



THE BEAUTIFUL, THE UGLY AND THE UNCANNY UNCOMMON WRITE

A BRIEF GUIDE TO FREE-WRITE PRACTICES
from Carolyn Dawn Flynn at The Story Catalyst

If you've taken a writing class, gone on a writing retreat or read a writing craft book, you've probably encountered some version of a free-write practice. Those methods guide you to a measurable outcome—minutes spent writing, pages generated.

The Uncommon Write overlays those tried-and-true methods with mindfulness techniques that build trait mindfulness and emotional resilience.

The Writing Down the Bones free write

Natalie Goldberg's Writing Down the Bones draws upon her Zen Buddhist training to guide writers in timed free-writes designed to transcend "monkey mind," or the inner critic, and free the writer within.

Writings are timed. The number of words or pages doesn't matter. You may write three pages or three sentences. Some free-writes will yield more than others. The most important thing is to be present to the page—present to keeping the pen moving.

Your goal is to get words onto the page without judgment. The benefit is that you get to your fresh, unfiltered and original thoughts. The long-term benefit is that much like a meditation practice, you are training your brain. You are gaining insight into how your mind moves.

"Ninety percent of writing is listening—the deeper you listen, the better you write.

~Natalie Goldberg



READ MORE <https://nataliegoldberg.com/books/writing-down-the-bones/>

This blog post distills 10 takeaways on the biggest lessons from doing a Writing Down the Bones free write

<https://www.writeordietribe.com/writers-craft/10-writing-lessons-learned-from-writing-down-the-bones-freeing-the-writer-within-by-natalie-goldberg>

- Don't cross out
 - Use strong verbs
 - Be specific.
 - Lose control.
 - Let it rip.
 - Go for the jugular.
 - Don't stop.
 - Keep writing.
 - Write until the atomic bomb goes off.
 - Even after it goes off, keep writing until the radiation hits you.
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The Artist's Way "Morning Pages"

In Julia Cameron's The Artist's Way, she teaches writers and self-knowledge seekers to begin each morning by writing three pages in longhand in a stream of consciousness style. She says it is the first step to recovering your creativity.

"There is no wrong way to do Morning Pages—they are not high art. They are not even 'writing,'" she writes. Morning Pages are about creating a receptacle for your mind and rebooting your creativity. Simply write three pages one morning. Then write three pages the next morning.

READ MORE <https://juliacameronlive.com/basic-tools/morning-pages/>

<https://extraordinaryroutines.com/musings/the-artists-way-complete-guide>

MORNING PAGES PROMPT What's on your mind today?

Pomodoros

Pomodoros get their name from the tomato-shaped kitchen timer. You simply set a timer (tomato shapes are great, but frogs, apples, lemons or hamburgers work, too—the results seem not to be tied to the shape, so have fun with it!). Choose a set amount of time, 10, 15 or 25 minutes. Write until the timer rings. Take a break—deep breath, a sip of tea, walk away. Rinse, repeat. After four pomodoro sets, take an extended break of about fifteen to thirty minutes.

READ MORE <https://writingcenter.unc.edu/2020/04/pomodoros/>

