



January 2022 : INTEGRITY

“Happiness *is* our potential, the product of a mind that’s allowed to think as it needs to, that has enough of what it requires.”

- Katherine May, *Wintering*

Note: In 2022, we will only be meeting for quarterly Gatherings.

The next Gathering will be on Sunday April 3rd, 2022 : Registration will open up next month.

Access all recordings for our monthly Gathering, workshop notes, and downloads on the Lotus & Pen Perks Page (plus lots of other goodies).

Questions? Feedback? Want to work 1-on-1? :: heatherdemetrios@gmail.com

Not a newsletter subscriber? Join here: <http://bit.ly/give-me-flow>

Integrity & the Modern Writer

Integrity: *The state of being complete or whole. (from Merriam-Webster)*

- Martha Beck, *The Way of Integrity*
- Jenny Odell, *How to do Nothing*
- Robin Wall Kimmerer, *Braiding Sweetgrass*
- Alice Waters, *We Are What We Eat: A Slow Food Manifesto*
- Barbara Kingsolver: *Animal, Vegetable, Miracle*
- Katherine May, *Wintering*

Lessons From a Journey in Integrity

- “Integrity cleanse” (Beck)
- Beauty and healing and prepping for wintering (plants) → interest in and care for the back yard → weeding = healing? Yes! → Thinking about where things come from / grow / the environment / the seasons → connection to local community → Begin reading about food / ecology / environmentalism → finally signed up for a CSA and made decision to eat as seasonal and local as possible → small steps = food choices, where I shop, reusable bags, etc.
- **How did this show up in my process / on the page?**
- Slowing down in all areas of life → realized just as there is “fast fashion” and “fast food” there is “fast fiction” → **begin seeing my inner landscape as a kind of ecology (creative, mental, spiritual, emotional, etc.)**
- This led to Haiku practice, writing by hand, resisting the “attention economy” (got off Instagram). Etc.
- More spaciousness for my writing
- Better words on the page → not hustling anymore



Our Process and Integrity

- Holistic
- Mindful
- Granular
- You are a writer 24/7
- Alignment
- Personal Power

YHAP On-Demand Course

Find out more here: <https://heatherdemetrios.com/offerings/yhap-mentorship>

Beck Inner Teacher / Essential Self

- I often refer to this as “calibrating our inner compass to point to our North Star”
- Connecting to the body and bypassing the mental terrain where the inner critic, the shoulds, and your mother live
- “Psychological suffering always comes from internal splits between what your encultured mind believes and what feels deeply true to you.” (Beck)

Beck Inner Teacher Exercise

This is in her book, The Way of Integrity – I’ve simplified here for our purposes

Step 1: Say the following to yourself....

I am meant to [insert something you don’t like doing] “I am meant to call my health insurance co.”

Step 2: Notice how the body feels when you say this.

Step 3: Say the below to yourself.

I am meant to live in peace.

Step 4: Notice how your body feels when you say this to yourself.

Working with these phrases, you can begin to really feel and listen to your inner teacher. The first sentence is always whatever activity you want to explore for an integrity gut check, and the second sentence is always the same.

This first time through, you’re establishing ground zero for how your inner teacher / essential self / integrity feels when it’s in and out of alignment. You can keep coming back to this ground zero when you need to refresh your memory.

Quote Explorations

These can be done as “pebble meditations” and as journaling exercises to suss out where you’re at with your integrity on a holistic level.

“Unless we are vigilant, the current design of much of our technology will block us every step of the way, deliberately creating false targets for self-reflection, curiosity, and a desire to belong to community.”
Jenny Odell, *How To Do Nothing*

"That's all magic is, really: the space between what you have and what you need."

Alix E. Harrow, *The Once and Future Witches*

“When cheapness becomes the priority, it's also hard for people to tell if what they are buying has been made with integrity. Part of the issue behind cheapness is that we have no sense of craftsmanship. We don't know how many hours or materials went into producing our smartphone or our space heater, or even our chest of drawers. And once you can't imagine how things are made, you are free to have an utter fantasy that everything can and should be cheap.”

Alice Waters, *We Are What We Eat*

"For me, writing is an act of reciprocity with the world. It's what I can give back in return for everything that has been given to me."

Robin Wall Kimmerer, *Braiding Sweetgrass*

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Resources

My newsletters! <http://bit.ly/give-me-flow>

You Have A Process course: <https://heatherdemetrios.com/offerings/yhap-mentorship>

My blog posts! <https://heatherdemetrios.com/blog-posts>