

## Become inspired and just write

1. Don't think too much about writing, just begin
2. Our best ideas come when moving the body
3. Beginner's mind, observe
4. Don't get caught by your or others critique
5. Use adversity as fuel
6. You don't have to be in the mood to write
7. Write as if in conversation (dialogue) not as monologue
8. 'Good' writing isn't always better writing- be willing to write badly
9. Get out of the way so you can let your hand flow. Don't judge it.
10. Don't make writing a big deal – every moment is an opportunity
11. Get it down, don't think it up...writing to impress
12. Develop interest in life as YOU see it
13. Forget yourself and just write
14. Be concerned about the accuracy of the observation as opposed to whether the reader will 'get it' and see how brilliant you are
15. Instead of being an act of pontification, writing becomes an act of revelation
16. Let writing write through you and lose the 'I'
17. Listen and write instead of speaking and telling someone something
18. Writing is an act of dictation, not giving it
19. Words give us power
20. Restock your pond of images by going on artist dates with yourself, alone.
21. Use all your senses
22. There are still gems in first drafts so don't press delete
23. Don't plan and structure, just write and it will emerge later
24. Let the story parts (the characters) emerge as the writing seeks wholeness through you
25. Work with a general structure in 3 ways a. Meet the characters and set a question, b. Watch the question play out through time, c. The questions are answered
26. Writing is a personal and solitary act
27. Get a general sketch and gradually fill in the details later
28. Writer's block = serious, doubt, the need for validation, being great, being alone
29. Writing is not a lonely act, it reconnects us with the inner compass. Not writing creates self-obsession and self-obsession blocks connection to self and others
30. Writing gives us a place to say what we need to say
31. Write most mornings by hand, whatever comes to mind, as a meditation, a witness to what's happening right now. Catch your mind before it defences up. Let morning pages change your life
32. Don't be a disciplined writer, just snatch at time
33. Don't be afraid to reveal your inner worlds
34. Writing is primal, naughty, revealing. Let the voices out, whatever age they may be
35. Writing is about energy, about perfect imperfections, about humanity
36. Writing becomes 'just do it' and 'hey let's dance' – so get on the floor and make fun and mess
37. Writing is a 3<sup>rd</sup> instinctual drive – 'feed me', 'touch me' and 'let me tell you how it feels'
38. Write what you see and feel – good writing comes from good notes and observations

39. Writing turns passive into active. By understanding circumstances, we place events within the ongoing context of our own life- the life we own
40. Writing = owning up and accepting responsibility
41. Writing connects the self with the self
42. Withholding writing something is only a part of one-self playing power-over with another part of oneself
43. Remember your right to write
44. Write with the intention to connect to self and others
45. Writing tells us we are not powerless
46. Be portable and flexible – when writing dominates life, relationships suffer and so does the writing
47. Writing opens the door to inspiration and spirituality and streams of insights beyond our routine thinking
48. Writing blends the creative with the mundane
49. Don't get attached to your writing and call it your own, just stay in the mode of expressing yourself. You were made to just do this
50. 'ok universe, you take care of the quality and I'll take care of the quantity'
51. Let the great author do its work through you and don't seek to co-opt the power that can enter the world through your hand
52. Explore the whole – integrate – and work with the paradoxes
53. Keep on remembering that writing 'for the love of it' is the antidote to credibility attack
54. Place is the most pivotal fact of connection so be willing to disclose its details
55. Mapping your physical placement opens the gateway to accurately mapping your psychological placement
56. Write about ignorance, grief, anger, shame, fear, but don't forget about JOY
57. God is in the details
58. It's impossible to be honest and boring at the same time
59. Am I saying what I mean? Am I glossing over anything? Am I giving a part answer instead of a truthful one? What truth am I blurring? What am I afraid to simply say? What am I unwilling to face?
60. When we write honestly, the writing heats up
61. Begin by honestly asking questions. Answer until you arrive at an honest answer
62. Honesty always has paradox...conflicting feelings...so don't hold back from expressing the yes and the no
63. Vulnerability in writing is health. It undoes the grandiose pompous and shifts patterns we have outgrown
64. Make writing a daily habit
65. Don't develop uniqueness, you are already unique, just write regularly, repetitively and from the gut to discover and reconnect with yourself
66. Write first and freely, then scrutinize and edit- reshuffle paragraphs etc.
67. Write as if in a live performance and don't get caught in perfectionism
68. Allow writing to be a process that helps you process
69. Writing consistently as a practice is the key to mastering the instrument that is you
70. Very few people know how to give constructive critique so don't let just anyone read your writing. Practice containment whilst seeking safety and encouragement necessary to sprout your kernel
71. The love of naming our experiences must be the guiding force in what we put on the page
72. Don't write from fear of criticism, we hamper our stride and cripple our voice. Seek safe friends to read your work
73. Good writing can be destroyed by bad criticism- know your dangerous reader friends
74. Sound and sight is a great way to start or end a piece. Our lives have sound tracks- be inspired by sound and music
75. Don't write to say something new, just express your humanness

76. Writers need to be anchored in routine, have jobs, hobbies. Too much self involvement and we lose touch with our involvement in the world - Stay busy
77. In order to bloom we need a root system
78. When we centre our writing lives on our writing instead of on our lives, we leach both our lives and our writing of the nutrients they require
79. In the beginning there was the word and through every word runs power
80. Your characters are all the parts of the whole. Stay open to which character is needed and when
81. Have a writing station for different moods
82. Get support from friends
83. Write with a friend across from the coffee table
84. Make the stakes high in your writing. It's more gripping to read. What do the characters gain to win or lose? What are the risks and what causes the character (the values system) to take that risk
85. Write what you care about and something that has charge in it, and relates to the deep roots of your values.
86. Writing calls forward ideas, not ideas calling forth the writing
87. Writers can become addicted to procrastination. It gives them something to do instead of writing – self-loathing
88. Information and the information age is receiving, but writing is an outward flow of inner-tuition
89. Don't write too many structural notes, but just enough
90. Pray for the willingness to write
91. Start with the facts, the first sketch, and then do the interpretation of them
92. Write a narrative time line of your own life – 5 year intervals in one hour segments
93. Taking the time to write how we feel helps us to know how we feel
94. Commit to writing 20 minutes minimum of morning pages – write without thinking, stay in the flow

Notes by Nic Morrey from Julia Cameron's The Right to Write