

ABOUT WRITING

Many people I know who want to write but don't, or who want to write more than they have but can't find the time, have told me that taking the time to write seems so, well, self-indulgent, self-involved, frivolous even. And that finding the time to write - even a diary, much less fiction or memoir or poetry - in their busy schedules is impossible. "I'll write when I have the time," they say. "A Walter Mitty fantasy," someone I know calls it - thinking that the time to write will come along one day and poke you in the ribs and say, "I'm here; now you can write."

What, though, if writing weren't such a luxury? What if writing were a simple, significant, yet necessary way to achieve spiritual, emotional, and psychic wholeness? To synthesize thought and feeling, to understand how feeling relates to events in our lives and vice versa? What if writing were as important and as basic a human function and as significant to maintaining and promoting our psychic and physical wellness as, say, exercise, healthful food, pure water, clean air, rest and repose, and some soul-satisfying practice?

- Louise De Salvo, *Writing As A Way of Healing: How Telling Our Stories Transforms Our Lives* (1999).

YOUR VOICE

There is a voice inside you. There is a Voice inside everyone. Whether you hear it or not, the Voice is there. Whether you acknowledge it or not, the Voice is there. Whether you ask it for help or ignore its guidance, the Voice is still there. Waiting. It is waiting for you to stop, if just for a moment, and listen. The Voice is always there, guiding you, encouraging you, loving you.

I'll let you in on a sweet little secret: connecting with that Voice is easy. And why shouldn't it be? The Voice isn't trying to hide from you — it is seeking you. It knows the rich conversation that awaits you both... The Voice is right there, barely below the surface, waiting for you to pick up your pen and penetrate the think wall of consciousness that keeps you apart.

- Janet Conner, *Writing Down Your Soul* (2008)

