

Submission Guidelines:

- We welcome you to join our community of storytellers by sharing your experience of creative expression.
- **We require your story to accompany any submissions of your creative expression.** We strongly encourage individuals to write their own stories because the process of reflection—bringing forward memories now, into their current lived perspective—and writing about them is very much part of a creative experience. Taking time to ask oneself honest questions and then to deeply consider the responses that emerge brings both personal benefit and a compelling story. Genuine self-expression is what works best. If you feel you need help editing and bringing order and flow to your mind's meanderings this is available, but only you can draw forth the wisdom of your own life's experiences and expressions. It's your enthusiasm that inspires others to explore themselves and that harvests your wisdom as a legacy for future generations. We find a pairing of examples of your expression within your story most effective.
- Please attach your story, including examples of your work, as a Word document (.doc)—**not a PDF**—to enable editing, CALIBRI font, 14 pt, 1.5 spacing. **We leave only one space after a period.**
- 500 – 1500 word maximum (use word count)
- Please attach:
 - o Your headshot
 - o 3-4 **JPGs of** photos related to your article. Not necessary for poetry submissions, but if you see relevance please include
 - o Insert the word “photo #” with its caption within the article where you would like each image placed (we'll try to honour this request as layout permits).
- Please include a brief bio note, written in the third person (one or two short paragraphs of up to 200 words). Your bio will be placed at the end of your article and is intended to give the reader an idea of who you are, your passions and/or what you do and have done with your life that feels relevant to the article. Please include your preferred

contact information, including email, website, blog address—whatever you want included in the publication.

- Please email your article and photographs to Karen Close karensageing@gmail.com and Laura David ladida336@gmail.com
- Quarterly issues of The Journal go online around a solstice or equinox: March, June, September and December. We need to receive your intention of submitting as early as possible. Your complete submission is required by the first day of the month preceding publication.

Please note: The Journal operates as part of the gift economy. We are about sharing the wisdom of original thinking as our life experiences nurture our mutual 'soul' growth. For this online journal there is no receiving of payment by anyone. Robert MacDonald gives his publishing/layout talents and we editors give our editing skills to those who share their stories with us. In “payment” contributors have their articles professionally edited and published online and may share their articles however they might wish.