



Notes for Writers

Inside of you is a writer's voice that is deeply unique to you. Through school, being graded and learning to follow rules, you learnt to silence it. Perhaps you never even met it. You might not even know the sound, texture or rhythm of your unique writer's voice. It could be that you are so clouded over with judgments before you even put your pen to paper that you never actually even sit down to write a damn thing. Your journey to the heart of your writer's voice is a journey unique to you. There are no exact instructions for this path, it will go in the exact shape it needs to, for you to unfold and learn exactly what you need to learn. Here are a few things I have discovered and I give them to you, use them as you please.

Starting Out

There are many ways to start writing, however, when it comes down to it, the only way is to put pen to paper and start. Start messy, start in the part of you that has never seen a word before. Start in shapes and scribbles and do not take your hand off the page. You are coming to life. There are a few things that can help:

- Choose someone to write to and start sending them letters. If they are no longer alive, then simply burn the letters.
- Start a ritual of some sort around your writing. It could be that every day before anyone else is awake you rise, crisp as the dew on the lawn, before the critical voices of the day can catch you, and send a flurry of words out into the world.
- Start doing things for your writer's voice. Speak to other writers, have someone interview you, buy a pen and notebook that you love.
- Read deeply from a variety of sources, read everything you can get your hands on.
- As you are going about your day, if anything takes your attention, note it down, become an avid note taker.
- Do not be afraid of abundance. Instead amply apply words to the paper. Start in many directions.
- Then do not be afraid of discarding, cutting, deleting, throwing out. Regularly clear out sentences, words and whole paragraphs.

Weaving as A Writer

As a writer your job is weaving words together in a way that they have never been done before. Creating pictures, experiences and worlds that have never been seen before. Borrow ideas from

everywhere, especially yourself. Let ideas, topics, paragraphs and whole territories percolate. Leave them cooking, then reuse parts of them for other writing projects. Let your whole self write. When you are writing the first draft of anything, do not censor yourself. Be totally authentic in what and how you say anything. Use all of you.

On Not Whinging

This one's a little tricky and it will be clearer as you write and grow: do not whinge or whine in your writing. This makes it hard for readers and it is likely that if you continue falling into the trap of whinging, you will stop wanting to write as well. Whinging stops the thrilling rhythm of your own life force dancing onto the page. However, if all you have is whining at the start, then start there. It all needs to come out and you can cut it later.

Here is an example of whining:

“People are so caught in their heads these days, no one is feeling anything! Hello ! Is anyone home! This culture is destroying the hearts of people and no one cares. All they do all day long is stare at their phones and blink stupidly at the waitress behind the counter, then go home, put their feet up and blink stupidly at their TV screen, before falling into a dreamless sleep then doing it all again tomorrow, humans have become dumb”

... you get the idea and I am sure you have plenty more examples of when you know the writer is whining.

Not whining could be something like:

“Never before have human beings lived in such challenging times. The evolutionary arch is strong. Pulling every human into its gravity. Blindly carrying on as usual, has worn thin. Like an old shirt, we must look closely at the fabric of society. Nestling our noses, richly into the folds. Then, like a half forgotten dream, remember moment by moment that we invented this fabric. We wove the strands of this worn out shirt. Instead of complaining, we occupy that space of seamstress once more. Slowly, bravely unravelling what needs unravelling. Taking stock of our raw materials and starting to imagine anew, a social fabric that holds all of what it means to be human right now. A shirt that we can be proud to hand to the next generations. A brave new fabric that lays close to the skin of Gaia, aligning gently and fiercely with reality as it is right now. We do not need another set of rules to live by. Instead let us initiate ourselves in the hot breath of exactly what is now. Switching on all that it means to be fully human and to bravely find each other there...”

Always find Your Unique Voice

The point is to always find your unique voice as a writer. Once you gain confidence in your writer's voice, you can apply that to any writing project you choose; Letters, novels, articles... anything and everything.

No one can write what you have to write for you. If writing is too painful, if it sucks, if you find yourself sweating, all twisted up, distracted and certain that no one has ever felt this way about writing before... pause. Know one thing for sure... you are not alone and it gets easier, find your own way. Inch by inch, word by word, action by action. If writing was tortuous the whole way through, nothing would have been written ever.

Sometimes writing will unexpectedly start coming easily. Try forgetting all about writing and go and do something else all together. Go travel, talk with a friend, swim in freezing cold water, weed the garden. In fact, do anything that brings you to life. In that your writing will come to life also.

On Gaining the Reader's Trust

Writing is about learning to look with different eyes. Writing to capture the reader has a quality to it that the reader can relax into, it has a rhythm, a shape and is reassuring. The human mind is subtle and easily distracted. The reader's attention is held when you can meet their soul. The human soul is constantly hungry to be met. This is done through building the readers' trust.

No one will willingly read what you have to say. Reading is a deeply intimate act. Essentially the reader is letting you into the intimate terrain of their minds. They are giving you free access to arranging the furniture inside the comfortable rooms, deep within them that they are so familiar with. The rooms that house their spirit. If you use only your intellect to write. The reader will quickly sniff that something is off, get bored and go do something else.

If you abuse the reader through smacking them with things they should do, telling them constantly how wrong they are and how right you are and generally lead them down a darkening corridor, you will be slamming the doors to their hearts. They will feel violated and will not want to come back for more. If you are spinning cart wheels and weaving a world so far out of their grasp, running in all directions at once and breaking every rule they carry inside them on how someone, let into the privacy of their world must behave then again they will close up.

If however you find the other way. The way where you gently walk into them, softly yet confident laying your feet on the sacred grounds of their world view. If, water like, you rise up to quench their thirsty soul. If you tread as if you remember the first time another's lips touched yours. The first time your hot, tired feet touched cool, bare ground. If you walk within the reader with the deepest respect, as if you really want to know how it is in their world. If you are forever stretching out a welcoming hand, a gesture and offering of partnership. If you patiently stand and wait as if you have all the space and time and everything at your disposal. If with an undefended heart you genuinely await their permission to show them the shape what you have come to know.

Then no matter how heavy, terrifying, difficult, dark or harsh the subject is on which you write, you will find the way to capture the elusive soul of the reader. Suddenly you will discover it laying listening with attentive ears, and breathing in time with you.

In doing so you will show the reader something else and joyfully your writing will be received. It is such moments when writer and reader are bonded, the reason we continue to write and continue to read is found. Aloneness fades to a memory. The collective consciousness is nourished and one lone, simple

idea becomes part of the shared human experience. Not because what you have to say is right, simply because you have one line in the chorus of life that sweetly longs to be sung.

In this way we gently lay down our weapons against one another, we learn to listen with still ears and wise hearts. That way stories and writing becomes an essential ingredient to cultural revolution and the evolution of consciousness. One strand of a many stranded basket that will shift the direction of how we live together with each other and our one earth. No matter what you write about, learn to write it so that the soul of the readers hears it.

Ultimately writing is like coming home after a long day, sinking into your favourite chair and in easy company, unfolding yourself into the evening. Joyously, the day's events settle themselves into their rightful place, leaving you full and complete, primed to slip into blissful dreams. If, in your writing you experience a similar sensation, you know you are on the right track.

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