

A lush, dense forest with a stream and ferns. The scene is captured in a cinematic style with a blueish tint. In the foreground, a stream flows over rocks, creating a small waterfall. The middle ground shows a path leading through the forest, with two people standing on a rock. The background is filled with tall trees and dense foliage.

*FIVE SUGGESTIONS
FOR CREATING A
SACRED WRITING
SPACE*

by Donna May

Psyche's Call with Donna May

1. IMPORTANT TO HONOR YOUR WRITING TIME!

2. SACRED:

Writing is a way to tap into the imaginal and the soul realms inside of you ~ There are certain kinds of writing and rituals that will help honor this: a. For journal writing, including

- i. Reflective time, of thoughts and feelings about personal experience;
- ii. If in a Recovery program of some kind, writing is one of the key steps to ongoing recovery effort;
- iii. If you practice Julia Cameron's writing pages, to help tap into creativity;

3. FIND A PLACE THAT IS SAFE, SUPPORTIVE & QUIET – SAME PLACE EACH TIME

- a. A favorite place
 - i. Room;
 - ii. Chair
 - iii. Bed
 - iv. Couch
 - v. Desk
- b. Lighting
 - i. Dimmed?
 - ii. Bright?
 - iii. Candle
- c. Create a mini-altar:
 - i. Candle
 - ii. Flowers/Plant
 - iii. Statue
 - iv. Favorite Rock, feather, etc



d. Music – Setting a mood/altered consciousness

i. What works for you

1. Ie, for me, I love Nakai/Native Flute Music/New Age
2. (YOU: whatever gets and keeps you in the mood)

4. TIME – KEEP A REGULAR WRITING TIME/LENGTH OF TIME

a. Morning/Afternoon/Evening/Late at Night – find what works for you where you will stick to it, not be interrupted;

b. AM, before others are up for the day

i. Quiet

ii. Daily Thought &/or Writing Prompts

iii. Record and tend your dreams

1. GREAT source of writing!

iv. Starts the day off in a great way

1. Opens the portal of imagination/soul

2. Connects you with spirituality/soul

3. If you do journaling, unloads any worries/anxiety left over so you can focus better during the day

4. Acts like a kind of meditation

c. AFTERNOON,

i. A “time out”/break from

1. Children (while napping, at school, etc)

2. Work – lock the door during your break time

3. Sometimes, this is the time of day when folk are alone and have the most energy!

d. EVENING/LATE AT NIGHT:

i. Writing as journaling, to let go of the bothers and stress of day, so you can move on;



ii. Writing as 10th Step – Recovery program “continued to take personal inventory, and when we were wrong promptly admitted it (many do this via journaling/writing)

iii. Time to incubate dreams – set intentions for what you questions, to be answered in the dream. iv. SOME HAVE THEIR MOST CREATIVE & PRODUCTIVE TIME, LATE NIGHT/EARLY AM.

5. WRITING STYLE:

a. Ice Fishing Method: fast, without censoring;

i. First Thoughts

ii. Autonomic writing

iii. Creating an opening so you can go deeper within, to tap your imagination and stories

1. Personal/memoir

2. Characters

3. Story ideas

4. Poems



Inspirational Quotes About Writing

“Your sacred space is where you can find yourself over and over again.” – Joseph Campbell

*“There is no greater agony than bearing an untold story inside you.” — Maya Angelou, *I Know Why the Caged Bird Sings**

“I can shake off everything as I write; my sorrows disappear, my courage is reborn.” — Anne Frank

“Fill your paper with the breathings of your heart.” — William Wordsworth

*“Write what disturbs you, what you fear, what you have not been willing to speak about. Be willing to be split open.” - Natalie Goldberg, *Writing Down the Bones: Freeing the Writer Within**

“You fail only if you stop writing.” - Ray Bradbury

