

This Free E-Book is brought to you by [Natural-Aging.com](http://Natural-Aging.com).

**100% Effective Natural Hormone Treatment**  
**Menopause, Andropause And Other Hormone Imbalances**  
**Impair Healthy Healing In People Over The Age Of 30!**

**Write Before You Look**

**By Angela Booth**

**Write Before You Look by Angela Booth**

**\*Article Use Guidelines\***

This copyrighted article is free for you to use as content in opt-in publications, or on your Web site. When you use it in opt-in publications, or on a Web site, please include the resource box.

However, please do not charge for it. Please DO NOT include it in CD compilations, paid-subscription sites or in publications for which you charge.

\*\*

Summary: Stuck on a writing project? Or is there something you'd love to write, but you can't get up the nerve to start? Here's how to be the writer you already are.

Category: Writing

Words: 1230

Write Before You Look

Copyright © 2003 by Angela Booth

Are you stuck on a writing project? Or is there something you'd love to write, but you can't get up the nerve to start? In over 25 years of writing, I've found that writing happens on the page. Just start writing. You can't do anything until you begin.

## Write Before You Look

Other writers make the same point. In his book \*Immediate Fiction, A Complete Writing Course\*, author Jerry Cleaver recommends that when you're writing, "you leap first and look later". Cleaver believes that when you're creating, you should let your imagination do the heavy lifting. Daydream. Pretend. Let your imagination lead you where it wants to go. You will write more, and reach places you can't get to in any other way.

Writing, like any creative endeavor, requires that we use both sides of our brain, the left and the right. Our left brain is the dominant partner, and while we're awake, our left brain is active. This means that when we think: "No way, I could never

write a book" or "I could never write a screenplay" we're taking the word of our left brain.

The creative impulse came from our creative right brain, but our left brain, which deals in realities, immediately said: "Whoa! No, you've no evidence for that. Couldn't do that ---- you've never done it before. Wouldn't work. Silly idea."

Take a moment. Think. How often have you taken the word of your left brain? Decide today, that whenever you get a creative impulse, the very impulse which gave you that idea also knows how to make it work, so all you have to do is put your body in the place where that can happen. The creative impulse comes to all creatives, so if you get an impulse to take a photograph, or paint, or cook, or sew a scarf ---- follow through. For writers, the place to follow through is with a pen in hand, or in front of a computer screen.

Here's a process to use to become familiar with writing before you look. Try it. It will feel unfamiliar at first, and you'll worry about whether you're doing it "right". Be assured that as long as your body is relaxed, your left brain is (more or less) out of the way, and you're freeing your creative right brain.

=> The Write Before You Look Process

==> One: Clear your mind

From the moment you wake up in the morning, your left brain is in charge. This side of your brain does a great job of getting you where you need to be, and helps you to fit into society, but it's not creative.

To allow your right brain's creative impulses to get your attention, you need to quiet your left brain. Any repetitive task will do this. Knitting and needlework are good. So are walking and driving, and taking a shower. Listening to classical music also works.

You can't always be moving around, so it's best to learn a sit-down process. The easiest way to clear your mind is to progressively relax every part of your body. If you've ever done any stress-reduction courses, you'll know that in progressive relaxation you focus on your body from your toes to the top of your head, and gently relax all your muscles. Just take each part of your body in turn, and tell each set of muscles to relax.

When you first learn this process, it can take around ten minutes to become completely calm and relaxed. After a few weeks, you'll

be able to do it in less than a minute. You can speed up the process by mentally saying "relax" to each part of your body. In time, you'll become as limp as cooked spaghetti whenever you say the magic word to yourself.

If you're not familiar with progressive relaxation, here's a complete course:

<http://ourworld.compuserve.com/homepages/har/les1.htm>

==> Two: Write down your creative impulses

When you're completely relaxed, gently focus on your breathing. You'll find that your breaths gradually deepen more and more, and that they slow right down. This is the effect you want.

When your breathing has slowed, keep focusing on your breathing, but also think about what creative work you'd like to do. What would you like to write, if you could?

Just daydream for five minutes. If a creative idea comes to you, write it down, then drift back into your daydream.

You may not get any creative ideas while you're daydreaming. They may come later as you're doing something else. This is fine. Your right brain doesn't "think" in language. It uses feelings and emotions to communicate. Your left brain translates these right-brain impulses into words. When you first start to actively try

to get creative ideas, the communication between the two sides of your brain is slow. It will become more rapid the more you practice.

==> Three: Follow through on an impulse immediately if you can

Got a creative idea? Great.

If you can, follow through on it immediately. If you can't, write down enough of the idea so that you can recall it easily later in the day. Vital: also write down any images which are floating through your mind. What mental pictures do you see? These are additional parts of the creative impulse that your left brain hasn't yet translated into words. Capture them now by writing them down.

You can work with intensively with your right brain images by using Win Wenger's Image Streaming process. Here's how ----

<http://www.debateit.net/improvethought/imagestreaming.htm>

Some writers find that they can immediately write an entire 2000 word article, or a chapter of a book after they clear their mind. This process is very powerful.

==> Four: Drop judgments ---- enjoy making a mess

You've followed through, and you're writing. However, it's messy. It doesn't completely make sense.

Excellent!! This is exactly what you want. It's your guarantee that the idea you're developing is original. All creation starts with a mess.

Work on the project again tomorrow. Keep working. Chances are that you're making a creative breakthrough. Remember it's your left brain that's making these early judgments. You can safely ignore them.

==> Five: Never assume that you "know" anything

You've cleared your mind, and when you read through your creative ideas later you get scared to death. You can't do this. You can't write a complete book, or submit your article proposal to Redbook. And you surely can't dig that manuscript out of your

bottom drawer and whip it in shape to send to a publisher.

Of course you can. Remember, your left brain is NOT creative. Clearing your mind so that you can let your creative right brain work will convince you that you DO have lots of creative ideas.

Unfortunately, your left brain doesn't trust them. That's OK. Remember that the part of your brain that's belittling all your ideas is your left brain.

Ignore it. Trust your creative impulses and follow through. Clear your mind first, to muffle your left brain. Then let your right brain do the creative work.

Write before you look. That's the entire process. Try it. You'll amaze yourself.

Remember: the creative impulse that gave you the idea, also knows how to carry out the idea. So if you've got an impulse to write a book, write it. You already have everything you need to do it.

\*\*\* Resource Box \*\*\*

To read more articles by Angela Booth, visit the Digital–e Web site—Information for writers and creatives.

Ebooks, free ezines, Creatives Club. Love to write? Turn your talent into a business! <http://www.digital–e.biz/>

Writer, author and journalist Angela Booth has been writing successfully for print and online venues for 25 years. She also writes for business. On her Web site <http://www.digital–e.biz/> she conducts workshops and courses for writers.

## **7 Writing Muse Kickers to Fill Up That Blank Page**

**By Shery Ma Belle Arrieta–Russ**

Nothing is more daunting for any writer than having to stare at a blank sheet of paper.

When we stare at a blank sheet of paper, we often think, "What am I going to write?" A few minutes later, it becomes, "Oh my goodness, I can't think of anything to write!" And several minutes later, it turns into something like, "Write, dangnabit! Write! Write! WRITE!"

Some writers call this writer's block. But I call it the "Writing–Muse–Needs–A–Kick" syndrome.

## Write Before You Look

And that's exactly what we're going to do with your writing muse gone truant. We're going to kick her back into gear so you can fill up that blank page.

Here are 7 writing muse kickers for you to try right now:

1. First Line: Begin a story with "There was once a chance I didn't take..."
2. Cliche Starter: Weave a story or poem around the cliché, "keep your powder dry."
3. Power of Metaphor: What does "a string of laughter" make you think of?
4. Proverb Mix: "Beauty breaks the camel's back."
5. Story Words: Use the words "pianist, pencil, high-rise building, running shoes" in a story.
6. What If? Story: What if you're going to write a story about betrayal, with a young man as the main character and a locket as the key object? Set your story on a ranch.
7. Quick Prompt: Write about what you'd say to an uninvited guest.

Copyright (c) 2003–2004 Shery Ma Belle Arrieta–Russ

For more similar kickers to help start off your writing or even fill up that page you've been staring at since yesterday, pick up a copy of Shery's software for writers, WriteSparks! Lite for free =>

7 Writing Muse Kickers to Fill Up That Blank Page

How to write an Article?

You Don't Need Inspiration!

It's Your Life – Take Control

10 Quick Tips To Writing Profitable Articles

How To Find A Topic For Your Ebook

Write Around The World FREE!

The ezyebook Guide

Profit Pulling Reports

Article Cash

Write Before You Look



This Free E-Book has been brought to you by [Natural-Aging.com](http://Natural-Aging.com).

**100% Effective Natural Hormone Treatment**  
**Menopause, Andropause And Other Hormone Imbalances**  
**Impair Healthy Healing In People Over The Age Of 30!**