



April 2022 : Rejuvenation

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>

“All sorrows can be borne if we put them in a story, or tell a story about them.” - Isak Dinesen

“My creative life is my deepest prayer.” – Sue Monk Kidd

Ways To Rejuvenate Amidst World Chaos

- Anchor / Explore parts of You Have A Process
- “sacred dawdling” – Sue Monk Kidd
- Writer’s Sabbath: <https://heatherdemetrios.com/blog/how-to-take-a-writers-sabbath>
- Cloud Cult’s music (great interview on On Being here: <https://onbeing.org/programs/craig-minowa-cloud-cult-music-as-medicine/>)

Exploration:

List of what delights you

Exploration: *Lectio Divina*

- “Divine Reading”
- Immersion with a sacred text
- Comes from the Christian tradition

“What world is this I now inhabit, and how shall I live in it?”

- Kate DiCamillo, *The Beatryce Prophecy*

Steps for *Lectio Divina*:

1. Read the koan, sacred text, or what you’re working with out loud.
2. Spend several minutes simply reading it over and over – slowly, as an object of meditation. Pay attention to your breath and body as you read it. (You’re not trying to “get” it, rather you’re becoming intimate with the text, just breathing with it)
3. After a few minutes have passed, pay attention to see if there is one image, phrase, or word that stands out to you. **It can be anything: we’re looking at how this particular piece of text acts as a mirror for your life.** There is no right or wrong. Any aspect of this this is particularly speaking to you is what matters.
4. Underline or write the phrase down.
5. Spend several minutes being present with just the words you’ve chosen. Breathe. Repeat the words / word over and over. Let them live inside you for a few minutes. This phrase is your object of meditation. If you get bored or lose the words, return to them.
6. After a few minutes, write the words on the top of your notebook page. Take 15 or so minutes to free write about them, specifically about how they resonate for you, why you might have chosen them, how they’re a mirror in your life, what lessons or insights might they have for you.
7. If you get stuck, you can re-write the phrase and see what that brings up.
8. You can also write, “What I really mean to say is...” to help you clarify and be more articulate.

Mindfulness Work: Lovingkindness or Tonglen for Writers

- For writers in Ukraine, Afghanistan, wherever you wish
- Lovingkindness recording here: <https://insighttimer.com/mindfulnessforwriters/guided-meditations/lovingkindness-for-writers>
- Tonglen blog here: <https://heatherdemetrios.com/blog/tonglen-for-writers?rq=tonglen>

Recommended Reading

Dance of the Dissident Daughter: A Woman’s Journey of the Christian Tradition to the Sacred Feminine
(Sue Monk Kidd)

Poemcrazy (Susan Goldsmith Wooldridge)

The Pen and the Bell: Mindful Writing in a Busy World (Brenda Miller and Holly J. Hughes)

How to do Nothing (Jenny O'Dell)

Wintering (Katherine May)

When Things Fall Apart (Pema Chödrön)

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>