

UNDERSTANDING WRITER'S BLOCK

There is the **conscious** part of you and the **unconscious** part of you. The conscious part of you thinks critically, judges and edits and organizes and was formed starting at age six and up. The unconscious part of you receives information from sources outside your brain/mind and you were born unconscious until the age of five.

When we write we must give ourselves permission to not be perfect because as soon as you think about writing a great story your ego and intellect will do whatever it can to keep you safe by not writing something bad that will get you humiliated by others. When this happens you can only think about writing and you can not create. Creating requires we be in chaos and the unknown and be messy and “bad” in our “shadow” and go out of our comfort zone. We must give ourselves permission to go out of our comfort zone and be with feelings we do not like and often repress.

Our unconscious taps into other realms unknown to you including your repressed memory and trauma which has been locked away to keep you safe. (It can also tap into the spiritual dimension of yourself which you mostly know nothing about.) When we want to write it is because we want to recreate a trauma that is at least ten years old and wants to be expressed so it doesn't become a disease later. When we write we give permission to our unconscious mind to tell us the truth about things we did not want to know before, but now we are ready.

WRITING EXERCISES TO HELP YOU WRITE:

When we use a timer to write we keep the intellect and ego busy trying to accomplish the task so the creative side of your brain can receive without questioning what is being received.

Put your timer on your cell phone for one minute and write as fast as you can without lifting up the pencil or pen, (DO NOT DO THIS EXERCISE ON A COMPUTER! YOU HAVE TO FEEL THE PAGE.) - **write why you can't write**. Don't list the reasons in a critical thinking way - vent in an emotional way and you'll see that you can write. When you don't think about writing and you just do it, feel it, you can write.

Put your timer for one minute and write as fast as you can without lifting up the pen everything you can about the word **WHITE DOOR...** Don't come from the thinking mind come from the feeling part of you and write whatever comes to you in the stream of consciousness...

Put your timer for one minute and write as fast as you can without lifting up the pen everything you can about the word **PERMISSION...** Don't come from the thinking mind come from the feeling part of you and write whatever comes to you in the stream of consciousness...

Put your timer for one minute and write as fast as you can without lifting up the pen everything you can about the word **OPEN...** Don't come from the thinking mind come from the feeling part of you and write whatever comes to you in the stream of consciousness...

Now write random words on small pieces of paper. You can also write 10 words about what you think your screenplay is about. Then crumble up the pieces of paper and throw them in a container. Pick one out and as soon as you open it and see the word put your one minute timer on and write as fast as you can. After you have done this with all your words. Re-read what you wrote and circle the most profound observations you made. These profound observations are what your unconscious mind wants you to know and express in a literary or artistic work to help you heal and inspire others. Circle any poetry, symbols or metaphor that you wrote. Poetry, symbols and metaphor is the language of spirit. You have now tapped into your divine self - in your spirit - you are now in-spirit - you are now in-spired.

WRITING EXERCISE TO HELP YOU KNOW WHAT YOU ARE WRITING ABOUT:

Set your timer for ten seconds. Hit the timer and write this scenario as fast as you can: Imagine it is your last day on earth, if this thought scares you, imagine you are 120 years old. Now imagine you are a hospital or home surrounded by friends and you know you are dying and you have one last breath left in you. A child that is five years old that looks exactly like you did when you were five takes your hand and you want to tell them the most powerful thing you learned about being human that would make their life incredibly amazing and will give them so much joy and happiness. What do you tell this five year old child that if they knew this truth it would transform their life forever? Press the timer and you have ten seconds to tell the five year old child this truth.

What did you tell him/her? Whatever you said must be in the affirmative and very short. It's not "Don't trust people. "Don't drink too much" or anything "negative" like that. Usually it's Trust yourself. Love yourself. Life is an adventure. You are brilliant. You are loved. Love everyone. You are powerful. Love is all there is. Listen to your heart. You are the hero you've been waiting for. We are all one... These are the highest truths we are here to learn and teach with our writing and learn from our writing. Depending what you said to the five year old - that is the theme of all your screenplays and literary works. You are here to learn what you need to teach that five year child which is the wounded child in you that felt separate from the creator, from others and from him or herself. YOUR PURPOSE AS A HUMAN BEING IS TO LEARN THE LESSON AND LIVE YOUR LIFE AS THE EXPRESSION OF THIS LESSON.

WRITING EXERCISE TO HELP YOU UNDERSTAND WHAT LIMITING BELIEF KEEPS YOU FROM WRITING (and living your dreams):

Set your timer for one minute and write about this scenario. Imagine it is 3 am and you are typing away finishing something important to you at home. You hear three knocks at the door and you ask who it is, but nobody answers. The knocks keep going and you are so upset you answer the door and it turns out it's DEATH - and she tells you, "I'm here for you. It's time to go." How do you convince death not to take you? Now hit the timer and write about how you convince death not to take you.

What did you do to convince her not to take you?

Did you get angry? Did you challenge it's authority? Did you tell death you can't go because you have so many people to help out. Did you distract death? Did you tell death to take you? Did you cry? Did you lie?

This is a great exercise in finding out how your ego sells out your dreams in order to survive and not be humiliated or ostracized. The action you took (getting angry, making yourself helpful, distracting, complaining, being helpless) is what will always get in the way of your writing and your dreams. At five years old all human beings have a traumatic experience that defines you for the rest of your life and you either sell out on yourself and your dream or you live your purpose which is what the previous exercise is about.

Chances are your protagonist will have the same challenge. They have to face their greatest fear (death) and not sell out on their dream (what you are here to learn/purpose) and stand in their truth in the present and make a better choice than what you did when you were five years old. The reason most of us are not being powerful is because when we are afraid we get triggered and become the five year olds instead of remaining present to the fact that we are all grown up and already powerful.