

**The Writing Midwife: #Brujarituals and**

**Writing from the Womb**

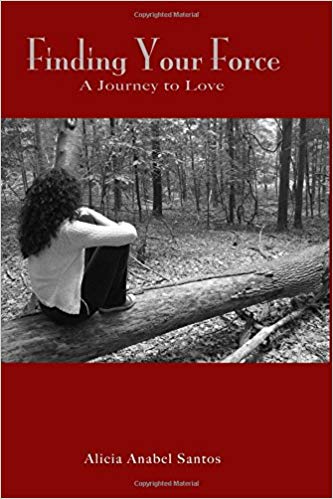
by Alicia Anabel Santos

Panelist, AWP19 Conference, Portland, OR

Friday, March 29, 2019

***My journey and process:***

* I “CAME OUT!” as a writer on October 3, 2001, after 9/11.
  + When I knew, what I knew, and where I was headed!
* Woman who speaks with the angels and the letter series:
  + How writing my memoir Finding Your Force A Journey to Love, almost killed me and the voices that shelter you.



***Truth & Integrity:***



*Healing with Angels Oracle Cards by Doreen Virtue*

***When a Hawk visits you--you stop!*** [*https://aliciaanabelsantos.wordpress.com/2012/12/10/when-a-hawk-visits-you-stop/*](https://aliciaanabelsantos.wordpress.com/2012/12/10/when-a-hawk-visits-you-stop/)

* Writing as spiritual practice, self care, true north and answering the call.
* Writing as #brujaritual & practice: meditations, tarot readings, sacred crystals and becoming a priestess.
* The birth of Writing from the Womb, becoming the Writing Midwife.

***Meditation 10: The top of the mountain~***

*Posted on November 10, 2011 by Alicia Anabel*

You’re standing at the top of a mountain…

***What do you see?***

*Close your eyes and imagine that for a moment.*

***I’m standing at the top of the mountain.***

*What do I see?*

I am climbing the mountain and I can see the top of it. I’m not quite there yet but it feels so close. I take a step… I slip. I cut my leg wide open. It stings. I consider for moment going back down for help. But I see how high I’ve already climbed. I’ve been scraped and cut open so many times climbing this damn mountain. But as I look down at how steep this mountain is and all that I have done and gone through to get this far I say myself, **“Are you stupid? Hell no you’re not going back down! You have climbed so high… it’s a long drop to the bottom! You already know what’s at the bottom. Going back down would be me giving up. It would be me quitting before you have even arrived.”**

*I am almost there…*

So as my leg is burning from this last cut. I keep going. I keep moving. I keep climbing. My hand touches the top of the mountain and I pull myself to the top with all my might and I just stand there for a moment taking it all in.

THIS moment is unlike any moment I’ve ever experienced and the view from the top is amazing.

It has taken me forty eight years to get here and what I realize is that there is more mountain to climb~ take my hand!

**I AFFIRM:**

*I will not fear failure~*

*I will walk, climb and move my ass all the way up that mountain – one step at a time~ it does not matter how long it takes I will reach the top!*

*I have gotten this far and have much further to go but I am up for the challenge~*

*I will not give up~*

*I know you got me~*

*For that knowing I am so grateful~*

*And so it is~ Aché*

***On writing prompts, freewrites, writing challenges and setting intentions:***

* Writing with Integrity: Writing from a place that is truthful--where you feel everything, where you allow the pain to rise, where the writing is not always pretty, where the writing is not always perfect and sometimes it is just crap. There is a truth that only comes when you SURRENDER to the process--this to me is writing with integrity.
* Podcast link: https://soundcloud.com/alicia-anabel-santos/keeping-the-integrity-of-the-story-ep-350

***Writing prompts:***

*The truth is my character*… (replace with: my story, this essay) what is the truth that wants to be written? What scares you to write?

*I am writing this story for…*

*In the end what I/you/we will discover is…*

*My intention for today...*

Set a timer 3-5 minutes each. Meditate on what the truth is of what you are writing. Ask yourself: What is at the heart of this?

Closing.

May we all be writers who tell the truth from a real, honest and authentic place.

Thank you! Aché

**Stay connected!**

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***Services***:

1-on-1 Writing sessions, coaching with the Writing Midwife

*Writing from the Womb Workshop*

*Write the FCKING Story Workshop*

For more info: http://www.aliciaanabelsantos.com/my-services/

***Books & Publications***

*Finding Your Force a Journey to Love,* memoir

*Sinister Wisdom 97: Out Latina Lesbians*, anthology

*The Best of PANIC!* anthology

***Writing orgs/conferences/residencies***

NYC Latina Writer’s Group: https://www.facebook.com/groups/Nyclwg/

Sankofa Sisterhood Writer’s Retreat: https://bit.ly/2HQgqsr

Cave Canem: https://cavecanempoets.org/

VONA: Voices of Our Nation Arts Foundation https://vonacommunity.org/

Tengo Sed: https://bit.ly/2U0NFAI

Dominican Writer’s Conference: https://www.dwconference.com/

***Oracle/Tarot Cards***

Healing with the Angels Oracle Cards, Doreen Virtue

Until Today, Iyanla Vanzant

***Book recommendations***

*The Alchemist* by Paulo Coelho

*In the Meantime*, by Iyanla Vanzant

*Still Writing: The Perils and Pleasures of a Creative Life* by Dani Shapiro

*Bird by Bird*, Some Instructions on Writing and Life by Anne Lamott

*On Writing*: A Memoir of the Craft by Stephen King

*The Writing Life* by Annie Dillard