

More Information about the Writing Practice

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The prompt

Choosing a prompt can be either intentional or spontaneous. Anything can be a prompt! - something that jumps out from a poem or an article that we read, a word, phrase or sentence that occurred to us, a feeling that we wish to explore and so on. Here are some examples of prompts that we have used: "I have been dreaming...", "Dear _____. Welcome." and "Being kind to myself feels like..."

To choose a prompt in a group, we can each bring our own prompt and we decide collectively which one to use. We are free to use our own prompt in any case. It is also perfectly okay to come without any prompt and just go with the flow.

Writing

We can write in any way that we want to, short sentences, long sentences, repetitions, short pauses, long pauses, stopping, starting again etc. The recommendation is to write mindfully and freely, noticing anything that comes into our awareness and pushing nothing away. When we feel stuck with the writing, repeating the prompt may help. We can also write down how we feel about the prompt - I feel stuck! Or I hate this prompt! And it may flow from there.

We may notice the presence of the inner critics judging our writing and urging us to write better. We may like to hold this part of ourselves that wants to protect us with understanding. If this does not feel accessible, we could try inviting our hardworking internal judge to take a break and have some tea elsewhere.

Sharing

Sharing is entirely optional. We could choose to read either what we have written, fully or partially, or share our experience of the writing that just happened. When we do not wish to share, we trust that our presence and our listening ears are enough.

We can choose if we want to respond to another's sharing. When we do choose to do so, we respond from our feelings and our knowings, instead of comments or remarks which may feel evaluative, as much as we can.

More resources

And lastly, for those of us who would like to find out more about Writing as Practice, you can check out the work and teaching of Natalie Goldberg. However this is not a prerequisite to join the circle. It is completely all right to come without any prior knowledge or experience of this practice.

Looking forward to meeting you in the circle! 