in every moment?
Good. Now write about what you want **MORE THAN ANYTHING!**



“Your life within God’s arms, your dance
within God’s arms, is already perfect.”

Hafiz

You know that one thing you said or did (or didn't say or do) that still bugs you? Get it out by writing it down and notice how readily it flies away without ever looking back.

Ahhhhh...

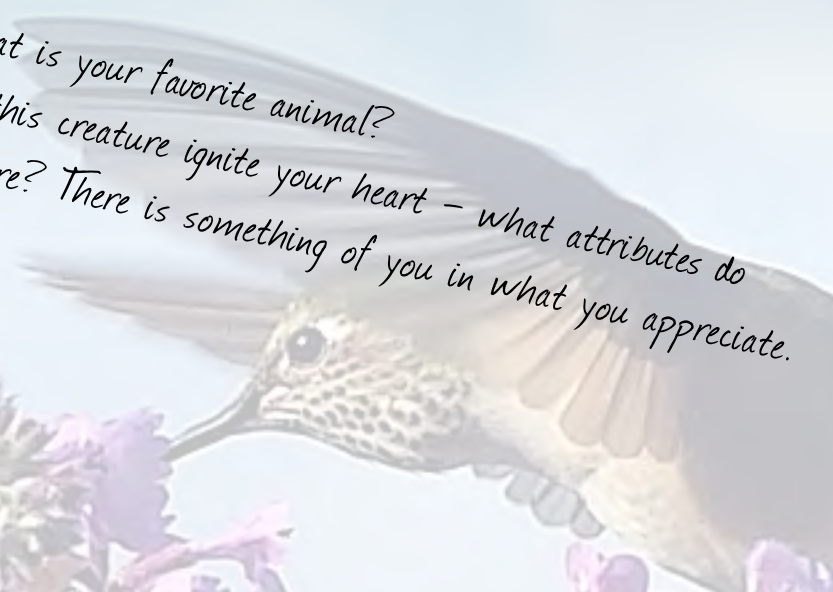
Hello, you beautiful thing, you!

“Life is an opportunity,
not an obligation.”



The Tao of Leadership by John Heider

*What is your favorite animal?
Why does this creature ignite your heart – what attributes do
you adore or admire? There is something of you in what you appreciate.*





lovingly prepared for you by -Stef Swink-

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Tell this page something about your childhood.

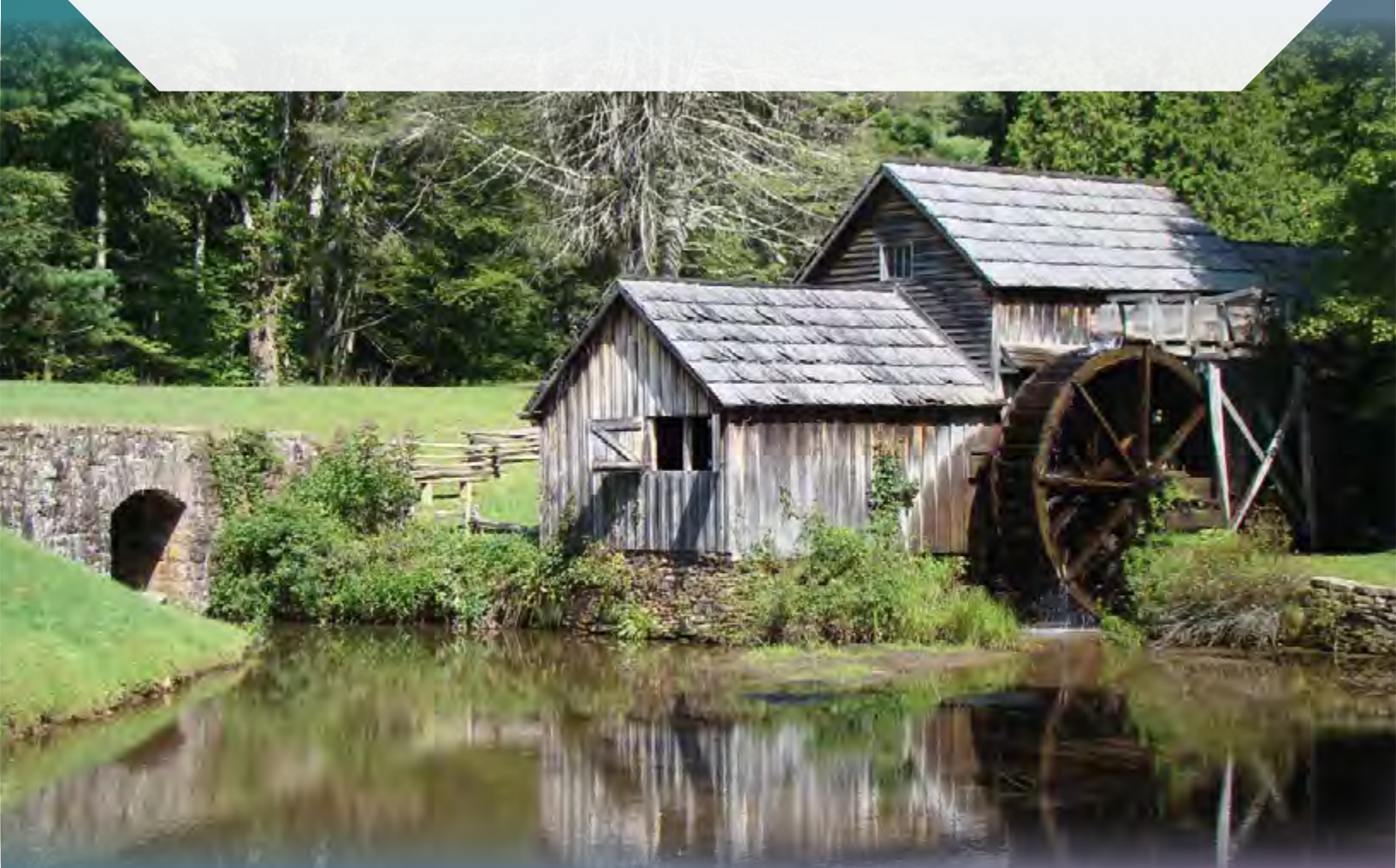
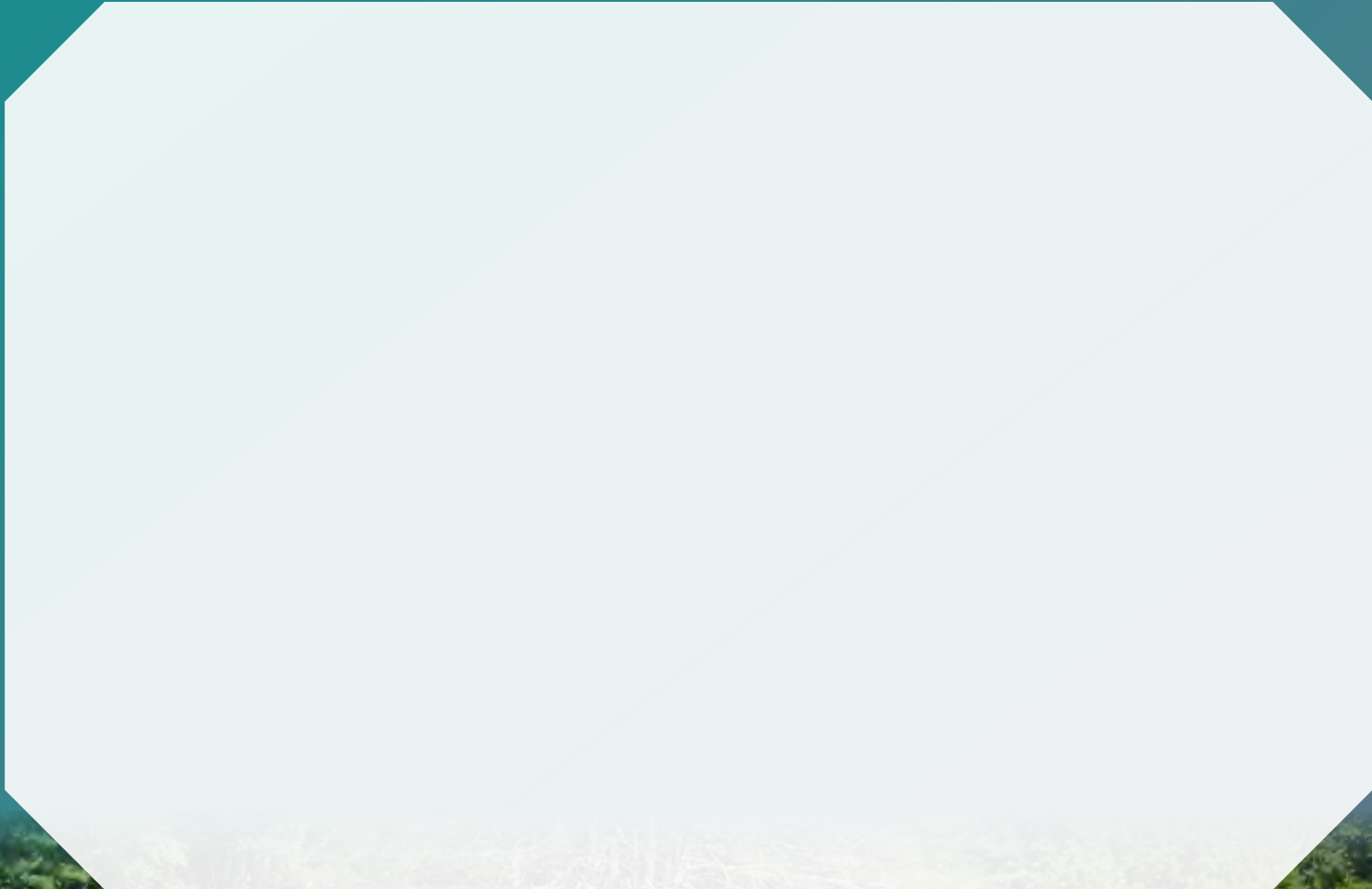
**“Courage is fear that has
said its prayers.”**

Dorothy Bernard

What lights you up when you see, hear, smell, or taste it?

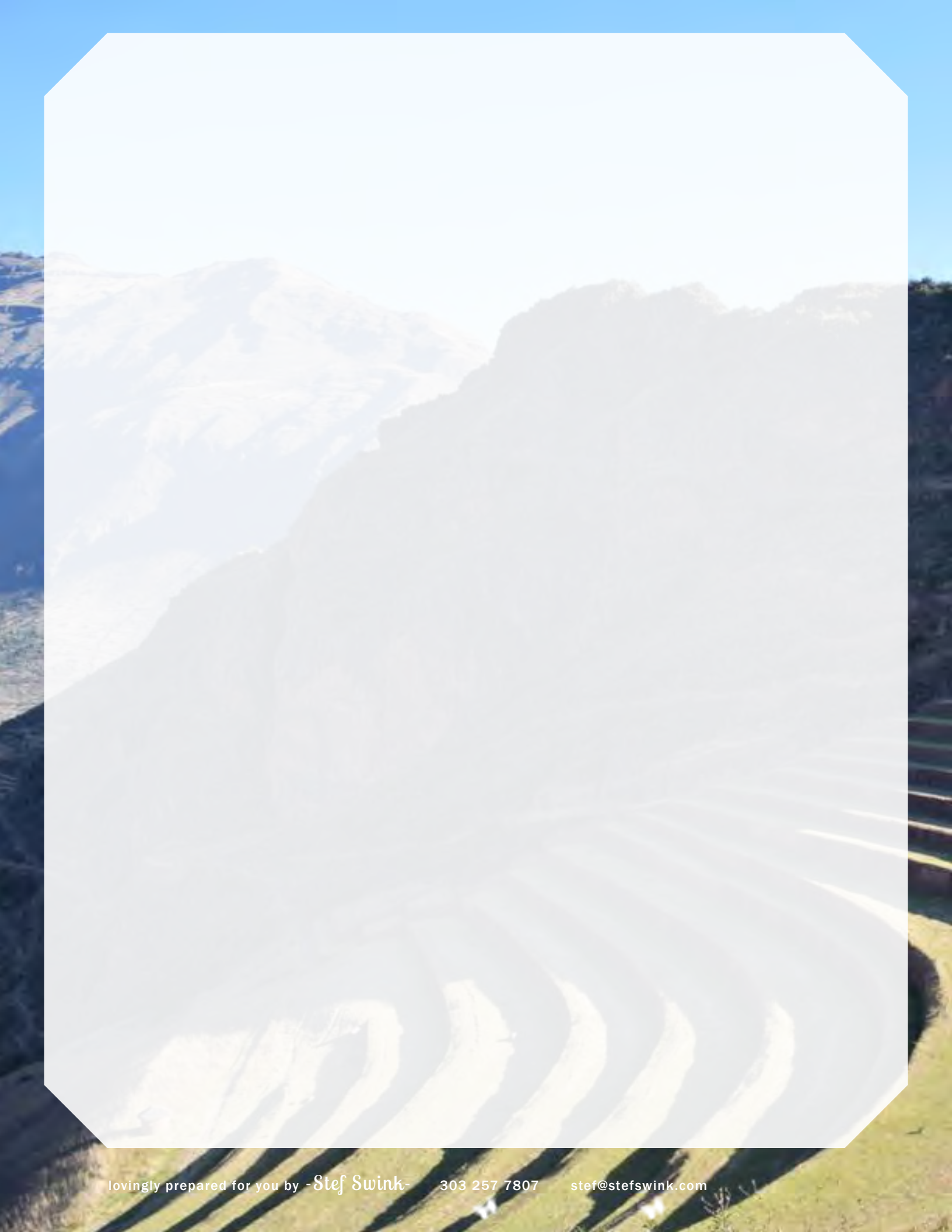
“Never fear shadows. They simply mean there’s a light shining somewhere nearby.”

Ruth E. Renkel





If you knew a Higher Power had something it wanted to express through you, what is your best guess of what that would be? (Hint - look at what delights you, makes you smile and what you "get lost" in doing or dreaming about.)

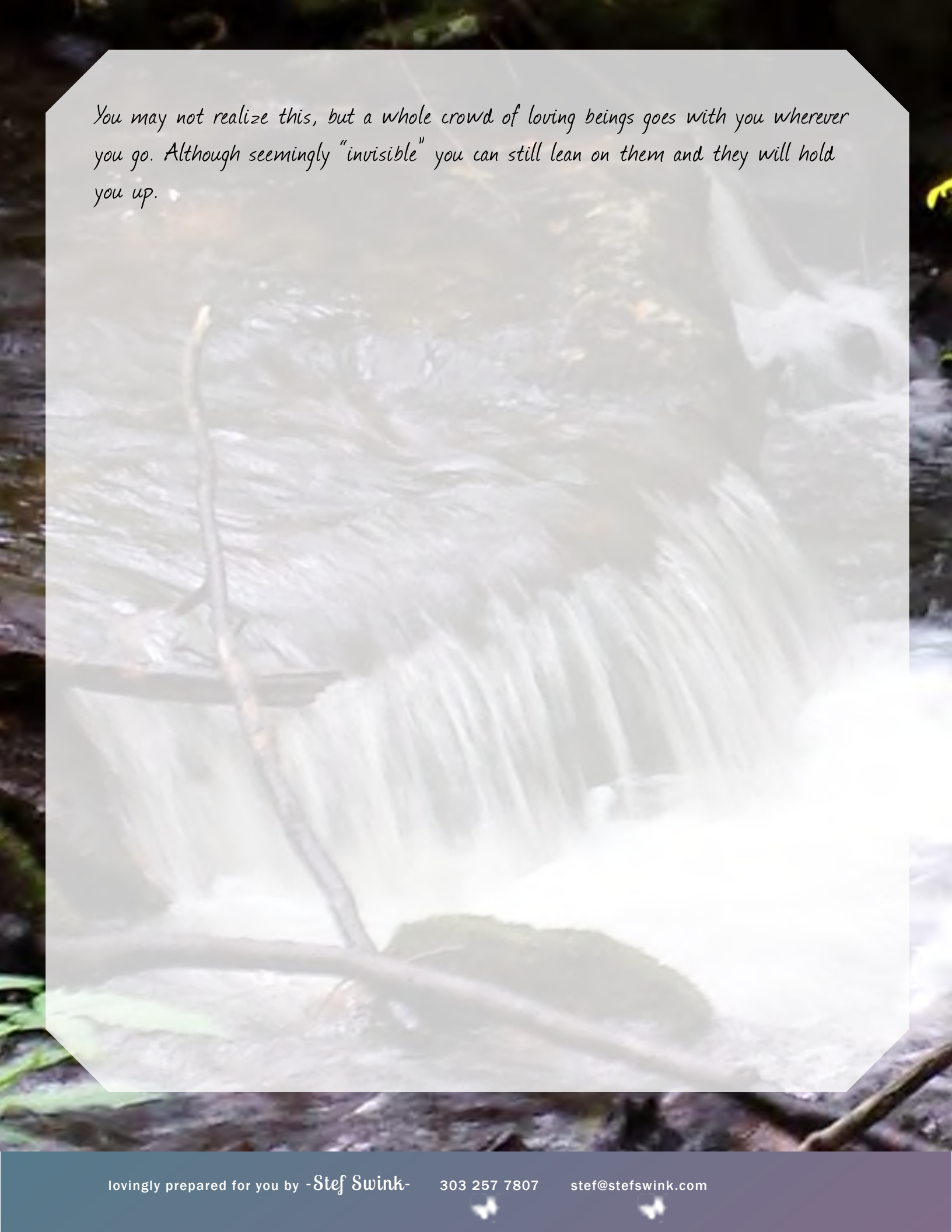


Hello sweetheart. I am thinking of you right now and holding you and whatever you are going through in my heart and prayers.

“Life begins at the end of your comfort zone.”

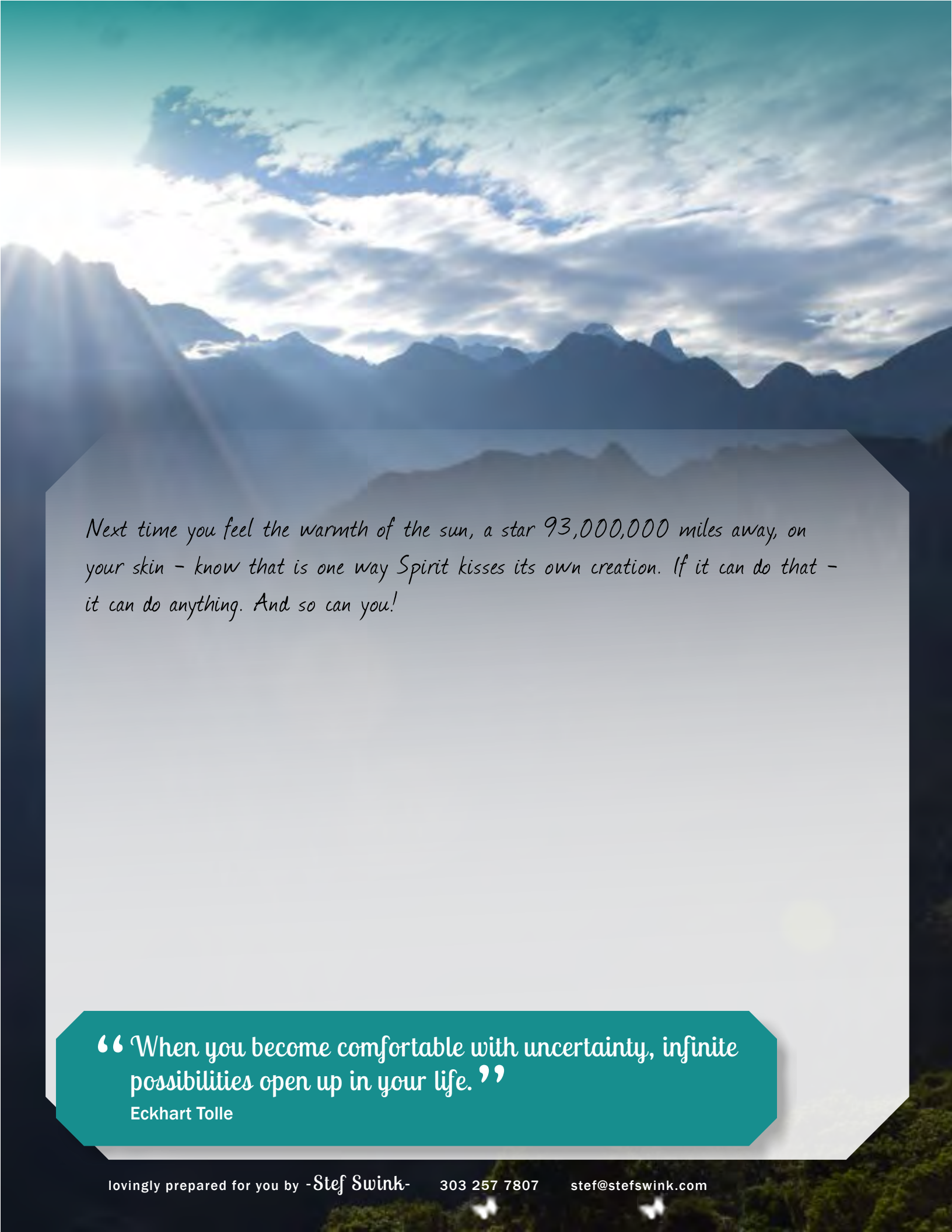
Neale Donald Walsch





You may not realize this, but a whole crowd of loving beings goes with you wherever you go. Although seemingly "invisible" you can still lean on them and they will hold you up.





Next time you feel the warmth of the sun, a star 93,000,000 miles away, on your skin - know that is one way Spirit kisses its own creation. If it can do that - it can do anything. And so can you!

“When you become comfortable with uncertainty, infinite possibilities open up in your life.”

Eckhart Tolle

*Once, when you were a tiny baby, a flower pushed through
the soil and unfurled itself into light just to be closer to you!*



Awww... you are SO adorable!

Even when you pitch a fit or stomp your feet.

Yep, especially then!

“ The secret of joy is the mastery of pain. ”

Anais Nin





“ Prayer is the most powerful technology
we have on the planet. ”

Suzi Kesler Lula



As you do your healing and evolving work, people in your life will either be lifted up or lifted out. Either way, keep going.



Hey! You know what? YOU SO TOTALLY ROCK!

How about a nap today in lieu of the "To DO" list. I promise, the world will keep spinning.

“The ONLY responsibility we have is for our own happiness!”

Deb Haass

How about you go all crazy outlandish on me here and admit your biggest, craziest, most outrageous dream?! Yes! THAT ONE!!





“Love your life, love your dreams: you will do amazing things!”

From the song “Amazing Things” By Megan McDonough & Jana Stanfield



“It is your destiny to see as God sees, to know as God knows, to feel as God feels. How is this possible? How? Because divine love cannot deny its very self.”

Meister Eckhart, 1260 - 1328





Hi there...me again. Just peeking in to your world at this moment to remind you how loved and precious you are.



“ This journey of life is an absolute miracle. I believe we are on the planet at this time to evolve consciously, spiritually, and collectively. Therefore, it is my job to live as fulfilled and blissed out as possible, and to assist others in doing the same! ”

Stef Swink

