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Write Your Way to New Possibilities

By Claudette Rowley

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Thanks,
Claudette Rowley

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Write Your Way To New Possibilities

By Claudette Rowley
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What makes writing such a powerful tool for reflection and the discovery of new possibilities?

* Writing makes the invisible visible. At any one time, you have myriad thoughts, ideas and insights lodged in your mind, waiting to be released. Writing is one way to let your thoughts flow, to take you wherever you need to go.

* Writing assists you in putting aside your internal censor. It is important for you put aside any self-judgment when you begin to write. Refrain from judging how "well" you're writing or the ideas that show up on the paper. Instead write to think, write for the fun of it, write to relieve confusion. Sometimes the

thinking mind can't access what the writing mind can.

* Writing is a process of reflective thinking or self-observation. It puts you in touch with emotions or thoughts you might not be aware of. Plunging into a problem on paper, you may suddenly see a solution clearly.

* Writing is a form of creativity, and creativity is one of the best antidotes to mental or emotional confusion and burn-out. When you feel like you've thought a problem to death, stop thinking. Turn to creativity and engage the right side of your brain. And allow the answers to come to you.

Try this exercise:

Intuitive Writing

Find a quiet place and a 15–20 minute block of time. Sit down with a sheet of paper and a favorite pen or pencil. Think of an important question you'd like the answer to. The question can be about anything – the sky is the limit.

Clear your mind of everything but the question itself. Write out your question on the paper. And let your hand – NOT your head – begin to form an answer. This is an exercise in intuitively connecting with yourself. You will begin to see that "thinking" of an answer is not always the most effective way to gather information.

Suspend your judgment about your answer. Let yourself go! Let your creativity and intuitive sense answer the question for you.

If this is a new way of thinking for you, this intuitive state of being may feel uncomfortable or awkward. Let yourself feel uncomfortable and give yourself the space to practice the exercise a few times. It will become more familiar and you will begin to see RESULTS! Some people find that they hone this intuitive approach more quickly and comfortably when they write for 15 minutes each day for a week or two.

Why does intuitive writing work?

When you attempt to solve a problem or find an answer to a question, much of your thought process is based on past experiences, negativity and your unconscious or conscious belief

systems about yourself and the world. These can hinder your ability to identify the wide range of options and choices available to you. Intuitive writing taps into the information that lies below the surface of your conscious thought.

One client shared this example of her success with intuitive writing. In the process of overcoming a fear of speaking in public, she joined a local speaking club and was about to give her first speech. As the date of the speech grew closer, she prepared by sitting down for brief intuitive writing sessions. She would ask herself questions such as, "Will my speech go well?" She repeatedly received affirmative answers to questions like these. She was able to give her speech with much more confidence, and with the understanding that her fear was just simply fear – ungrounded in any reality about the present moment.

Next time you are stuck or searching for the answer to an important question, give writing a try. Move past any confusion or resistance you feel by putting pen to paper. Observe your thoughts, emotions and desires on paper – let your own unique brilliance emerge! By cultivating a regular writing habit, you'll gain access to new parts of yourself and tap into your creativity and intuition – the best problem solvers of all.

Claudette Rowley, coach and author, helps professionals identify and pursue their true purpose and calling in life. Contact her today for a complimentary consultation at 781-676-5633 or claudette@metavoice.org. Sign up for her free newsletter "Insights for the Savvy" at <http://www.metavoice.org>.

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Write Possibilities

By Shery Ma Belle Arrieta-Russ

We writers are a powerful lot. We control time. We dictate actions. We control destinies.

We can make two completely opposite people fall in love with each other, and we can create family

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feuds that can last for centuries.

We can make our heroine travel back in time to rescue her soulmate, and we can give the most villainous person the punishment she deserves.

We can take our characters to the most exotic places and give them their own adventures.

Simply put, we writers can create our own possibilities. In our world, nothing is impossible.

Try creating your own possibilities using the given prompts below.

There are 4 givens: theme, setting, character and key object. Randomly pick 1 from each and use these to start off your piece.

Themes: deception, irony, love lost, infidelity, rejection

Characters: chemist, divorced woman, doctor, teacher, singer

Key object: yellow bag, pen, knife, shoe, fuse box

Settings: space colony, gym, park, lab, retirement home

Here are a few examples using the above prompts:

Write a story about love lost, with a doctor as the main character and a shoe as the key object. Set your story in a park.

Write a story about infidelity, with a chemist as the main character and a pen as the key object. Set your story in a gym.

Write a story about deception, with a singer as the main character and a yellow bag as the key object. Set your story in a space colony.

Write a story about rejection, with a divorced woman as the main character, and a knife as the key object. Set your story in a retirement home.

Write a story about irony, with a teacher as the main character and a fuse box as the key object. Set your story in a lab.

Mix and match the themes, characters, key objects and settings. You can come up with more than 30 possibilities just using the ones already given.

Write stories... write your possibilities!

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Shery is the creator of WriteSparks! – a software that generates over *10 million* Story Sparkers for Writers. Download WriteSparks! Lite for free –

Write Possibilities

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A New Way of Looking At Challenges

Difficult Situation as a Present?

How To Lose Weight, Make Money and Get Women

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