

Writing as Ritual

The Art of Writing as a Ritual ~ Tips Tricks and Inspiration



Writing is a powerful way to connect with the subconscious. If done with intention, it can be an art of letting go of you as you are, of your thoughts, a moment to drop in and let the truth pour out from within you. This takes practice. It is also a great way to pull your deepest ideas out and put them on the physical plane.

Setting up your space and preparing your physical vessel with rituals to channel innate creativity is key to truly expressing your highest form of wisdom. Here are some suggestions for doing so. Take what works for you. As with any practice, don't make your process so elaborate that you don't have energy and time to do it. Just use what works for your unique expression. Most importantly, keep writing.

Setting up your Space

Make your writing space a magical place where you feel inspired to sit and create. Make sure you have a quiet and calm place to retreat and write in, your own creative temple. Or, if you share a space, make sure to communicate to those around you that you would like some alone time for your writing. Headphones are always a good option too. This space can be a little nook, a special chair, a part of your garden or even a real writing sanctuary set up at a desk or in a part of your house. Try to write in the same place each day or week. Your body will learn to associate this place with your creative process. Consider also visiting this spot at the same time to write each day, if your schedule allows.

Suggestions for setting a ritual writing space:

- Make a small altar and adorn it with objects that are meaningful to you. Lay down a piece of cloth and add pieces of inspiration from your life and journey here on Earth: pictures, meaningful objects like rocks, shells, feathers, dried plants, or something you picked up on a trip that stirred your soul. You may want to add some fresh flowers, incense or candles. Leave it or set up anew each time, with pieces reflecting the week's theme or the time of season. An altar is a physical space that connects our immediate reality with the sacred. It is a connection that transverses time, space, and physical reality, connecting us with past experiences and other dimensions. It is a sacred space to give thanks, gratitude, and call in who or what we need while also paying our respects to these things.
- Clean your space energetically before and after writing by lighting a candle and burning some incense (locally and responsibly harvested plants are always best).

Writing Materials

Writing by hand is the most direct way to truly manifest your inner creativity or thoughts in the physical plane. Even if you want to transfer your pieces into a digital form, start by hand. Find or make yourself a nice notebook just for your creative flow. Get some pens/pencils you enjoy writing with. This will make your experience feel special and enjoyable. Adorn the inside page of your journal with inspiring quotes, words, of wisdom, or personal writing to set the tone and intention of the notebook. Bring your notebook or a small inspiration pocket notebook with you as you move through your day. Open it up when creative flow comes, especially if you're out on walks, hikes, or just moving through life.

Music

Consider playing some soft music or beautiful inspiring pieces. Find music that keeps you in the flow state, not over stimulating your senses. If silence suits you better, skip this. Better yet, tune into the songs of nature around you.

Intentional Drink

Intention is everything and one simple way to create ritual is with a simple herbal infusion, rich and aromatic green/black tea or even cacao. If you have a practice with cacao or tea

ceremonies, consider beginning your writing session with this. Or keep it simple. Prepare your beverage and infuse it with some intention or even just attention. Before writing, tune in and enjoy a few sips. Before drinking, I suggest giving some back to the Earth in gratitude for her nourishing abundance. Sip on your drink to nourish and feed your creative flow as you write.

Set your Intention for Writing

As with anything you do, intention is everything. Before you begin writing, remember to take a second to tune into yourself and set an intention, big or small, for your writing in that moment. Maybe you need to process some emotions or an event, maybe you want to tap into your creativity, maybe you want to organize your thoughts or maybe you just want to let things flow. Whatever it is, say it to yourself and allow your intention to flow through you onto the pages in front of you.

Embodiment practices

Embodiment means to truly be in your body, fully present in the experience. It is to consciously bring your body into what you're working with, to truly be with it, to feel it, and let the activity and energy flow through you. Whatever your intention is, or you hope to write about, consider doing something to embody that. For example, if you want to write about a mountain you could do a visioning exercise where you mentally and physically become the mountain, strong, tall, stable. Want to write about dancing? Move your body a bit to get into flow. Maybe you don't know what you're going to write about? In this case, work with some practices to help you get creative flow going in your body. Some examples:

- **Breath work:** Consider some deep, meditative breathing to calm the mind and connect to the body and flow state. Use the yogic ujjayi breath or pranayama practice. Or, if you're feeling really energetic, explore breath of fire or loud sighs, humming with vibrations and stimulating the vagus nerve. Get things flowing.
- **Movement:** Moving the body moves emotions and/or stuck energies through our physical being. It invites in feelings of playfulness, release, sensuality and more while connecting our mind to our physical being. You can play with the elements around you or even embody them. Ask your body what it needs and do that for a few minutes before sitting down to write. Is it a grounding exercise, gentle movement like yoga or stretching, slow dancing or ecstatic shaking? Maybe it is sitting in stillness or going for a quick walk. Whatever it is, movement always brings the flow back and connects us to ourselves and all the energies around us.
- **Vocal alchemy:** Does your voice feel stuck? Consider awakening your inner voice through some sounds. Sing, hum, yell, recite a mantra, make vibrational movements with your lips, stick your tongue out, talk to yourself, or use vibrational chants like those associated with each chakra to release any tension or blockages.
- **Play with elements:** Connect to source by playing with the elements however it feels right – water, air, earth, fire, ether.

- Draw: Get out of your head and into flow by drawing first to awaken flow and creativity.
- Womb meditation: If you are a womb bearer and feel called to work with your womb space, consider dropping into connection with your womb and asking for guidance, messages, or wisdom. This is the seat of our innate creativity. If we can learn to cultivate trust, deep listening and connection with this space, we may pull out ideas and concepts that we were not aware of. Accessing this space can be a wellspring of creative expression.

Additional Tips for Writing:

If you're feeling stuck or need a little inspiration to get started writing before the words begin flowing, try out some of these tips.

Daily Pages

Consider a practice of "daily pages" based on the idea of Julia Cameron's "morning pages" in order to truly cultivate your writing and the inner/outer connection. This can be done early in the day or right when you sit down to write. I suggest writing stream of consciousness style for 10-20 minutes, letting whatever comes to mind come out onto the page. Dropping into this space daily allows for free flow of ideas and a connection to your subconscious thoughts. With this you can dig deep and access your innate creativity. Whatever time of day you engage in this practice, it is a meditative flow that ultimately enables you to show up with greater calm and clarity in your writing session and for the rest of your day.

Ideas Notebook

Keep a small sized "ideas" notebook on hand to write in throughout the day – jot down ideas, concepts or feelings as they come so you can revisit and explore them deeper later.

Go out in nature

Nature is the ultimate source of creativity. Of course, we are nature. But getting out into a beautiful space and connecting with the natural world always creates space for expansion: physically, emotionally, energetically and spiritually.

Engage with the world around you

Listen to music or have an inspiring conversation, read a great book, go on a walk, listen to a podcast, share your ideas, read them out loud, explore what themes inspire you. Write, don't write. Let yourself go and in the unknown you will find yourself again in new and unexpected ways.

Prompts to start with

- Be an observer: List 5 things you see around you and describe them in detail. Look around you and describe something that you can connect to each of your senses in that moment.

- What are you calling in for the day or the writing session?
- What are you grateful for?
- Write one true thing about the present moment.
- Write a forgiveness list: Write all the things you forgive yourself for on a full page

WRITE AS IF NO ONE IS LOOKING

This is for you. There is nothing to do with it. No purpose, no plan. Just write for the sake of writing. Enjoy the process. The becoming is in the doing. Enjoy your journey! Tune into your innate creativity. Your inner nature is beautiful. Explore it with deep awe and wonder.

