



Intuitive Writing

Intuitive writing is about feeling, not thinking. It is a form of raw expression. Pure creation with no boundaries or censors. It is joyful and transformative. It is waking up to the realm of infinite possibilities and celebrating your unique voice and offerings to the world.

10 TIPS FOR WRITING FROM THE HEART

- 1. Meet Your Inner Writer** — Welcome who you are as a writer. Invite all aspects of you to the writing party. Get to know them all. The more you know about yourself as a protagonist in your life, the better writer you will be. Be free to be who you are. No one else has your unique voice. Let it shine for the world to see.
- 2. Heart vs Head** — Intuitive writing is from your heart, not from your head. You don't have to power it out with your brain. You *know* more than you could ever *think*. Relax your thoughts, let them float by. Open up your heart. That is where your truest, most creative, and authentic expression resides. Trust your inner knowing.
- 3. Keep it Fresh** — Avoid routines when writing. Routines often mean we are unconscious. Write in different places and times. Hand write, use different types of paper, colored pens and markers. Combine art and writing. Move when you write. Listen to music. The more innovative you are, the more inspired your writing will be.
- 4. Enter the Unknown** — Be prepared to go beyond where you initially wanted to go to, to something new. Where you wanted to go is only the beginning and most of our beginnings are not what end up in our final writing, they simply start us on the path. Be bold. Unleash your imagination. Enjoy the quest.
- 5. Be Intentional** — Set an intention before you write. Ask yourself: What do you want to experience as you write this piece? What do you want to feel? Be specific. Write it out. This will be your compass.
- 6. Be Curious** — No matter how long you have been writing, there is always something new to be discovered. Let curiosity drive you. It's a journey in which you will reveal things about yourself as a writer and about your life.
- 7. Follow Your Energy** — Go where your energy leads you. Your energy is a good barometer for choice.
- 8. It's about Transformation** — Writing is all about transformation. You start in one place and end up in another. It is writing from an expansive perspective where you can heal and transcend pain into joy. Pay attention to the way in which you change as you write. You will be amazed at what transpires.
- 9. Befriend Your Fear Monsters** — We all have fears when it comes to writing. It takes courage to write from the heart and put ourselves out into the world, whether someone reads what we've written or not. It takes grit. Identify your fears and work through them. Ask yourself: What fears are blocking you? Take time to see them. Thank them for any lessons, then release them. Be brave and move onward.
- 10. Be a Gift** — Every great piece of writing gifts us something. Give what you would want to receive. Gift it in a way that is fresh and from your authentic self. Endeavor to connect, inform, and inspire. Contribute your inner wisdom to the world. And if you are writing simply for yourself, gift yourself your most genuine expression from your heart.

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Her books include: *A Few Minor Adjustments: A Memoir of Healing*, *The Healing 100: A Practical Guide to Transforming Your Body, Mind, and Spirit* and *Poetry of Peace*. Cherie is also a Reiki Master, Transformational Breath™ Facilitator, and Certified Laughter Yoga Leader.

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