

How Spiritual Writing is Different From “Journaling”

Spiritual writing is a prayerful, spiritual practice, setting aside the time for soul-searching at a deep, meaningful level.

Intention

Be intentional about what you are doing: create a prayerful atmosphere, light a candle, reduce distractions such as electronics and noise. Set the tone by beginning with a scripture quote or spiritual reading.

Purpose

Spiritual writing, when done with careful intention can deepen your relationship with God and with your ‘self’. By using your imagination and creative mind, spiritual writing can be a means to explore the mystery of your own life experience and your soul’s means of speaking to you. Spiritual writing is particularly helpful when you are working through major life decisions or highly emotional or stressful periods.

Process

Free-Writing (as outlined on the other side of this sheet) is one way of experiencing spiritual writing. You may find this process works for you, you may wish to create your own process.

Commitment

Whichever process you choose, make the commitment of time and energy. Determine how much time you can and want to make to this process. Weekly is great, daily is better especially if you are working through a decision or emotional time. Try to commit to a consistent time of day and amount of time.



“Writing offers a backward glance to where we have been... and a glimpse of where we are going.”

- Michelle DeRusha



“The more room you give yourself to express your true thoughts and feelings, the more room there is for your wisdom to emerge.”

- Marianne Williamson

What is Free-Writing?

Free-Writing is a simple process that can lead to self-discovery and connection with your inner spirit.

Benefits of Free-Writing

- It makes you more comfortable with the act of writing.
- It helps you bypass the "inner critic"
- It can be a valve to release inner tensions.
- It can help you get in touch with deep emotions
- It can help you connect with the Divine Spirit within you.



How to Free-write

- Sometimes it helps to have a starting word or question, but it's not necessary.
- Put pen to paper and for five minutes, **write non-stop**.
- Don't lift your pen from the page... **Just keep writing**.
- Don't stop to ponder or make corrections... **Just keep writing**.
- Write whatever comes into your mind. **Do not judge or censor what you are writing**.
- If you find yourself stuck for something to write, just keep repeating the last word you have written, or take a pause and see what may come next. Or write, "I don't know what to write" ... until a fresh thought emerges.
- And then – if nothing does come – write something like, "the end" or "it is finished" – and put your pen down.

Free-writing is for you, and only you. No one will ever read this, unless you want them to. Therefore...

- While you are free-writing, forget the rules of formal English. Because you are writing only for yourself you don't have to worry about sentence structures, spelling or punctuation, organization or clear connections.
- Do not be hindered or afraid to be honest, open and true to yourself. Let words flow out of you with ease and non-judgment.

Using Your Free-writing

When you have finished, read what you have written all the way through, once or maybe twice. Then re-read it another time and looking carefully to see if you can find a key word or phrase or maybe even a sentence or two that you wish to ponder and reflect upon. Perhaps this word or phrase may lead you into another free-writing exercise. Because this is for you and only you, you can do with it as you like. You can keep your pages or journal, or throw them away.

Practicing Free-writing

Most people need to practice freewriting several times before they're able to make it work for them effectively. So be patient. Try freewriting as a regular exercise, perhaps three or four times a week, until you find that you can write without rules comfortably and productively.