

Chapter 1 : Writing Rituals – Maxwell Malone

the parts writing wonderful rituals: the process sharing your work. Composing magic how to create magical spells, rituals, composing magic guides you through the.

We often assume that great things are done by those who were blessed with natural talent, genius, and skill. But how many great things could have been done by people who never fully realized their potential? I think many of us, myself included, are capable of much more than we typically produce – our best work is often still hiding inside of us. How can you pull that potential out of yourself and share it with the world? Perhaps the best way is to develop better daily routines. When you look at the top performers in any field, you see something that goes much deeper than intelligence or skill. They possess an incredible willingness to do the work that needs to be done. They are masters of their daily routines. As an example of what separates successful people from the rest of the pack, take a look at some of the daily routines of famous writers from past and present. At the end of the article, I broke down some common themes that you can apply to your daily routines – regardless of your goals. To skip straight to those suggestions, [click here](#). My house has a living room that is at the core of everything that goes on: In consequence, the members of my household never pay the slightest attention to my being a writing man – they make all the noise and fuss they want to. If I get sick of it, I have places I can go. A writer who waits for ideal conditions under which to work will die without putting a word on paper. In the afternoon, I run for ten kilometers or swim for fifteen hundred meters or do both, then I read a bit and listen to some music. I go to bed at nine p. I keep to this routine every day without variation. I mesmerize myself to reach a deeper state of mind. But to hold to such repetition for so long – six months to a year – requires a good amount of mental and physical strength. In that sense, writing a long novel is like survival training. Physical strength is as necessary as artistic sensitivity. There is no one to disturb you and it is cool or cold and you come to your work and warm as you write. You read what you have written and, as you always stop when you know what is going to happen next, you go on from there. You write until you come to a place where you still have your juice and know what will happen next and you stop and try to live through until the next day when you hit it again. You have started at six in the morning, say, and may go on until noon or be through before that. When you stop you are as empty, and at the same time never empty but filling, as when you have made love to someone you love. Nothing can hurt you, nothing can happen, nothing means anything until the next day when you do it again. It is the wait until the next day that is hard to get through. This list was published in the book, *Henry Miller on Writing* Kindle. Work on one thing at a time until finished. Work calmly, joyously, recklessly on whatever is in hand. Work according to Program and not according to mood. Stop at the appointed time! Cement a little every day, rather than add new fertilizers. See people, go places, drink if you feel like it. Work with pleasure only. Discard the Program when you feel like it – but go back to it next day. Forget the books you want to write. Think only of the book you are writing. Write first and always. Painting, music, friends, cinema, all these come afterwards. I awake at 5: In the afternoon I do schoolwork, either teach or prepare. When I get home from school at about 5: There are loads of bars, though. I do pushups and sit ups all the time, and feel as though I am getting lean and sinewy, but maybe not. If you have a limited amount of time to write, you just sit down and do it. You might not write well every day, but you can always edit a bad page. I go around 6: I have a bedroom, with a bed, a table, and a bath. Usually a deck of cards and some crossword puzzles. Something to occupy my little mind. I think my grandmother taught me that. And the Big Mind would allow you to consider deep thoughts, but the Little Mind would occupy you, so you could not be distracted. It would work crossword puzzles or play Solitaire, while the Big Mind would delve deep into the subjects I wanted to write about. I have all the paintings and any decoration taken out of the room. About every two months I get a note slipped under the door: Angelou, please let us change the linen. We think it may be moldy! Easy reading is damn hard writing. During a interview, she talked about her daily routine as a writer and a mother – I tend to wake up very early. My morning begins with trying not to get up before the sun rises. I always wake with sentences pouring into my head. So getting to my desk every day feels like a long emergency. For me, the discipline is turning off the

computer and leaving my desk to do something else. I have to write hundreds of pages before I get to page one. For the whole of my career as a novelist, I have also been a mother. I was offered my first book contract, for *The Bean Trees*, the day I came home from the hospital with my first child. So I became a novelist and mother on the same day. Those two important lives have always been one for me. When they were little, that was difficult. I cherished every hour at my desk as a kind of prize. As time has gone by and my children entered school it became progressively easier to be a working mother. For me, writing time has always been precious, something I wait for and am eager for and make the best use of. I used to say that the school bus is my muse. When it pulled out of the driveway and left me without anyone to take care of, that was the moment my writing day began, and it ended when the school bus came back. As a working mother, my working time was constrained. And also to have these people in my life who connect me to the wider world and the future. My children have taught me everything about life and about the kind of person I want to be in the world. They anchor me to the future in a concrete way. Being a mother has made me a better writer. No texting, no email, no Facebook, no Instagram. In an interview with *The Daily Beast*, she talks about her daily struggle to overcome distraction and write. I know many writers who try to hit a set word count every day, but for me, time spent inside a fictional world tends to be a better measure of a productive writing day. Showing up and staying present is a good writing day. The periods where writing feels effortless and intuitive are, for me, as I keep lamenting, rare. I make my kids breakfast, take them to school, then come home and try to write. I fail at that until I force myself to turn off my Internet access so I can get a little shelter from the information storm. I am a big fan of outlining. I write an outline. Then a slightly more detailed outline. Then another with even more detail. Sentences form, punctuation is added, and eventually it all turns into a book. I write while walking on a treadmill. I started this practice when I was working on *Drop Dead Healthy*, and read all these studies about the dangers of the sedentary life. Sitting is alarmingly bad for you. It took me about 1, miles to write my book. I kind of love it – it keeps me awake, for one thing. Jacobs has advice for young writers, too. Force yourself to generate dozens of ideas.

Chapter 2 : Why Weird Writing Rituals Work

Their answers indicate that regardless of sex, nationality, genre, or age, rituals are an integral part of a writer's creative process. Types of Writing Rituals The rituals our writers described primarily involve their environment, time, and behavior—three circumstances that can be manipulated to help make the writing happen.

Acted out dialogue as he wrote it. Wrote after taking a long walk. Wrote in the nude. Rearranged objects on desk. Wore lucky boots and sweatshirt, recited Homer, and fired inspiration into himself by placing a toy cannon on top of a thesaurus. Picked fleas off her cats. Used different writing tools for different kinds of writing. Aaron Sorkin acted out dialogue as he wrote it. Ernest Hemingway also sharpened twenty pencils every morning. Friedrich Schiller kept rotten apples in his desk drawer and needed the smell to write. Ernest Hemingway, Victor Hugo, and others wrote in the nude. John Steinbeck wrote to his editor every day as a warm up before working on *East of Eden*, confining the letters to the left-hand pages and the novel to the right-hand pages of the same journal. Sidonie-Gabrielle Colette picked fleas off one of her twelve cats. Alexandre Dumas used different colors of paper and different pens for different kinds of writing, and Saul Bellow used one typewriter for fiction and another for essays and criticism. The Weirder, the Better You need more than repetition to create a strong writing ritual. May Sarton listened to eighteenth century music. Steven Pressfield recites Homer. You can pair writing with bells; white noise; or the background sounds of a coffee shop, bookstore, or train. Peter Brett, Julie Klam, Robert Olen Butler, and other writers use the sounds, vibration, and feel of trains as part of their writing routines. Perhaps the most intimate way to feel a ritual is through what we wear. Just think of all the writers who, like Pressfield, have lucky writing shirts, shoes, hats, socks, etc. John Cheever is noted for doing most of his writing in his underwear. Victor Hugo and Ernest Hemingway wore their birthday suits. Because rituals are so familiar, they soothe the limbic system, sometimes called the mammal brain or the emotional brain. Rituals not only make it possible to write and make you want to write; rituals will make you need to write. The Neurology of Craving Wolfram Schultz, professor of neuroscience at the University of Cambridge, trained a macaque monkey named Julio to anticipate blackberry juice when he saw colored shapes appear on a computer screen, just like Pavlov trained dogs to anticipate food when he rang a bell. At the start, Julio saw a shape on the computer screen cue, pressed a lever behavior, then received the blackberry juice reward, which caused activity in his reward circuits to spike. As Julio learned to associate the shapes with the juice, his reward circuits spiked before he received the juice. It was no longer just a pleasant coincidence that juice was partnered with paying attention to shapes on the computer screen; the reward was expected and necessary for the brain to maintain normal functioning. They create neurological cravings. But as our brains start to associate certain cues with certain rewards, a subconscious craving emerges. Mark Twain wrote in bed. You can do this because your brain is plastic. Experience, especially repeated experience that you pay attention to, changes the neural connections in your brain. So even though your brain is basically the same structure as other human brains, it is as individual as your fingerprints. Consider what you want to see, hear, smell, taste, and feel when you start writing and what unusual—even weird—movements, gestures, or behaviors you can incorporate. But your ritual should be pleasant, so it will trigger your reward circuits. At first, you might feel a mild familiarity, if some cues were part of a previous ritual; but if this is a new ritual, you will not feel any particular connection between the new cues and the urge to write. The ritual is more a theory at this point, not yet a visceral experience. As you repeat your ritual over weeks, the neurons will wire together. In the beginning, your reward circuits will respond after you experience the pleasurable parts of the ritual the taste of a lemon drop, the rhythms and tones of a song you enjoy, the sensation of positioning things on your desk in a special way and the satisfaction of writing itself. Over time, your reward circuits will respond to the first cue of the ritual the feel of the lemon drop in your hand before you taste it before you experience the reward of the ritual and writing. You may never crave writing the way an addict craves a hit, but your weird writing ritual will make you want to write more than you ever did before. I never thought the rhythm and vocals of Will. Am and the sight of an animated hippo shaking what her mama gave her would trigger my urge to move words—and hopefully readers—either. When it

comes to writing rituals, weird works. She is a self-proclaimed brain geek who strives to translate what neurologists and other brain scientists discover and apply that to the writing process. Thomas, University of Minnesota, and other adult education programs, she has given thousands of writers the tools to bust through blocks, build effective writing habits, and achieve their writing dreams and goals. Read more from Roseanne at her blog, [www](#). Connect with her on Facebook at [www](#).

Chapter 3 : The Writing Process - 5 Authors' Own | Now Novel

Some of us follow routines that help us avoid writing—visiting YouTube, checking text messages, peering inside the innatdunvilla.com when we get serious about writing (or when deadlines loom), more purposeful rituals are required.

All writers, just as they structure a physical or digital environment to operate within, also structure series of tasks, operations, and processes to employ in these spaces. For some, it is listening to music or eating while writing, and for others, it is working in complete silence or at a specific time of day. For Greg, these rituals take the form of establishing order in a chosen environment, using mnemonic devices, and pairing tasks with enjoyable activities such as eating or drinking. Um, and uh, so- notes go up on the shelf, water bottle goes up on the shelf, my reading glasses and my- my regular glasses go up top. Phone next to the keyboard. By maintaining an orderly workspace, Greg is able to focus more concretely on the work at hand, while still having everything he needs within reach. His phone, here, seems to be the outlier in the sense that he keeps it closer — plugged in and next to the keyboard. Presumably, his phone is a form of maintained communication with his wife, who operates as a sounding board for his evolving work, as well as a means of relief. Sit down and, like, watch an episode of something on Netflix and then get back to it. Linked to this creative process is an unconscious creation of mnemonic devices. On their particular structure and use, Greg offered this: This relationship between reading, internalizing, and geometrical patterns appears two-fold in nature, namely: And, it was a focus on STEM. So, Science, Technology, Engineering and Math was much more important, and received much more emphasis than did writing. On the subject, he had this to offer: And, for anything under like three pages? Um, so- but, yeah, um- never a beer or a glass of wine, it will always be a mixed drink. By creating and maintaining an orderly workspace and utilizing mnemonic devices, Greg is able to effectively focus on work and interpret source materials and data more easily. By eating and drinking during his writing process, Greg is employing a means of staying focused and easing the stress of mental exertion. Each of these things establishes a comfort for Greg in some way, and these comforts help the creation and construction of ideas.

Chapter 4 : Authors & Their Weird & Wonderful Writing Rituals | Lola Jaye

You may not realize it, but writing rituals are actually a great way to kick-start your writing. They help inspire creativity. They can start a routine to help you get in the mindset and frame of being creative and producing copy.

Get Ready For The Miracle! Just ask any doctor or EMT their stories about the full moon! So it only makes sense that we can also harness that power to help strengthen our manifesting intentions! In my mind, manifesting and magic are the exact same thing! And moon magic is as old as the hills. The full moon gets most of the attention but the new moon is actually much more potent, especially for manifesting purposes. While full moons are all about letting go, new moons are about growth and making way for the new. As a Scorpio – the sign of death and transformation – this idea has extra potency for me! The new moon is the perfect time to set intentions and wishes for yourself, for the next month and beyond. Manifest With The Moon! But if life gets in the way of that as it so often does! Clear Your Space Physically cleaning your space is always wonderful way to usher in some new energy! I would take this the extra step and conduct a space clearing with sage or palo santo to shoo any lingering negative energy away. Just be sure to concentrate on the feeling of releasing what no longer serves you as you move the smoke through your space. Ground Yourself Take some time to tune into yourself before you begin your intention-setting ceremony. Feeling connected and grounded during a ritual is a power move in and of itself! A simple visualization I like to use is simply picturing white light going through the crown of my head down into my feet on the floor. Just spending a few minutes like this will do wonders to center your energy! Feel Into Your Wishes Before you commit to writing your wishes on paper, take a moment to sit in silence contemplating them. What does it feel like when you think about them? How would it feel if you had achieved them? Your wishes should always feel uplifting and happy, not confining or dark. If something feels off, maybe put off your wish for next month or try to think of an alternative. Make Your Wishes Write each wish down on a piece of paper. If you want you can get fancy by using colored paper or pencils, or creating a drawing to go with them. You get up to 10 wishes. Just go with what seems right to you in the moment. Think of your wishes as seeds that you are planting and remember that seeds all grow at different rates. So no, your wishes might not all come true within the next 30 days. Writing them out is one way to begin making them real; speaking them just continues to amplify this energy. Just read through your list normally a few times over if you like. Concentrate on holding the energy of your wishes as you say them. I also love to amp this up by physically releasing them as well. You could also bury your paper in the earth or set it free in a body of water. Some people hold onto their wishes to review them at the next month, so this step is entirely up to you! Close It Out Finally, close things out by offering up some gratitude or leaving an offering of some kind. Dance, sing or recite a poem, if the mood happens to strike. You can be as creative as you like here just as long as you remember say thank you in some fashion. If you only have a few spare minutes for your ritual, light a few candles and get to it! Working with magic is never all or nothing and if you have to make some changes, so be it. As always, your intention is the most important part of the process. Happy New Moon intention setting! I hope this ritual gives you some ideas for this new moon and beyond! Let me know your new moon ritual experiences and please remember to share this post if you found it useful. PS Looking for more? You might also want to check out this post about color psychology or this one about 10 magical morning rituals.

Chapter 5 : The Ritual Process: Structure and Anti-Structure by Victor Turner

5 Rituals and Routines That Changed My Writing Life Being a writer is a challenging creative pursuit, because as writers, we spend a lot of time alone, in our heads.

Return to Content The writing process: There are several reasons that you need to develop a writing process that works for you: Writing a novel takes a long time. This is just as crucial with writing long-form fiction as it is with any other long-term project such as training for a marathon, a house renovation or learning a language. Developing a writing process also helps you to get a routine in place, and with a routine, you will find that ideas come easier. Developing a process will also teach you what you need to write at an optimal level such as whether or not you should outline or whether you prefer silence or noise. Here are the processes of some famous writers. When he is hard at work on writing a new novel, his work day might begin at 4 a. After writing for several hours, he goes running or swimming and then goes to bed early every night. He describes the strictness of his routine as a form of mesmerism as well as a kind of training. For Murakami, a committed runner, his physical training mirrors the stamina and focus necessary to complete his novels. He also said that he typically writes four or five drafts, with around six months to produce a first draft he describes as messy and seven to eight more on the subsequent drafts. Murakami says that he is able to write that quickly partly because when he is immersed in a novel, it is all that he is doing. However, most writers must juggle other obligations such as jobs and families. Barbara Kingsolver describes how being a mother has been an important part of her development as a fiction writer: However, in her case, at least one part of it is because she has no family responsibilities at that hour. Unlike Murakami, Kingsolver does extensive preparation before starting to write a novel. Kingsolver writes extensive histories for her characters and considers the narrative structure before beginning to write. She says that she writes hundreds of page before beginning on the actual novel. Hilary Mantel and making sacrifices Hilary Mantel has written several different types of books, but she is best known now for her historical series about Thomas Cromwell in the court of Henry VIII. Mantel describes herself as having to isolate herself from people in order to make the space to do her work and says that she can only associate with people who understand she may disappear for months at a time. When I come to write what I call a big scene, especially in the Cromwell novels or any historical material, I prepare for it. She had a hotel room that she rented on a monthly basis, and she visited it daily. She requested that management move out any artwork or decoration and arrived in the room around 6: She kept a thesaurus, a Bible, a deck of playing cards and crossword puzzles in the room. She used to drink sherry while she wrote as well. Angelou would leave in the early afternoon and go home to shower, edit and make dinner for people. White on not waiting for the ideal writing conditions E. His writing process contradicts the idea many may have of writers needing a quiet office. My house has a living room that is at the core of everything that goes on. My wife, thank God, has never been protective of me, as, I am told, the wives of some writers are. In consequence, the members of my household never pay the slightest attention to my being a writing man “ they make all the noise and fuss they want to. If I get sick of it, I have places I can go. A writer who waits for ideal conditions under which to work will die without putting a word on paper. However, he said that he revised a great deal. Like Angelou, White found that small distractions sometimes helped him with his work: I have no warm-up exercises, other than to take an occasional drink. I am apt to let something simmer for a while in my mind before trying to put it into words. I walk around, straightening pictures on the wall, rugs on the floor “ as though not until everything in the world was lined up and perfectly true could anybody reasonably expect me to set a word down on paper. While it can be helpful to investigate how other writers approach it, ultimately, you have to figure out the process that works best for you, and trial and error is the only way to do that. The best process is the one that works for you. Try the organised, step-by-step Now Novel process “ it will help you start and finish your novel.

Chapter 6 : 5 Rituals and Routines That Changed My Writing Life | HuffPost

How Rituals Help Us Form a Daily Writing Habit In his book *The Power of Habit*, Pulitzer Prize-winning business reporter Charles Duhigg reveals the important three-step process to forming a habit: First, there is a cue, a trigger that tells your brain to go into automatic mode and which habit to use.

By Art Markman 3 minute Read Think outside the box, shake things up, and think different: If you want to be a great tennis player, you need to practice your swing. If you want to nail a presentation, you need to practice it several times. But, it turns out that creativity also requires practice. In order to practice properly, there are two things you need to do: Know enough about creativity to practice the right things. Set aside the time to create rituals that lead to habits that support your creative practice. The most creative people know a lot in their domain of expertise. In order for jazz musicians to improvise, they need to know a lot of music theory related to the song structures they play. The best scientists are deeply immersed in their fields. Inventors spend years understanding the way the world works. In order to stoke your creativity, you need to continually develop your expertise. That means that you need to read, listen to lectures, and engage in conversations with others. These activities are often pushed into the background in our busy lives. So, you need to make time to learn. Instead of fake work, keep a book or stack of articles by your desk. When you feel a bout of fake work coming on, grab your book, find a quiet spot and read for 15 or 20 minutes. That time adds up and increases the knowledge you can use to generate new ideas. Creative people also draw their inspiration from areas outside their domain of expertise. After all, we are taught to be highly goal-directed. And that means clearing away distractions. Set aside at least an hour a week to learn about something really new. The best way to do that is to pick a consistent time of the week and block an hour out of your calendar. Do it way in advance before that calendar fills up with things to do. And set that time aside to try something new. Then, email friends and colleagues whose work you respect. Look for people who do things in a different domain than yours. Ask them for recommendations of things to read, see, or listen to. No matter how wacky their suggestions may seem, you will be surprised at how new things can shift your perspective. Create Rituals For Creativity Finally, lots of research suggests that people who have lots of good ideas also have lots of ideas. That means that if you want to succeed at doing things that are creative, you need to put in time in the act of trying to create. To really develop a habit for creative practice, you need a regular ritual. For example, Stephen King a prolific and creative writer sits down each morning to write for a few hours. He compares the process of getting ready to write to the ritual of getting ready to go to sleep. In order to create rituals for creativity, you need to think about what makes you feel creative. I find that having discussions with students and colleagues leads to great ideas for new experiments and projects, and so I schedule regular meetings of my lab and meetings with students with the express purpose of generating ideas. If you work best alone, then you need to put time into each day to engage in your creative pursuits. Whether you do it alone or in a group, you need to find ways to generate ideas, knowing that some of those ideas will be great ones. That is why rituals are so important. By making the pursuit of creative ideas a part of your daily life, you make the time you need to be creative. Though you never know which day will be the one where the light bulb goes off, a consistent practice will put you on the road to a breakthrough. Art is the author of *Smart Thinking and Habits of Leadership* , *Smart Change* , and most recently, *Brain Briefs* , co-authored with his "Two Guys on Your Head" co-host Bob Duke, which focuses on how you can use the science of motivation to change your behavior at work and at home.

Chapter 7 : Three Effective Writing Rituals To Make Your Writing Easier

How rituals bring meaning to your writing The rituals of successful athletes aren't unlike those of very productive writers. Both use pre-game rituals and training techniques, some stranger than others, to help them get into a mental state that makes them perform at their peak.

Creating rituals around the moon cycles is a powerful way to connect with our hearts and the universe on a regular basis. New moon rituals range from simple, elaborate, to everything in between. The most important aspect of your new moon ritual is that you connect with it and set aside time to engage with your practice each month. You will be amazed by the energy that comes from hitting the reset button with each new moon and how much you can manifest in such short period of time. A couple of years ago I started a new moon manifesting practice at the suggestion of a friend. When I started researching new moon practices I discovered what a potent time it was for calling in desires and manifesting visions. I began with a simple ritual that I have expanded on over the years and have taught to many of my clients. The moon has eight phases. The most well known is the fifth phase or full moon. The new moon is the first phase of the moon, when it orbits as seen from the earth, the moment when the moon and the sun have the same ecliptical longitude. The moon is not visible at this time except when it is seen in silhouette during a solar eclipse when it is illuminated by earthshine. In farming traditions the new moon is the time when the soil is most fertile and wet. The new moon is considered a growth phase and is an ideal time to plant seeds in our gardens as well as our hearts for the future. The new moon is an invitation to start fresh, call in intentions, and set the tone for the next cycle. Asking the universe for what you want is a very powerful practice. Combine asking for what you want with the clean slate of the new moon and you have a potent recipe for creating the vision you most desire. The new moon offers an energizing and exciting time to recalibrate your energy for the upcoming cycle and bring a upgraded level of consciousness to the dreams you long to make a reality. Learning to clearly ask for what you want is a big part of this practice. It requires you to dig deep into your heart and listen to what it is telling you. Often we find ourselves caught up in what we think we should want, what others want for us, or there is an ambivalent attitude about really going after our dreams. These belief systems need to be addressed in order to make the most out of these new moon intention rituals. The beauty is you do not need to have it all figured out right now. All that is required is an open heart and a willingness to explore what surfaces in your life with courage. Consistency is key with any practice or ritual and the more energy you put into it each month the more you will receive back. Setting aside time each month on the new moon to get clear on what you want to manifest is number one. I typically suggest taking the few days leading up to the new moon to start honing in on what you want. Invite a tender and curious energy into your daily breathwork and meditation practices and notice what reveals itself. After a few days of paying attention you will have much more clarity when the new moon arrives on what you want to call in. With each new moon I like to start with a clear deck. I keep my new moon intention lists to ten items. All ten items can be centered around the same subject or you can focus on different areas. Either way, stick to ten, more than that and lists become scattered and way less potent. Better to keep things clear, concise, and simple than over complicate them. Universal energy is most efficient when we are. Think about it for a moment, absolutely no energy is wasted in nature – this is a key lesson here in writing out intentions and manifesting. Please note that your new moon lists should be written by hand on paper. Something very magical happens when you put pen to paper and this is key in the intention setting process. If you like you can designate a notebook just for your moon lists. And finally, you have 48 hours once the new moon begins to set your intentions. The prayer itself can be an intention to hold space for yourself while you write out your list. Dear universe, I am here to connect with spirit, truth, and love. Please make me a channel of your divine wisdom and help me see clearly in all aspects and help me tune into the greatest good in my heart. Create a sacred place. This can be an altar, desk, or corner in your home. Create a little area that is beautiful and reserved for your spiritual practices. I have a healing room in my house with crystals, plants, singing bowls, and photographs of some of my teachers and heroes. This can be as elaborate or as simple as you like. Carve out a little space that makes you feel inspired, grounded, and connected to your

deepest self. Clearing the energy of your sacred space sets the tone for your practice and helps you align with the present moment. Here are some of my favorite plants for space clearing. As you clear your space say a simple prayer to ground your energy and intentions: Dear Universe, may I have your support to clear this space so that my truest intentions can flow clearly from my heart onto the page. Breathing is a key aspect of manifesting and it will help you release any tension in your body so that you can write down your new moon intentions from a heart centered space. Begin by taking a long exhale out of your mouth. Place one hand on your belly and one on your heart. Breathe in through your nose and out through your mouth. Make your inhales and exhales long and smooth. Breathe in this fashion for several minutes, until you become very clear and grounded. Finish the practice by placing both hands on your heart and sending gratitude to your body. Take out a sheet of paper and write the date and the following: This, or something better, now manifests for the highest good of all concerned. This statement gives the universe permission to substitute as needed to keep your manifestation karma super clean and clear. Next write a list of what you want to manifest. Remember, 10 items tops! Allow yourself to dream really really big here. If that little voice of judgement creeps in, acknowledge it and get back to your list. If you have followed my outlined steps you will be in an open space to truly listen to your heart. Spend time feeling into each item as you write it down. Part of this practice is learning to feel as if you already have what you want, this is basic Law of Attraction, if you can feel it with your entire body it will be more likely to come into reality. Feel the feeling of the wish fulfilled. When your list is complete spend minutes meditating on it. Go through each item one at a time and focus on how it feels in your body and how it will feel once you have manifested it. Once you have gone through your list let your attachment to your intentions go and settle into the curiosity of how the universe is conspiring to make your dreams come true. Close out the ritual. Once your meditation is over, say a simple prayer to close the ritual. Put your new moon intention list away until next month where you can go over it to see what has manifested. When an item on your lists becomes real thank the universe. If there are things that are no closer to coming into this dimension, I would consider revising them. Also make note of what intentions you are inching closer towards. I have worked with many different new moon intention setting rituals and practices over the years and the above outline is the way I am currently engaging with this process. It might seem like super time consuming in the beginning but once you get into it you will enjoy setting aside time each month to connect to yourself, your heart and your deepest desires. I typically take hours for this each month as it has proven to be so healing in many ways. I often suggest to clients to start with minutes and see how that feels. Above all have fun with the ritual and please let me know how things go with it, I cannot wait to hear! Wishing you all a gorgeous new moon and end of the year.

Chapter 8 : Writing Rituals | Live to Write â€“ Write to Live

Having a writing process is crucial to finishing a novel. There are several reasons that you need to develop a writing process that works for you: Writing a novel takes a long time. If there's one essential tip for how to start and finish a novel it's this: you need a framework in place to get.

You can find me at JenniferBlanchard. And for the longest time writers have been told they should write "when they feel inspired. Finding success as a writer requires you to be intentional about your writing. To do things with purpose. Easier said than done, I know. Because writing is a sacred practice that needs to be treated as such. I spend at least an hour working, and then I move on with my day. But regardless, I got my writing done. Put your writing first. This kind of commitment and consistency builds on itself, and the reward for all my hard work is two days off to marinate, dream and play. Doing this helps me come back to the page on Monday morning feeling refreshed, inspired and ready to write. Figure out a writing routine you can stick with consistently every week and then commit to showing up. Negative thoughts do not serve you. All they do is stop you from showing up fully in the present moment. You have a writing dream, just like I do, and the only way for us to fulfill our dream is to push past the things that stop us from doing the work. Having rituals around my creativity has allowed me to create a bond between me and my muse. And one of the most important rituals I have is letting go of things that no longer serve me. When you decide to let them go, they can never stand in your way again. I did this recently. And then I burned the list. And neither do you. Another ritual I have for releasing fear, doubt and excuses is keeping a crystal near me at all times. Then throughout the day, I pick the crystal up, hold it in my hands and say affirmative phrases to myself or sometimes out loud: Write down all the fears, doubts and excuses that get in the way of you doing the writing, then shred it, tear it up, burn it in the fireplace, get rid of it. And when we bring that imagination to our reality, we can shift everything. Acting "as if" means pretending you already have the thing that you want. It means doing the things you would do or be doing if your dream already came true. For example, if you were already a bestselling novelist, how would you treat your writing? Would you put it off all the time or would you sit down every day and write? How would you talk to people? Where would you spend your efforts online--playing on Facebook or spreading the word about your novel? Whenever I spend my time acting as if I my writing dream has already come true, magic happens. Start taking action on these things now, like your dream is already a done deal. But mindset is everything. Writers are coming from thousands of years of programming: All this programming does is keep you stuck, scared and playing small. I say to hell with that. I came here to show up, shine and make a difference with my words. To do that, you have to get your mind in the right place. But you have to want it bad enough to force yourself to believe it into existence. Mindset is something I work on constantly. I have daily rituals and practices that I do to keep my mindset where it needs to be. Some of these include the aforementioned things releasing fears, doubts, excuses, and acting "as if". And I also do Morning Pages and meditate to help keep my mind focused in the right place. Grab a piece of paper and create two columns by drawing a line down the center vertically. Then in the right column, write the opposite of each thing you listed in the left column. What rituals and routines do you use to help you get your writing done? Jennifer Blanchard is an author, award-winning blogger, and story coach who helps serious emerging novelists write, revise and launch their books. Her debut novel, SoundCheck, comes out on June

Want to know if your story idea is any good? Grab her free eCourse: Does My Story Suck?

Chapter 9 : Is wine part of your self-care ritual? - Hello Sunday Morning

The writing process is simple in theory, but for some the application is a challenge. Atiya on March 16, pm I'm looking for help to begin writing a short story that deals with Wiccan topics. if anyone can give me names of websites that can be helpful i would really appreciate it.

The writers identify such categories as environment, time, and behavior as variables in writing rituals and touch on the importance of ritual in reducing anxiety, increasing fluency, and increasing power and control. Ask anybody who writes what really goes on before the pen touches the page or the words begin to appear on the computer screen, and you are likely to hear stories about staring out a window, holding a stuffed animal, sitting in a particular chair, or rising before the rest of the world awakes. To an outsider such actions may appear pointless, but writers know that following certain patterns can be critical if they are to get started and keep going. Housman, and Wallace Stevens. Gail Goodwin tells how she works: At a nice teak desk, long and wide, on which I keep a collection of special things: Other writers come alive at particular times of the day or night. Katherine Anne Porter said she preferred "to get up very early in the morning and work. Perfect silence" quoted in Murray , Intrigued by the arcane practices of professionals, four colleagues of the National Writing Project of Acadiana Louisiana decided to investigate how less-experienced writers begin and sustain the act of writing and what their stories suggest about effective classroom practice. We distributed questionnaires and held personal interviews with over one hundred writers ranging in age from elementary school students through septuagenarians. These writers write for a variety of purposes professional, personal, assigned and for different audiences personal, academic, technical. Some of the writers are college professors, two were professional novelists, two more practicing journalists; several are family members of the investigators, and others are college students and school children. Types of Writing Rituals The rituals our writers described primarily involve their environment, time, and behavior—three circumstances that can be manipulated to help make the writing happen. Compulsive and eccentric, irrelevant and trivial, rituals built around these three elements seem to foster conditions that reduce writing anxiety, promote a sense of power and control, and enhance linguistic fluency. As a result, they can be helpful not only for novice writers who have not yet found their own strategies for getting started and maintaining momentum, but also for teachers of composition who seek to help their students find more effective writing processes. The successful rituals of the writers we surveyed and interviewed usually took place in defined spaces. Eight-year-old Alyce, for example, described her writing space as "a nest" that she builds before she starts to write a story. Randall, age nineteen, told us, "How my room looks is important. All the closet doors have to be shut and every drawer closed. By returning to a particular room or to a specific table, the writer grows familiar with her surroundings. She knows what to expect, leaving her free to focus on the work itself. Sara, fourteen, equips her room with extra accessories to cope with the pressures of creating prose: I throw the pillows around and punch them. I just need a pillow under me or by my side or across the room. A lucky clipboard where a professor had written published articles became more like a talisman than a writing tool. As a charm, surely it would provide good fortune once more. Rituals that are time oriented either limit the length of an act or dictate when it is performed. Limits are important because an open-ended time frame can be intimidating, even paralyzing. The writer who sets and sticks to prescribed beginnings and endings can say with assurance, "This will end soon. I listen to it click. Clarence, a teacher, writer, and editor for many years, writes from 4 a. Mary Ann, an adult professional, begins writing when the day ends. Roxanne, a professional woman, a mother, and a writer, was not finding much time for her writing. Then she began to make a ritual of the ten-minute bus ride to and from work. I wrote a whole short story in these fifteen-minute intervals. The behaviors of the writers we surveyed can be described as rehearsed as opposed to spontaneous , repetitious, and seemingly unrelated to the work at hand. They were, that is, ritualistic. Although outsiders might view these behaviors as highly idiosyncratic—even bizarre—to the persons performing them they were simply ways to work. Consider sixteen-year-old Andrea, who says, "I have to be sitting to write. My brain works harder I think. I have to be drinking a tall glass of Coke with about eight cubes of ice. Let myself do something else. Think for a moment. In any case, they are

repeated and practiced acts that require little conscious awareness. They can be carried out without direct attention. By involving the senses in low levels of awareness, leaving the mind free to deal with more important matters, they promote mental states conducive to problem solving or creativity. As Flower and Hayes point out, mental procedures such as memory search, planning, and goal setting may occur when a person is seemingly inactive or engaged in an unrelated activity , Effects of Writing Rituals Although it is interesting to note the types of writing rituals people use, more intriguing and significant questions can be asked about their effects. What needs do they serve? What satisfactions do they provide? We saw three positive results. The stories our writers told us pointed to the use of rituals to reduce writing anxiety, increase power and control over the process, and enhance fluency. The effort to write is inherently anxiety making. In some writers, it can cause a creative block or lead to debilitating procrastination. The problem is not surprising since writers must move from heaps of unorganized, perhaps even contradictory, perceptions, memories, and propositions to a clearly focused statement of what they think about a topic. To allay all that anxiety, writers, like other human beings trying to cope with more than they can handle, develop rituals to promote self-confidence. The process seems to work for three main reasons: By surrounding themselves with familiar objects that have produced comfortable feelings in the past, a writer can establish a protected zone. Sixteen-year-old Katie invokes another rehearsed behavior. She told us, "When I write, I usually sit down cross-legged, and I have to be cold. For most writers, the act of composing takes them into unfamiliar mental terrain, so it is not unusual for a writer to want to step back to a familiar base camp during the process. Often, this involves them in an activity totally unrelated to writing. Warren, fourteen, says, "If I get really stuck, I get up and play with the dog, get a drink of water, or watch TV. It usually involves sitting quietly and staring off into space, engaging in what is commonly called daydreaming. Richard, thirteen, explains its value: Drew, seventeen, explains, "Probably my best writing begins in school or at home in a quiet room. At one time or another, all writers suffer from a sense of not being in charge of the process. Writing rituals can provide a degree of control. They are usually practical because they are derived from what seems to work best, but when the need for success is particularly high, or when the situation is especially ungovernable, rituals may incorporate elements of superstition and magic. Even if one does not believe in magic, using it tends to promote a sense of being in control. During a sixteen-game winning streak in , the New York Giants wore the same clothes in each game without washing them for fear that good fortune might be washed away with the dirt. Taboos may cause players to reject a number worn during an unsuccessful season, and everyone knows that you do not mention a no-hitter while one is in progress. Many such practices have to do with eating or not eating before, during, or after writing. Jane, a college professor, says: Sarah, eleven, says, "I have to [sit cross-legged]. These items are particularly useful when portable: Other items involve a certain amount of advance planning to get them to the right place at the right time. Wherever Rodericka, fourteen, is writing, she likes to have a picture of her boyfriend in sight. Chris, fifteen, feels the need to have a deck of Bulldog playing cards with him. Jennifer, eleven, needs to have "Pookie" near by. She says, "Pookie, my stuffed puppy, gives me lots of help. If I look into his eyes, ideas pop into my mind like magic. Jacob, the graduate student, likes to have a copy of a journal that has published him by his side, "as it boosts my confidence and reminds me that I am capable of writing. Catherine, fourteen, opens her thesaurus, letting it fall open to a page. Some word will catch her attention and get her started. The process has to be carried out when she is alone, however. If anyone is watching, the magic will not work. Rachel, thirteen, keeps her window open "so I can hear sounds to get ideas from. Neither will they by themselves cause a piece of writing to be more effective. However, no matter how silly they may seem, rituals can function in a positive way by giving their practitioners a sense of control, thereby becoming a legitimate aid to the writing process. That is not to say that all of the variables faced by writers, teachers of writing, and their students can ever be managed. Even professional writers are subject to non-negotiable deadlines, and teachers must contend with a host of classroom realities that they would like to change but cannot. Nevertheless, rituals can serve to reassure anxious writers that they are more in charge of what happens than they might think. Writers who have established rituals use them to enhance their fluency. For some, these rituals make beginning easier and writing blocks less threatening. The stories told by our writers illustrate those amorphous beginnings. When I was living at home, in high school and most of college,

I would go into the study and sit in the orange chair and light a candle and sit and stare, in perfect silence. I could always count on this to bring on the state of mind I needed to help me think, to sort of go into a trance and blank everything out around me.