

Write deeply in Community

Wild Write

with Eva Weaver

PERMISSION, KINDNESS, GENEROSITY, COMMUNITY, STILLNESS, INTIMACY, WILDNESS, SPACE, TRUST, PROCESS, DISCIPLINE, EMBODIMENT, RESILIENCE, FREEDOM.....

The Essence of WILD WRITING

1. PERMISSION to write and to be

Writing, like all creativity, is our birthright.

You have the right to write and the right to your own, unique voice. To write what can only be expressed by and through you.

Can you give yourself permission to write?

Permission to not only think about writing, but to show up regularly and actually write?

Can you give yourself permission to show up just as you are, be that with motivated and full of joy, or empty and with resistance ?

Writing requires that we give ourselves permission show up as we are.

You and your writing are welcome here just as you are.

Welcome yourself & give yourself permission to write and to be!



2. Writing requires kindness, compassion & generosity

Writing flourishes in a climate of encouragement, kindness, compassion and generosity. Be kind to yourself, to your writing, the writing process and to your fellow writers.

Are you willing to suspend the inner critic and extend kindness towards yourself and your writing?



It is in these conditions that resistance can dissolve and we can tend to our writing.

During the two-hour Wild Write groups we focus on writing. During our brief check-ins we might share about our individual writing process, challenges and triumphs, but unlike many creative writing groups, we don't share from our actual writing here.

This helps not to put ourselves under pressure to come up with something 'original' or clever or to brace ourselves against being critiqued.

Instead, we can give ourselves fully to the process, drop deeply into what is present in the moment and engage with whatever writing wants to come through us. We simply show up for ourselves and for our writing and extend an attitude of kindness and generosity towards ourselves, our writing and each other.

We don't pressure ourselves or each other. We show up, listen and write. We stay with questions and foster presence and patience.

'I beg you...to have patience with everything unresolved in your heart and try to love the questions themselves as if they were locked rooms or books written in a very foreign language. Don't search for the answers, which could not be given you now, because you would not be able to live them. And the point is, to live everything. Live the questions now. Perhaps then, someday far in the future, you will gradually, without ever noticing it, live your way into the answer...' Rainer Maria Rilke

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3. Writers thrive in community!

Community nourishes and supports writing and writers.

Contrary to the myth of the lonely writer, in Wild Write groups we experience that powerful, deep and original writing can absolutely happen in community.



We create a supportive container together, an energetic field that can lift us and supports our writing through our shared intention and presence- whatever individual projects we might be working on.

In this community we can experience inspiration, solace, camaraderie, support and encouragement. We learn from one another. We hold each other accountable to show up and simply write. Whatever needs or wants to be written at this moment. Any writing project is welcome here, from a difficult email, to a revision of a novel, a poem, screen play, website content- anything goes. We become witnesses to each other's process, struggles and successes here. We cheer each other on.

Sometimes beautiful synchronicities occur. In writing together, we learn to show up for ourselves and for our writing, no matter whatever else is happening in our lives.

Held by the group, difficult work that has been avoided for a long time- a cover letter, a particular chapter, website content etc.- can suddenly be faced and completed.

Don't buy into the idea of the lonesome, desolate, 'mad' or eternally broke writer. We can grow and thrive as writers in community!

What ideas are you holding about writers or being a writer?

Can you embrace the notion that excellent writing can happen in community?

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4. Writing requires presence, stillness and concentration

'We have only this moment, sparkling like a star in our hand - and melting like a snowflake.' Marie B. Ray

People have described Wild Write groups as a **'sacred space'**, **'a powerful writer's cocoon'** or a **'cauldron of creatives'** where it is possible to drop deeply into your writing.

In order to write, we must first 'hush our minds' as creativity coach Eric Maisel reminds us.

Taking some deep breaths and tuning into our bodies to begin with, can help us to feel more grounded, settled and still.

When we write together in a supportive group, this 'hushing' can become easier as we are held by a shared intention: to write together, despite whatever else might be going on in our lives.

We become still.

We let everything that happened that day dissolve.

We turn off our phones, put a do-not-disturb sign on the door.

We try as much as we can to release thoughts of the future.

We arrive in the present moment.

We feel our backs: the length and breadth of it.
The spine that support us.
Gravity that holds us.
Breath that streams in and out of our nostrils.

We invite our writer selves to settle.

From this presence, and held by the community of fellow writers, we seize the moment and begin.



'To create you must quiet your mind. Hushing is a quieting and an opening... This dreaminess, this trance state, this place of reverie is the bedrock upon which art is built. If your mind is full of noise, you must quiet it. If you cannot hush, you cannot create.'
Eric Maisel

5. Writing is an intimate act

Writing requires us to be honest with ourselves, to listen and to allow emotions to surface.

** How intimate can you allow yourself to be with yourself, with your writing and with others?*

** Can you become and stay intimate with your writing? Can you hear it out?*

** Can you sit in the dark, the unknown with your writing? Breathe with it?*

Some writing will only reveal itself if you settle, listen and stay with it that bit longer.

Wild Write groups are small and we create a nourishing, intimate space for our writing and our individual writing journeys.



Here we can meet ourselves and the unknown in our writing, we can move through the layers of our inner world, write ourselves back to our centre through whatever challenges, processes and triumphs it might take us.

And yes, writing can bring things to the surface.

We might move into deep layers of our psyche and retrieve treasures we didn't even know were there.

Sometimes they might feel like nuggets of gold or like a diamond, birthed under enormous pressure. Sometimes we need to sieve through a lot of dross to reach such treasure.

But held by the group, we can do this work. All of this, the willingness to commit and show up, to be vulnerable with ourselves, to be witnessed and witness others, creates intimacy and connection.

'Intimacy is formed within this group of strangers. A connection, born of the courage to be seen, to join together in a joint effort, a liberating explosion, short bursts of free, and yes wild, writing. Whatever we choose or wish. Good, bad or ugly it matters not one jot. We're all in this somehow, bizarrely, inexplicably, yet mutually and together.' DK Green, participant of Wild Write groups

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6. Writing feeds our wild nature and soul

'If you would like to be creative, you must first come alive.' Eric Maisel

Often, in order to live well and a 'wholesome' life, we strive for balance. However, sometimes we can end up losing our adventurous spark, become too domestic or stuck in our comfort zone.

This can happen in our writing too- it too can become too controlled, domesticated or tame. As creatives, we need to give our wild nature and soul space to breathe and roam free.

Helen Keller reminds us that *'Life is a daring adventure or it is nothing at all.'*

In Wild Write groups, we can take creative risks as we invite wild, fresh writing. Free-writing/ stream of consciousness writing can do this for us, or to write specifically to that theme.

We also get inspired by each other's writing adventures. Although we don't know about the detailed content of our fellow writer's projects, we do get to know their process, trials and triumphs.

And writing thrives in an environment of curiosity. To show up curious and open to what our writing might bring today, is enough.



'When you do things from your soul, you feel a river moving in you, a joy.' Rumi

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7. Writing requires space- inside and outside

** Are you willing to give your writing space in your life?*



Showing up to write, however you might be feeling on any given day, is the most important step you can take.

Can you give yourself this gift? Can you make space?

For the duration that we write together, I invite you to welcome yourself fully to this writing space- your writing self, the part of your that is wanting to write despite all distractions, that maybe has been nudging you for a while... it will thank you.

As to resistance- we acknowledge it, but then we focus on simply beginning.

I do believe it also helps to create a literal space for your writing: a desk, a table, a corner in a room dedicated to your writing where you show up regularly.

Not everyone might be able to claim or create a 'room for oneself' like Virginia Wolff advocates, but I invite you to create a personal space where you can settle and write undisturbed.

Often in Wild Write groups people talk about **spaciousness**- the experience that writing in community creates permission and opens up some space inside where deep writing and flow can be accessed- often more freely than ever before.

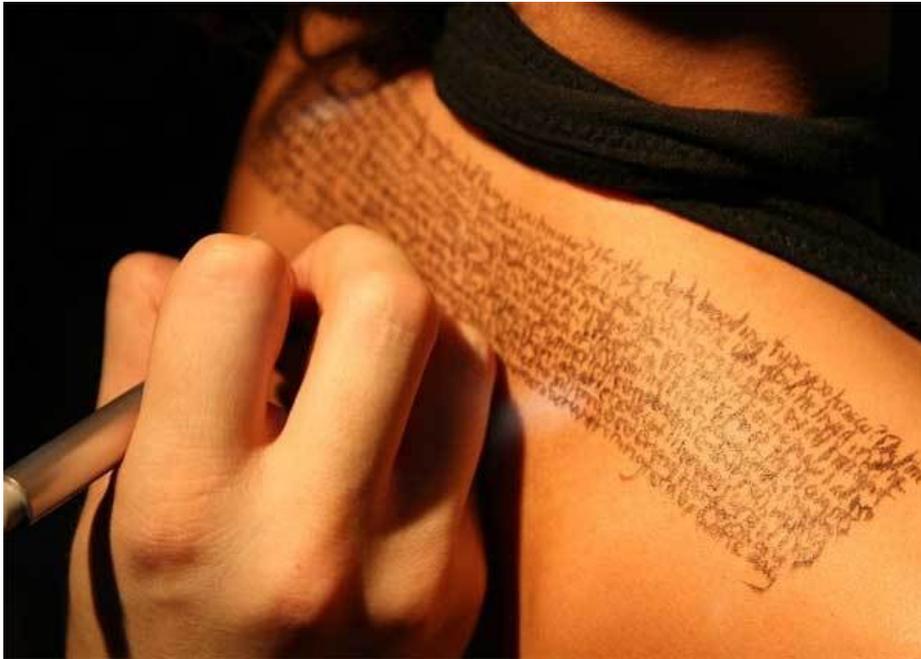
I believe when we create time and space for ourselves to write, we set a momentum in motion that opens more and more spaciousness in our lives.

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8. Wild Writing means writing with and from our bodies

'Write your self. Your body must be heard.' Helen Cixous

Before we begin to write, we invite all of ourselves into the group and into the writing space: body, mind, soul and especially our writing selves.



I encourage us all to take some deep and full breaths, to tune into what our bodily selves might need at this moment, to stretch and move, and give ourselves plenty of breath.

Our bodies hold stories and memories- everything we have ever experienced, thought or felt lives in our blood, our bones, muscles, cells, our very DNA.

The body is the site of our authentic voice. To arrive in our whole selves, including in our bodies, not only in our minds, sets us up for authentic and deep writing. Throughout the session, before and after each writing stint, we take a moment to listen to our bodies- the body holds a lot of clues about how we are actually feeling - it might have been waiting for a long time to speak to us and for us to listen.

All of us wear different hats throughout the week and on any given day. In order to move into a quiet writing space and give our writer's selves an opportunity to come forward, we consciously take some time to transition. This can include individual small rituals like lighting a candle, getting a cup of tea and making sure we have all we need for the session.

As a group, we enter the space by paying attention to our bodily selves, to our breathing, our shoulders, necks, arms, hands, as well as our thoughts. Collectively, through a brief meditation we still our minds and let go of what does not serve our writing, before dropping into the writing.

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9. A little can go a long way- as long as we begin

'All creative acts are acts of initiative' Julia Cameron

Making space to write doesn't mean you have to quit your day job. But it does mean you have to create *some* time and space where you show up and connect with your writing, listen to your writing voice and get it down on the page. That way, a short time can go a long way.

To write fifteen minutes a day, half an hour or an hour, despite anything in your life that might try to distract, disrupt or stress-you all can move your writing project forward.

I also believe that taking time for writing can also support you through challenging times.

In Wild Write groups we write in two writing stints- 30 min the first and about 50 min in the second half. In this way the two-hour Wild Write groups are beautiful spaces to experience what can be achieved in a relatively short time and to build the writing muscle. We check in, share with the group what our intention is, set the timer and begin.

Writing with such a structure and in a group can also help us to overcome procrastination.

We simply begin. Wherever we find ourselves in this moment, we put pen on paper or fingers on the keyboard, and begin.

We start in the spirit of Tyker Lewke words: *'Start now. Start where you are. Start with pain. Start with doubt. Start with hands shaking. Start with voice trembling. Just start. Start and don't stop. Start where you are, with what you have.'*

Then, we keep going. We write through boredom, self-criticism and confusion. We try to stay curious about our writing and the process.



'I write the way you might arrange flowers. Not every try works, but each one launches another. Every constraint, even dullness, frees up a new design.' Richard Powers

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10. By writing, we gain courage, shed fear & shame and learn to trust our voice

So much about writing is about finding and expressing our own unique voice and ideas, no matter what others might think.

Through writing we can meet ourselves: our thoughts, feelings, ideas. We get to know ourselves better as we see ourselves reflected back on the page.



And sometimes our writing becomes a witness or guide itself.

As we show up regularly to write and commit to be in service of our writing or to a specific project, we will learn to trust our writing and our voice more and more.

I believe that such deep writing is a quite magical undertaking: we show up and put in the work, and the writing meets us there and gives back to us.

And as we write regularly, we gain courage- not just in our writing, but also in our lives. We fear less and less to make mistakes, as we learn about the process of writing and revising and we shed our fears and shame.

'Creativity is an antidote to shame, connecting us with our Creator-Higher Power, and our true Selves, allowing us to turn liabilities into assets, wounds into pearls. This is the art of transforming shame.' L Johnson

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11. Wild Writing fosters freedom, spontaneity & a sense of adventure

'Every time we begin, we wonder how we did it before. Each time is a new journey with no maps.' Nathalie Goldberg

Every time you sit down to write- by yourself or in the group- will be a little different. We can practice to show up afresh and anew to ourselves and our writing every time we get to it. To be open and flexible. To honour the rhythms and seasons that shape our lives. To seize the moment. To hush and wait and listen.

Can we tune in, let expectations go and start to be curious and open to the adventure and magic of writing?



Elizabeth Gilbert reminds us that rather than relying on passion or waiting for the muse to strike us, we need to simply show up and invite curiosity:

'I think curiosity is our friend that teaches us how to become ourselves. It's a very gentle friend and a very forgiving friend, and a very constant one. Passion is not so constant, not so gentle, not so forgiving, and sometimes not so available.' Elizabeth Gilbert

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12. Writing requires discipline and nurtures resilience & strength

To write deeply and regularly, to create a writing practice and achieve a project like a novel, poetry collection, screen-play or any other writing project, we need to foster discipline and resilience. A long breath....

But rather than the image of discipline as a whip-wielding slave driver that so many of us are holding, I suggest we look at the root of the word's meaning: 'discipline' derives from the word 'disciple'.

** Can we show up to the writing with the devotion of the disciple, make space and time because of the love for the work?*



Writing in groups helps us to be accountable ourselves and to our the writing, to show up no matter what.

This means fostering resilience. I believe this is also transferrable to other areas of our lives. When we create 'in the middle of things' as Eric Maisel calls it- no matter what else is going on in our lives, we build strength and resilience.

And let us remember that creativity is powerful and never underestimate the impact that our writing might have. As Clarissa Pinkola Estés writes in 'Women who run with the Wolves':

'Creativity is not a solitary movement. That is its power. Whatever is touched by it, whoever hears it, sees it, senses it, knows it, is fed. That is why beholding someone else's creative word, image, idea, fills us up, inspires us to our own creative work. A single creative act has the potential to feed a continent. One creative act can cause a torrent to break through stone.'

Let's continue our WILD WRITE journeys in 2021!

See my WEBSITE for 2021 dates of WILD WRITE WEDNESDAYS and WILD WRITE MORNINGS (Mornings start 12th of January, Wednesdays on 13th)

I look forward to connecting with you in 2021 and to the comradeship of shared writing.

With much love

Eva xxx

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LINK to WILD WRITE INFO HERE : <https://backtosex.com/wild-write/>