

Experiments in

Being a Writer

**Becoming Who
You Want to
Become**



The Mind and the Heart

Two Wings of a Bird

Together we will work with both wings to free the writer and to allow our stories to take flight.



Manifestation of Creative Work



The Mind's Work: writing practices of craft– the sound of our writing, the flow of our sentences, ways of capturing dialogue, description, character thought (characterization) and moving from experience to experience (plot). Memoir, fiction or creative non-fiction writing will all be met with equal enthusiasm.

The Heart's Work: direct experiences in present moment awareness connect our emotional/spiritual relationship to inspiration.

Why do we write? To create change- interior or exterior. To invite others to the paths we've walked, canoed, swum, flown, driven, run or crawled. To know we are not alone. To help others know they are not alone.

To share the light of love.

Open your arms.

Come as you are.

We are not alone in our endeavour to communicate what is in our hearts. We can manifest a true story on paper.

We may be experiencing the pull of desire from when we were younger or from an ancestor generations ago.

We may sense we are meant to write but don't know what or why.

We may have doubts of not being good enough. We may fear writing what is not sayable, not okay, not acceptable, supposed to remain a secret.

Come as you are.

We write with spacious awareness. Whatever we find in this exploration is held with deep acceptance: Emotion + Spirit.

Writing in this way is an act of surrender to deeper awareness and wisdom.



Writing in this way is swift, subtle, and full of common sense.

Writing in this way is supportive and allows us to see with clarity– through the layers of doubt, to the heart of the matter.

Writing in this way engages an ancient and unique relationship.

Writing in this way balances emotion, intellect and willpower in manifesting creative and artistic work.

Do not let fear of failing or sad disillusion hold you back. Let your imagination carry you. Travel hopefully. Open your arms.



In Relationship

We are beings
becoming.

Writing opens our
mind to what is inside
us.

Writing is a practice of acknowledging
and witnessing our experience. When
we accept the reality of who we are,
we expand, with awareness, into who
we may become.



Welcome

Guiding principles:

Reciprocity– the flow of our relationships

Discipline– to be a student of our experience

Sacred– to attend and attune to awe

Beginning: January 3, 2023

Morning or Evening

Six weeks of deep listening, deep play, deep trust.