



MORNING PAGES

Practice Details...

The Key

Writing this way, “out of your mind” makes it possible to come into contact with your inner power.

As you learn to bypass the inner critics you will feel more at ease with yourself, more peaceful, and your confidence and ability to think clearly will improve.

Required

A notebook, a pen, a timer, and a time to write undisturbed. Once the timer is activated do not take your pen off the paper.

When to practice

Best as you get out of bed in the morning. If not, choose a time that works for you and is consistent.

Morning Pages is another term for writing a journal. The term Morning Pages comes from award winning playwright and author Julia Cameron in her book, *The Artist’s Way*. Julia describes it this way; “It is impossible to write morning pages for any extended period of time without coming into contact with an unexpected inner power.”

Years ago I was given a book written by Natalie Goldberg called *Writing Down the Bones*. It was first published in 1986 and since then it has sold over one million copies and been translated into twelve languages. It is written for and with budding writers in mind but the process she talks about can be useful in all areas of life. In the 2005 edition of her book, which I have, she talks about all the people who do the practice and the diverse cross section of life they come from. She suggests that it’s not that they want to write the next best novel but they want to tell their stories. She says, “Writing is a path to meet ourselves and become intimate...and it’s inexpensive. All you need is pen, paper, and the human mind...Writing can give you confidence, train you to wake up.”

In an effort to cultivate inner peace we have to find ways to manage the chaos, pain, loss, and negativity that permeates our outer life. Daily writing can help. Once again it is simple to do but takes discipline. Here’s how it works:

- Choose a pen that writes smoothly and that you like, without spending tons of money
- Choose a notebook that works for you. It can be any size, spiral, bound, leather, or not. It must



Side Note

The Rules for Morning Pages:

- Keep your hand moving
- Do not reread what you have just written
- Do not cross out or edit anything written
- Do not concern yourself about spelling, punctuation, or grammar
- Lose control - write whatever comes to mind
- Don't think, don't get logical
- If something comes up that is scary, dig in!

Why are these rules important?

You want to get past your logical thinking and reach your deepest self and the truth within you.

be a book that you will feel comfortable writing absolute junk in – don't buy a book that you think can only have good stuff. Experiment with both pens and notebooks over time.

- It's easier if you choose a specific time to write, it helps in forming the habit. For Julia Cameron the Morning Pages are always written as you get up in the morning.
- Choose how long or how much you are going to write and stick to that. It could be a timed writing of ten, twenty, or sixty minutes. It could be like Julia's system and be three pages. It could be filling up a notebook a month so today is half a page but if you reach the end of the month you may twenty pages to write all at once. Find what works for you.
- These pages are not for anyone else to read.

Each of us has our own inner critic and that is who we are trying to get past. Julia Cameron says, "Make this a rule: always remember that your Censor's negative opinions are not the truth. This takes practice. By spilling out of bed and straight onto the page every morning, you learn to evade the censor."

If you sit down to write something and can't think of anything to say, say that. Or look around the room and describe it. Or talk about how tired you are and how much you don't feel like doing this writing. What happens is that you get past the resistance by keeping the pen going and without you realizing it your inner self shows up on the page.

Once you have been writing these pages daily for a minimum of two months then you can go back and start reading them. Look for insights and actions that you can take. Highlight them in your book and see how they fit into your life.