



Fusing Practices to Exercise Intuition for Inner Healing

A Panel Discussion, AWP19 Conference, Portland, OR
Friday, March 29, 2019, 12 noon -1:15 pm

Moderator/panelist: Lore Raymond

Panelists: Alexis Donkin; Alicia Anabel Santos, Michele True, and Tawni Waters

“Often the hands will solve a mystery that the intellect has struggled with in vain to solve.” -Dr. Carl Gustav Jung

FOR YOUR USE ONLY! Your name _____

My three take-aways from this panel discussion:

The three inspired action steps I will *now* take:

The Hero's Journey:
What is Writing Medicine & Why Do You Need It?
By Lore (like "story") Raymond, Moderator & Panelist

- The powerful mind-body-spirit connection deserves to be explored. Attendees of every background and skill level can add *practical tools* to their writing practices.
"Our own wounds can be vehicles for exploring our essential nature revealing the deepest textures of our heart and soul, if only we will sit with them and open ourselves to the pain..." -Wayne Muller, Legacy of the Heart
- Dialogue and expressive writing can heal and change your thinking.
"I became a writer out of desperation...When I was young, younger than I am now, I started to write about my own life, and I came to see that this act saved my life." -Jamaica Kincaid, My Brother
- Annual expenditures for mental health services exceed \$57 billion annually; depression, anxiety, and stress erode the emotional health of millions.
"Writing has a calming effect; it's one of the unique activities that coordinate left and right hemispheres. The act itself slows the process of aging and gives priceless insights as this is how we are able to connect with the subconscious."
-Womangic.com
- Many authors have committed suicide, including Ernest Hemingway, Arthur Koestler, Yukio Mishima, Sylvia Plath, Anne Sexton, Hunter S. Thompson, and Virginia Woolf.

The Hero's Journey to Inner Healing

Writing Medicine is the *hero's* transformative tool that supports each individual's internal journey, leaving them forever changed. When journaling alone isn't enough, deep inner work through the intuitive practices of writing medicine can safely and gently propel the *hero* forward, bringing feelings of expanded peace, joy, and emotional balance, which become the unwrapped gifts.

- One in five Americans suffers annually from some form and degree of mental illness.
"Mental illnesses affect tens of millions of people in the United States and across the globe each year." -Joshua A. Gordon, M.D., Ph.D., Director of NIMH
- Writers, authors, and creatives often struggle.
"Biographical studies offer impressive indications that eminent writers as a group suffer more problems than do other eminent creators or the general population..." -Indian Journal of Psychiatry, 2007 Jan-Mar; 49(1): 34-43.
- Who is a hero?
"A hero is someone who has given his or her life to something bigger than oneself. We must let go of the life we have planned, so as to accept the one that is waiting for us."
-Joseph Campbell, *The Hero with a Thousand Faces*

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What Is Intuition?

Intuition is the body trying to bring a thought, guidance or message to your consciousness, but often it is unable to break through from the subconscious. Practice developing your intuition and you will begin to understand and articulate those feelings and messages.

“The intuitive mind is a sacred gift and the rational mind is a faithful servant. We have created a society that honors the servant and has forgotten the gift.” -Albert Einstein

How Can I Exercise My Intuition?

Exercising intuition requires: 1) Acknowledging gut feelings and understanding the connection between feelings, memories, and experiences; 2) Feeling and differentiating the different types of emotions, which requires self-reflection and; 3) Observing clues by noticing what catches your attention and asking why.

What Are The Benefits?

Developing your intuition and listening to its guidance can help you successfully explore personal challenges and traumas to regain confidence, reframe struggles to gain clarity for problem solving and create a new level of emotional health.

For the Writer’s Toolkit: The Divine Dialogue Writing System™

This four-stage transformational process is free, easy, and proven to be successful. For the past 13 years, I have developed and taught the Divine Dialogue Writing System™ online, in courses and, and at my monthly Women’s Divine Dialogue Writing Circle.

“Often the hands will solve a mystery that the intellect has struggled with in vain to solve.”

-Dr. Carl Gustav Jung

Stage One: Set The Stage For Your Sacred Writing Space

- Announce, “It’s time now for **Divine Dialogue Writing.**”
Create a full sensory experience that engages your hands:
- *Drape* your writer’s mantle—all special occasions are celebrated with clothing—by adding a dab of essential oil to the hands, perhaps rosemary for improved memory and lavender for a sense of calm and peace.
- *Turn on* Theta brainwave music, scientifically proven to open the channels for greater clarity and creativity (anything by Steven Halpern inspires!).
- *Light* a white intention candle. Enjoy the candle burning and don’t extinguish it until your writing feels complete. (Soy is recommended as other candles may emit as many as 200 toxic chemicals.)
- *Burn* quality incense to carry your thoughts and prayers “up” and “within.”
- *Fold* your hands over your heart to say prayers silently or out loud.

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Stage Two: Creating the Divine Dialogue

Think of a Divine Dialogue as a spiritual chat, conversation or phone call. Prepare to write for at least 18 minutes and schedule the same time to write every day. Make it a sacred appointment!

Intuition Exercise 1: Practice with real situations. Breathe. Relax. Take a few minutes for meditation or to sit in the silence in preparation for listening to your intuition, also called your Higher Self, the Inner Whisper, the Divine--whatever name you choose.

- Give thanks for everything and everyone; write a “G-List—Gratitude List.” This primes the pump for your “Divine Downloads”—the flow of creative inspiration. The ritual and practice of expressing gratitude are the bookends to this writing practice.
- Allow for a question to emerge. Be patient if one doesn’t come immediately...it will.
- Think of a person (living or crossed over) with whom you’d like to connect. Consider drawing an oracle or angel card to serve as a creative prompt for the right experience to emerge.

Intuition Exercise 2: Ask a question.

- Visualize the person you are connecting with, perhaps seeing them sitting in a chair near you. In your mind’s eye, look at them. You’re now ready to move to...
- Asking them—what do I need to know to know today for my best and highest good about (state your issue, problem or question)?
- Write the answers or solutions that come to you.

Stage three: Practice Divine Dialogue Writing

Write using a pen or pencil. Handwriting engages more of your brain. *“One key difference is movement. This involves the motor cortex of the brain so...you are using more of your brain.”* – Dr. Marc Seifer, writer, university lecturer, and handwriting expert

Intuition Exercise 3: Write without judgment.

Know that your words are always perfect and of value. The Divine Dialogue will answer your question for your highest and best good.

Intuition Exercise 4: Work with indirect (symbolic) intuition.

Draw a symbol of the answer(s) to your question if you don’t want to write.

- Trust your intuition; all negative thoughts usually come from ego—avoid!
- No editing allowed! Spelling doesn’t count! Keep your hand moving until it stops!

Stage four: Give Gratitude

Intuition Exercise 5: Focus your love.

- Breathe, focusing on your heart. Use your intuitive senses to know that the gift of clarity has been gifted you. Love and bless yourself as trustworthy and deserving, and be grateful and give thanks to the “divine other” with whom you are connecting. Write your AAA List: Always Appreciating in Advance™. Gratitude practices are the bookends to the Divine Dialogue Writing System™.

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Favorite Resources from Lore (like “story”) Raymond

This complete set of resource materials can be downloaded for *free*, no email needed, at any listed website.

Stay Connected:

LoreRaymond1313@gmail.com * LoreRaymond.com * amazon.com/author/loreraymond

Program:

Eat, Pray, Write: Women’s Tuscan Writing Retreat

You’re invited to join me and Michele True in her ancestral home this September 13-18. All 13 sacred spaces are now reserved and a wait list has been started. Can’t attend? Sign up on the site to get updates, inspiration, and VIP notices of our 2020 Retreats. >> www.EatPrayWrite.net

Books:

- *Awakening the Heroes Within*, Carol S. Pearson
- *The E*MO*TION*ARY: A Dictionary of Words that Don’t Exist for Feelings That Do*, Words by Eden Sher, comics by Julia Wetz
- *The Hero with a Thousand Faces*, the collected works of Joseph Campbell
- *Sacred Traveler Oracle Cards*, Denise Linn
- *18 Minutes: Find Your Focus, Master Distraction, and Get the Right Things Done*, Peter Bregman
- *Writing Medicine: The Must-Have Guide for Your Hero’s Journey to Inner Healing*, Lorraine Raymond, For Release Summer 2019

Articles:

- Taking Charge, Exercises for Developing Your Intuition, Author Sharon Franquemont <https://www.takingcharge.csh.umn.edu/activities/exercises-developing-your-intuition>
- 7 Tips to Stengthen Your Intutiion and Take Soul-Inspired Action, Author Jack Canfield, <http://jackcanfield.com/blog/cultivating-intuition/>

Online Groups:

- **Writer’s VisionQuest:** Transform Your Words into Somewhere Brilliant—free, private Facebook group for women hosted and guided by Lore Raymond
- **Binders**—several Facebook groups including Binders Full of Women; Binders Full of Creative NonFiction; Binders Full of Writing Teachers; Binders Full of Writing Jobs and; Binders Full of Religion/Spirituality Teachers

Writing for Understanding: A Christian Psychic's Journey

By Alexis Donkin

Sometimes the best way to understand yourself is through externalizing your experience. This can be done by just talking to a friend, or any kind of creating. Writing, however, was my silver bullet. This can be journaling, but I found it doubly helpful to write books.

Books that have been helpful for understanding myself and my latent psychic abilities have varied from fantasy epics to memoir to my interfaith devotional. These helped me unpack big moments and life undercurrents or themes, including uncovering and accepting my intuitive abilities.

Daily situations, however, can be worked out through journaling.

Helpful Journal Prompts:

- What do I want my ideal life to look like?
- Where am I happiest?
- What activities feed my soul?
- Who inspires me? Why?
- What brings me joy?
- What lessons does this experience have for me (especially useful during a life challenge)?

Exercises

Rewriting your story or Reframing: Take a situation in your life, it can be from the past or even something that happened earlier today, and “rewrite it.” There are two ways to rewrite your story. You can start from an attitude of “gratitude” or you can “visualize a different outcome.” Both can be beneficial.

1. To rewrite using gratitude, first write down the situation. Go back and think about all the positive outcomes that came from this situation. Then write “I am thankful for...” every single positive thing that occurred. For example, if you had to clean up baby puke from your shirt and floor, you might rewrite it this way:

I am thankful my baby had an abundance of nutritious food to eat. I am thankful I have many clean shirts in my drawer I can wear. I am thankful for towels and clean water to clean my floor. I am thankful I have a healthy baby.

As you rewrite your stories in this way, really feel the gratitude. Then, watch how your mood and perspective shifts!

2. To rewrite your story to visualize a different outcome, at the end of the day (or any time after a certain event or situation), imagine the best possible outcome for that situation. Take however long you need to write every detail you can about the ideal outcome, while really feeling the experience. When you do this, you help your mind to create new pathways and change behaviors in the future. This practice works best when done consistently so that the new desirable behaviors become second nature.

AlexisDonkin.com

For example, let's say your child wasn't getting dressed. You yelled at her, which only made her more upset, and which in turn, caused everything to take longer. Because everything took longer, the child didn't get to eat a complete breakfast. She was late for school and you were late to work.

You might rewrite it this way:

This morning when Kiddo didn't want to get dressed, I got down on her level and suggested I help her get dressed. She happily let me help her, and then brushed her teeth easily. We had a good breakfast, took our vitamins, and chatted about the things we planned to do today. When it came time to get her shoes on, I asked her to race me, and I let her win, which made her excited. She easily put her jacket on and we got into the car. At school she happily went to line up for class, and I easily made it to work on time.

Writing the new behaviors down helps you to remember what to do next time, which makes the new story much more likely to happen in the future. It also makes space for you to forgive yourself and let go of past undesirable actions.

3. **Writing Mindfulness:**

This exercise is structured free writing. In this exercise you simply take a few breaths and center yourself in the present. Take time to notice the things around you and enjoy what is. When you're ready, write about the things you notice around you.

This exercise helps you become more fully present in your life, and when done consistently, can increase your overall happiness and life satisfaction because you learn to enjoy what is.

Resources from Alexis Donkin

Websites and Contacts:

The following are organizations and individuals that can help you transform your current situation, promote healing, resilience, honor, and in some cases, develop your intuition.

Alexis Donkin's website includes blog posts, a free digital resource library, as well as a shop with digital resources for acceptance, worthiness, forgiveness, and more:

<https://alexisdonkin.com>.

Alexis can be contacted directly for individual coaching, group coaching experiences, as well as readings via email at alexis@alexisdonkin.com.

Shawna Ayoub Ainslie teaches online courses that help transform challenges and accessing your voice: "Writing through Trauma to Truth," and "Finding Your Voice, Blogging Your Niche" can be found here: <https://creativewritingcenter.com/online-writing-course/>.

Shawna can be contacted for private coaching on transforming trauma through writing at shawna.ainslie@gmail.com.

Elaine Mansfield's grace-filled work focuses on working through and living with grief:
<https://elainemansfield.com>.

Books by Alexis Donkin:

- *Thrive: How I Became A Superhero*—a memoir with lessons on resilience and reframing in every chapter. Available on Amazon.
- *Transform to Thrive: 32 Days from Victim to Superhero*—the associated journal/workbook with THRIVE that has prompts and practices to help transform one's perspective and life. Available on Amazon.
- *Six Degrees of Separation: 42 Days Through Faith*—the 42-day interfaith devotional with daily contemplations and excerpts from holy texts of the six most popular world religions to help deepen empathy and compassion. Available on Amazon.
- *Divine Heresy: TBD*—Alexis' work-in-progress on navigating Christianity and psychic abilities helps individuals embrace who they are in their spiritual journey and offers specific practices for developing and exploring your intuition. Visit Alexis's website or social networks for book updates and publishing details.

AlexisDonkin.com



**Beyond Imposter Syndrome:
Healing Self-perception to Allow the Flow of Creative Intuition
By Michele True**

“We live in societies that if we are not true to ourselves, someone else will determine the truth for you and that sucks!” -Malebo Sephodi

Do you have or have you had Imposter Syndrome?

YOUR QUIZ

1. Do you credit your success to luck, timing, or computer error?
2. Do you believe “If I can do it, anybody can?”
3. Do you agonize over the smallest flaws in your work?
4. Are you crushed by even constructive criticism, believe that it is evidence of your ineptness?
5. When you do succeed, do you secretly feel like you “fooled them again?”
6. Do you worry that it’s a matter of time before you are “found out?”

If you answered yes to any of these questions, it is likely you have had or are currently dealing with imposter syndrome.

MicheleTrue.com

What is Imposter Syndrome?

- Intense feeling(s) that others have an inflated perception of your abilities
- Convinced you're a fraud, or do not deserve success
- Proof of success is dismissed as luck, timing, or as a result of deceiving other into thinking you are more intelligent and competent than you believe yourself to be.

Possible Causes of Imposter Syndrome

- Different family structures that are verbally and/or physically abusive
- Cultural beliefs that created feelings of being less than
- Perhaps education was not a priority
- Being a woman, minority, disenfranchised or marginalized

What does Imposter Syndrome have to do with healing medicine and intuition in writing?

Overcome Imposter Syndrome to Get Your Intuitive Self and Your Center of Creativity

- Non-verbal communication photos of hesitation/fear
- Non-verbal communication photos of empowerment
- Imposter to Hero pose: Link to Amy Cuddy Ted Talk below
- Why: Testosterone and cortisol levels—too much of one and too little of another feeds the imposter syndrome
- CURE: Change your chemistry through Hero Pose, then--
- Develop a sense of belonging
- Make connections outside of yourself in your specialty
- CONNECT with yourself to reach that “white-hot core of creativity” that Robert Butler uses in his connected writing theory
- Develop and stick with a personal ritual.

Now Write, Write, Write...Write!

“You must always keep changing your process! Because there are two of you, one who wants to write and one who doesn't.” - Maria Irene Fornes

- Writing is art. Art comes from your core, that “white-hot center of creativity” where everything you've ever processed is jumbled up together and eagerly waiting to be tapped.
- Getting there is a process, a daily process where we shed defense mechanisms; kick that one who doesn't want to write out of the room and dismiss the imposter monster.

MicheleTrue.com

- How to get into the the zone, tap the flow, reside in that sweet spot of word whirls is through repetition. Repetition is ritual. Create your own ritual before you write. Every panelist here today offers inspired examples for you.

My Personal Ritual

I do the following EVERY DAY, even if only for 20 minutes—which often stretches into five hours:

- I enter my writing area (it doesn't need to be enormous or fancy. Stephen King wrote some of his best work in a small hallway.)
- I make sure the dogs are fed and have all their needs met, then they gather around my chair.
- I fidget with the stapler, the mouse, clear off anything that is not related to my current creation.
- Then, I light a candle and meditate. Sometimes for one minute on the flame, sometimes a guided meditation by Deepak Chopra.
- I draw an Archetype Oracle Card and ponder how the message of the card comes into my creative, intuitive process.
- Most importantly, I TURN OFF MY CELL PHONE, PUT A SIGN ON MY FRONT DOOR THAT I'M WRITING SOMETHING PHENOMENAL, AND TELL MY HUSBAND THAT UNLESS HE'S BLEEDING FROM A MAJOR ARTERY THAT HE'S NOT TO INTERRUPT CREATIVE GENIUS.

Then I write. If I hit a moment of “Sh**,” the words just disappeared!” I get up and do dishes. As in, fill the sink with hot soapy water and wash, rinse, repeat by hand—because it's a rhythmic, non-cerebral activity that puts me in a sort of trance and then the words bubble up. I'll leave the dishes at that very moment and sit right back down to write. (If all the dishes are clean, I wash then again. It's not about the dishes--it's about the trance.)

MicheleTrue.com

CONFIDENCE RESOURCES for WRITING MEDICINE Rx

from MICHELE TRUE

Stay Connected:

MicheleTrue.com * Michele@MichelTrue.com * Facebook >> Eat Pray Write

YouTube:

- Deepak Chopra's *Go-To 3-Minute Meditation to Stay Focused*
<https://youtu.be/4Bs0qUB3BHQ>
- Any TedTalk by Amy Cuddy, including "Fake it 'Til You Make It."
<https://youtu.be/RVmMeMcGc0Y>

Books:

- *Presence: Bringing your Boldest Self to your Biggest Challenges*, Amy Cuddy
- *From Where You Dream: The Process of Writing Fiction*, Robert Olen Butler
- *Writing as a Way of Healing: How Telling Our Stories Transforms Our Lives*, Louise De Salvo

Program:

- *Eat, Pray, Write: Women's Tuscan Writing Retreat*
You're invited to join me and Lore Raymond in my ancestral home. Writing Sisters will gather in the medieval village of Arcidosso, Tuscany, this September 13-18. All 13 sacred spaces are reserved and a wait list has been started.
- Can't attend? Sign up on the site to get updates, inspiration and VIP notices of future 2020 retreats. >>www.EatPrayWrite.net

Other:

- Archetype Cards, NYT Bestselling Author, Medical Intuitive, Caroline Myss
(Archetypes are ancient, universal patterns of behavior that are embedded in what Carl Jung called the "collective unconscious." Caroline Myss has created a unique set of 80 Archetype Cards, each individually designed to provide the basic Light and Shadow Attributes of a different Archetype. The deck also contains six blank cards on which you can create your own Archetypes.)

MicheleTrue.com

USING WRITING TO WAKE UP THE KID IN YOU

By Tawni Waters

“If you carry joy in your heart, you can heal in any moment.” -Carlos Santana

WHY DO WE CREATE? ART AS AN ACT OF LOVE

In its earliest incarnations, art was a way of connecting humankind to humankind, a means of immersing humanity in the sacred. Whether it manifested as cave paintings, or songs sung during community rituals, or stories told around tribal fires, art was a way of reaching out to one's brothers and sisters, and up toward the infinite. This notion of art carried through for much of human history, until the modern era, when art became a way of separating artist from audience, elevating star above fan.

Instead of reaching out, artists began reaching down. Instead of reminding their brothers and sisters that they were beloved and precious, artists began to strive to make themselves bigger and better than anyone else. Stages and billboards and mass media turned tiny people into monsters, celebrities so much larger than the struggling mass of humanity. If you were good enough at your art, you could get a zillion dollars, a mansion, a maid, a yacht, and an entourage of supermodels. That became the goal. Art was homogenized and turned into commerce. It lost its power to unite and began to divide.

This is just one of many symptoms of the fact that humanity has lost sight of its identity. We have traded meaning for money. We long for popularity more than connection. We crave cold, sterile cash more than warmth and love. We want instant gratification more than survival. And so, our planet is in its death throes.

I believe artists have a special calling in this tumultuous time. It is not to make ourselves famous. It is not to make ourselves rich. The last thing this dying world needs is another celebrity. The last thing the suffering mass of humanity needs is another one-percent-er sucking up all the resources.

What this world needs more than anything right now is love. It needs to be reminded that we are all in this thing together, that when I hate and destroy you, I hate and destroy me, because we are trapped together on this beautiful blue green speck in space, and as of now, it is the only speck we have. If the ship goes down, we all go down with it, regardless of race, socio-economic status, religion, sexuality, or worldview. Our world needs to be reminded that all things are connected, that my consumption-based lifestyle has an impact that goes much further than my own existence. That my choices can have ramifications for the survival of entire planet full of wondrous, miraculous, billions-of-years-in-the-making life.

I believe in doing everything I do, be it teaching, speaking, writing, or performing my art, as an act of love for my brothers and sisters, my fellow earth creatures, my sacred planet. I believe my art is an act of service, not an act of self-aggrandizement. I strive to help those I touch to see the beauty inherent in their intricate humanity, to understand the power of their own voices, to recognize not my greatness, but their own. **(TawniWaters.com)**

May my art be of service. May my teaching heal wounded hearts. May my performances open doors to sacred realms. May my voice join with the millions of warriors of light who open their mouths now to speak with me. May our anthem rise, a song to the cosmos, that drowns out the scream of warplanes and commodification and ignorance. May we hold hands. May we lift our faces to the light. May we walk into the darkness and return with guidance for our brothers and sisters. May we offer our art as a sacrifice on the altar of love.

May we save the world.

P.S. When I present this song, I am always asked by presentation attendees for the link to the video I shared, so in case you are one of those who might be looking for it, here is Passenger's "Scare Away the Dark." <https://www.youtube.com/watch?v=cWKTFuAFcOY>

BUTTERFLY STORIES:

AN EXERCISE TO WAKE UP THE KID IN YOU AND YOUR STUDENTS

I try to help myself and my students connect with a sense of play before writing. Nothing squelches creativity faster than telling yourself what you produce has to be "good." I try to do something that is really hard to be "good" at—something that students will never be able to publish or share at an art exhibit. This is just creativity for the joy of it, for its own sake.

1. Draw a big butterfly with big wings on a piece of paper. It doesn't have to be "good," but make sure you leave room to write on the wings. Write "Caterpillar/Beginning" above left wing and "Butterfly/Transformed" above the right wing.
Think of a story of something that happened in your life that changed you.
2. Now, get out your crayons or colored pencils. This part is just play. Remember, your butterfly doesn't have to be pretty. I want you to pretend you are a child, and this is just creating for the sake of creating, for the sake of self-expression. You never have to show this to anyone, although if you really like it, you can always ask your mom to hang it on the fridge. On the left wing, jot down sensory details about how things were at the beginning of your story.
3. If I were writing about the day I found out my mom had cancer, I would jot down all of my memories, including the details, and I would use my five senses, starting with stepping off the plane in Philadelphia to teach at a retreat, which I did right before I found out my mom had cancer. I might write "HOPE" in blue, because I was really excited about the retreat where I was about to teach. I might write "smell of cinnamon buns" in red because that's what I smelled when I got off the plane. I might write "taste of bad coffee" in brown because I bought bad coffee on my way out of the airport. I might write "heart pounding" in pink because my heart was pounding. I might write "yellow flowers tangled around post in parking structure" in yellow. You see how this is going. I would just brainstorm everything I could possibly remember from that day, especially details that mirrored my feelings of hope and excitement and put them in the wing as a colorful reminder of the memory. (**TawniWaters.com**)

4. On the right wing, jot down sensory details about how things were at the end of the day, after I received the call. I might write, “Tawni, I have cancer,” in black, which is my sensory memory of the words my mom said when I answered her call. I might write, “asphalt sizzling in unforgiving sun” in yellow because I was sitting in a car, staring at a parking lot as I heard the news. I might write, “punched in gut” in red because, “*man*, it felt like I had been.”
5. Now that you’ve gotten your creative juices flowing, and gotten in touch on a primal level with the memory you want to write about, look over the details you’ve scribbled on your wings. Weave them together to write a story about your transformation. If you don’t know where to start, begin with one of those details you scribbled on your “beginning wing.” I might write, “I am stepping off the plane in Philadelphia. The smell of cinnamon buns fills my senses, and my stomach rumbles, reminding me that I skipped breakfast...” If you don’t know what to write after that, pick another detail. You might be surprised at how easily this story weaves itself together, and at how healed you feel when you get to the end, when you have connected with your innate creativity and told your story. Because your story *does* matter.

RESOURCES FROM TAWNI WATERS

Stay Connected:

tawniwaters.com, tawniwaters@yahoo.com, tawniwaters.wordpress.com

Tawni Waters’ Books:

- *Beauty of the Broken*, Simon & Schuster, 2014
- *The Long Ride Home*, Sourcebooks Fire, 2017
- *Siren Song*, Burlesque Press, 2014
- *So Speak the Stars*, Texture Press, 2019

Tawni Waters’ Program:

- Writing to Reclaim Your Sacred Self, Long Weekend Intensive, May 2-5, Albuquerque, NM; Center for Creative Living * Details >><https://bit.ly/2u30URS>

TawniWaters.com