

Preparing for Writing

Some of you have worked with me before and some of you will be meeting me for the first time. For those of who are new, I wanted to say a few words about the kind of writing we will be doing together:

- Our writing will be rooted in writing practice, developed by Natalie Goldberg in her classic books, *Writing Down the Bones* and *Wild Mind*. Please take a few minutes to review the writing practice guidelines [here](#).
- We will alternate periods of writing with learning to listen to each other—not from a place of judgment or analysis—but from a place of focused attention and deep acceptance.
- We will share our words in small, confidential break-out groups online. Being witnessed is powerful and deeply empowering, but no one will be forced to read.
- The prompts I choose will be designed to help us meet this moment: to acknowledge our shock, grieve our losses, remember our strengths, express our gratitude.
- The writing in our class will be designed to keep the channel from your heart to your head to your pen open. There will be no critique or discussion of your work—this is writing from the heart to the heart. The goal of our writing exercises will be to record the remarkable stories of this moment, and to get in touch with your deep self, using words as a gateway to resource and insight. Please [watch the video here](#) about the rules of writing practice and reading out loud.