

WRITING FOR TRANSFORMATION

CONNECT WITH YOUR POTENTIAL, YOUR PURPOSE, YOUR POWER



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Julianne incorporates mindfulness practices and writing into her coaching practice to help clients access their own intuitive Guidance, and to support personal and professional transformation.

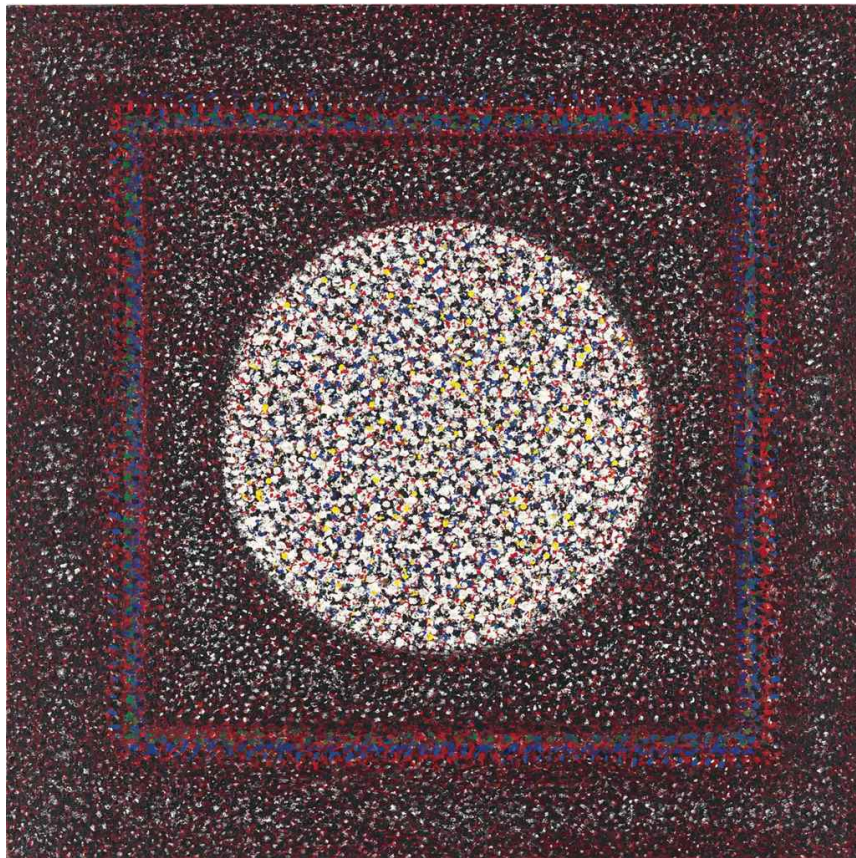
Get Calmer, Stay Focused, Follow Your Creative Spirit

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Life is a Journey of Transformation

When I was in college, I had the opportunity to study with a great artist, Richard Pousette-Dart, who was known for his spiritual and meditative works. Once I asked him how to know when a painting was finished. He replied with another question: "What is the end point of your life?"



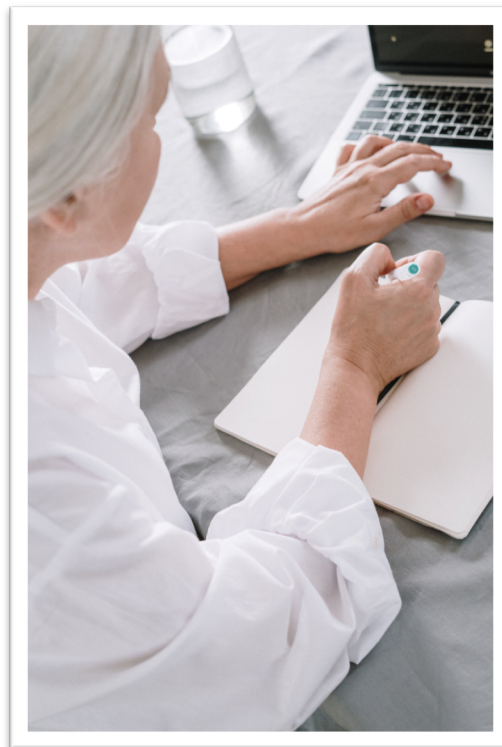
Mosaic Circle
Richard Pousett-Dart

Instead of thinking in terms of beginnings and endings, why not think in terms of continuous transformation? Transformation means to change form, to go beyond wherever you are at the moment and move toward greater awareness, experience a more expansive sense of self.

What role or roles do you identify with? You are more than that; you are filled with the potential to creatively develop and grow throughout your life and make whatever changes are appropriate for your needs and desires.

Basically, you are never 'done.' Whatever stage of life you are in, there are always going to be new beginnings and endings, which lead to more beginnings.

In some spiritual traditions, this life is seen as only a part of an endless journey. Even death can be seen as both an ending and a beginning of a new phase of development.





Life is transformation. For nine months we grew in our mothers' wombs, and from our birth until now we've continued to change. Even though many of us feel uncomfortable with change, change is the one constant in life so we must accept it and embrace it. Change allows new things to happen.

But how do you wish to change? It is up to each person to manage this inevitable change in the most positive way possible. However, I prefer the word transformation. We are always transforming from one state to another, even on a moment-to-moment basis.

Although there are changes that happen that involve societies, or even the entire world, such as climate change and the COVID-19 pandemic, as well as beneficial changes such as the planting of new trees and peace agreements between countries, each of us is proceeding along our own unfolding path. You might even call it a secret path, because only you are there every step of the way, viewing the events that occur as you travel from your own eyes, and feeling them with your heart. Only you can understand what you went through in the past—and even then, you may not have known how to interpret what was happening until later when you looked back with a different perspective.

Life is a series of ups and downs and of stages of various kinds that are common to everyone, yet unique to each individual in the way they manifest.

Each of us was born into a particular family, at a particular time, and in a particular set of circumstances. And although you can't change these original circumstances, you can transform them by working with them constructively in the present.

By accepting your past and current circumstances and paying attention to your intuitive guidance, you can create a life that has purpose and meaning. One day you may be able to look back and view even your troubling experiences with a new interpretation and sense of acceptance.

After all, everything that happened to you made you the person you are today, the person who is reading this book.



The Power of Language to Transform

One way to focus and direct transformation is through writing. You can use writing to help you overcome obstacles and find the way to move in a direction that will bring more peace, joy, and awareness.

Mystical traditions the world over use special words in prayer, mantras, and transmissions of teachings. A magician says *Abacadabra*. No one knows the exact origin of the word, yet it is associated with phrases in Hebrew which mean “I will create as I speak,” and in the ancient Aramaic language, “I create like the word.”

The words you speak, the stories you tell, expose the narratives you are living. What are you telling yourself about what happened to you in the past and what you expect might happen next? What stories do you focus on and repeat to yourself? In your daily lives, what words do you use? Words can be used to harm or to heal, to discourage or encourage, to deflate or inspire.

Words can have healing and transformative power. Words that show appreciation, love, and approval, can enable someone to have courage and perseverance. By becoming aware of your stories, by dropping unhelpful or negative plot lines, you can expand your sense of who you are and who you can be.

Author Mark England states:

“Stories eventually shape and create our realities. Words to stories, stories to realities. This is the power of language.”



Writing to Guide your Inner and Outer Transformation

Much research has been done on the life-changing power of writing. Dr. James Pennebaker, a psychology professor at the University of Texas, Austin, an author, and a researcher, has spent more than 30 years studying how writing can heal emotional and physical trauma. He calls this 'expressive writing' and suggests writing about an upsetting experience for 15 to 20 minutes for several days, to explore your emotions and release what is upsetting for you.

Writing allows you to be yourself without judgement. You can reveal yourself on the page, and whatever you write will be for your eyes alone. In this way, writing can help you process what you are going through, stop dwelling on past events that no longer serve you, and bring you closer to who you can be. It can show you new ways to see yourself and your experiences, and it can help you focus on what you can do, your potentialities.

Writing will enable you to attain greater awareness, and this in and of itself can make a shift in your life. When you clear away old baggage and see yourself in a new light, your energy and capability will increase.



By writing about your challenges as well as your joys, you can create a greater connection with yourself and find your voice. Writing offers a way to see the context—the circumstances that form the setting—of your life more clearly, which can trigger insights.

You most likely have had ‘ah-hah’ moments, when suddenly a light turns on and you understand something that has eluded you before. Perhaps you’d been puzzling over an idea for some time, then let it go.

Then later, ‘out of the blue,’ an insight came to you that revealed a new way of looking at the problem or situation.

By recording these moments when they occur, you may find deeper meaning in them, gain a broader perspective on what is currently developing in your life, and incorporate the new learning to help you move forward.



Easing into Writing

A good way to make writing a part of your life is to keep a journal by your bed.

As soon as you wake up, try not to rush into what needs to be done that day, but lie quietly for a few moments and see if you can remember any dreams or dream fragments. Write whatever comes to mind. Then, see if you can decipher any meaning in what you dreamed, such as associations to life events, symbols, or themes.

You might write questions that you would like to have answered about the dream meaning. Later, an insight may pop into your mind.

If you don't remember any dreams, simply write whatever thoughts are present. You may reflect on what happened the day before, or just write about how you are feeling.

Over time, you will begin to remember more and more of your dreams, and you may find that writing first thing in the morning will become a welcome way to start the day.



Seven Writing Prompts

Here are seven writing prompts with some sentence starters to use on your journey of **Writing for Transformation**.

You can do them in any order, and you can return again and again to these steps depending on what area you'd like to explore. Once you start writing, you may find your own prompts.

You can write by hand in a journal, print these pages out and write on them, or you can type your answers. Research shows that writing by hand activates larger sections of the brain, to do with language and memory, than typing. The arm movement involved in writing by hand has also been shown to stimulate creativity. Writing by hand relaxes the mind, enabling the writer to access deeper levels of thinking.

Note:

Before writing in response to a prompt, allow yourself to settle into your body.

Bring your attention to this moment, this place. Set your intention to write with openness and a willingness to connect with your inner self. One way to do this is to notice your breathing, This will calm your mind and allow the freer flow of creative thinking.

If you would like more information on meditation, go to my website:

[Mindfulness: General Guidelines](#)



1. What are you carrying?

What are the thoughts, pains, stories, that make your bag heavy? What is weighing you down? These may be memories of past experiences, or repetitive stories that prevent you from feeling at ease with yourself and doing the things that are important to you. They can interfere with your sense of worthiness.

Seeing yourself in a negative light can prevent you from creating the life you desire. What is blocking you? What are you ready to let go of?

“I am still carrying...”

“I choose to let this go because...”



2. Who are you?

Are you identifying with particular roles? Most of us do. In our everyday lives we all have at least one—or more than one—persona. A persona is a kind of mask we wear to label who we think we are supposed to be. Of course, these are needed at times. But while it's true that you may be a mother, a father, an aunt, an uncle, an accountant or a teacher, these roles do not encompass all of you. You are not only this or that. You are more than all of these.

Which roles are you currently identifying with?

Is this identification getting in the way of trying new things?

What more would you like to be?

“I’m not only...”

“When I connect with my deeper nature, I can also be...”



3. Are you judging yourself?

Do you feel there are different 'parts' to you, competing voices? Is one part judging another part? If there is conflict within you, there will be conflict in your environment. Write what your different voices are telling you. Which voice is the loudest? Is it a helpful, supportive voice or a critical, judging voice? Let your voices speak. Then decide which voice you want to hear.

"The conflicting voices are..."

"I choose to listen to the voice that says..."



4. What is a road not taken?

From time to time, every person comes to crossroads which must be passed, and a decision made about which direction to take. In taking one direction, making a choice, we must leave one path behind. When in your life have you had to make these choices? What decision did you make to arrive where you are now? What road or roads did you leave behind?

Write about one choice that led you to your current circumstances. Why did you make this decision? Imagine what might have happened if you had taken another direction. What did you lose by passing up that path, and what did you gain by taking the path you did? Is it possible that some opportunity on a path not taken could still come to fruition at a later time?

“A road I did not take was....”

“I took the direction I did because...”

“I can understand now that...”



5. What are your current circumstances?

Since the beginning of the pandemic, life has changed for everyone. Some people have been affected more than others, but this situation is a strong teaching for the whole world. Now, more than ever, we must realize that all life on earth is interconnected, and all countries need to cooperate to deal not only with this disease, but with the many troubles facing us today. Structures have been broken, and we have to learn to grow and connect in new and different ways.

You might ask what the current situation is wanting to teach you about yourself. How is it challenging you? How can you transform your experiences during this time into your path of awakening?

Do you feel your life is finished, or do you feel that there are new possibilities to explore? You can live your life fully no matter your age and be willing to open another door in your life. Only through accepting what our current circumstances have to offer can we move forward in a more expansive way.

“My current circumstances offer me...”

“I can make the most of my current circumstances by...”



6. Who are you evolving to be?

The past is over, the future has not yet arrived, and the present is impossible to grasp yet always exists. When we try to cultivate awareness of the present moment, that doesn't mean that we try to forget what came before or stop planning for the future. Instead, it means focusing on this moment of time, which includes both the past and present. Although we want to move forward in a positive direction, too much effort can actually get in the way!

When you can gently release the past, and allow the future to unfold naturally, how do you see yourself today? What part would you like to play in the world, to not only achieve greater fulfillment, but to help others?

“When I stop trying so hard, accept myself as I am and connect with the flow of life, I can...”



7. What would you like to have happen?

Do you have a desire to create something, start a new project, or make a specific transition? How you perceive yourself determines, in part, the world that you are living in and would like to live in. When you can see yourself as greater than any of your current roles, you will have opened to new possibilities. In order for this to happen, what belief would you need to have?

When you can develop faith in your abilities, you can move in your desired direction. Sometimes it's hard to believe in yourself, but you can simply say, "I choose to believe..."

"I choose to believe..."

"If I believed...I could..."





I hope you have benefitted from this book, and have begun the process of **Writing for Transformation**. Perhaps you already had a writing practice and these ideas and prompts have inspired you to continue.

If you would like support and guidance on your journey of transformation for your work and life and are interested in coaching, please contact me for a complimentary consultation.

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