
Simply Soulstirring Writing As A Meditative Process By Francis Dorff

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process and i hope it bees the
same for you writing is hard work
it s not hard like electrical
engineering a chapter in my past
life which was a mind numbing
sleep depriving hair pulling kind
of hard writing is more a sweet
torture soreness post crazy**

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writing as a meditation practice
those who have a regular
meditation practice can simply
add the writing immediately
following it and those who find it
difficult to do traditional
meditation will find this practice
fruitful as the writing gives your
busy mind something to do'**

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May 28th, 2020 - the meditative process was not an abstraction the participants were going to learn about but a lived experience found in their meditation sittings and subsequent reporting on them in the group the meditative process es at first i was aware of feeling comfortable sitting on the meditation bench'

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*meditation and neuroscience to feel
connected every time you write
create never before seen characters
overe resistance convert negative
voices into positive ones build
stronger habits conquer self doubt
and write evocative new stories that
are both universal and unique'*

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