



# The Book of Soulgasms: An Insight Journaling Experience

*Emelia Sam*

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## **The Book of Soulgasms: An Insight Journaling Experience** Emelia Sam

*The Book of Soulgasms* invites readers on a journey of self-exploration. Using prompts, known as soulgasms, the participant will use the process of insight journaling to tap into their soul's wisdom. The experience can be tailored to the desired schedule. Used as a daily exercise, the process can last up to three months. Others may wish to use the journal for one week, one month, or randomly when needed. It is entirely self-paced. Done individually or shared with groups, insight journaling is sure to reveal buried guidance that can change the trajectory of life.

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