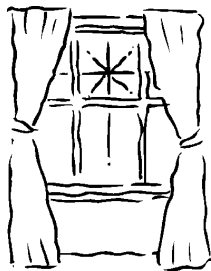


Looking Out My Window, August 12, 2022



Last week's topic, writing, continues today. I mentioned a tool for enhancing creative living learned from Julia Cameron's classic book *The Artist's Way*, which has sold more than 4 million copies. That tool for creativity she calls Morning Pages. You begin each day with a notebook, a pen, and three pages of stream of consciousness writing. Whatever comes to mind gets dumped on the page. She has variously called it "brain drain," "resting on the page," and other such monikers.

Why not simply type the pages on your computer? Julia's answer—memories are stored in our bodies and we are much more likely to kindle them on the page with the physical act of writing.

Morning pages is not journaling. That's a topic for another Window. I do sometimes find myself chronicling a life event in pages because it's on my mind. So, I simply index that in the front of the notebook. Sometimes, those remembrances get transferred to my journal.

I began this practice in February 1999 and have averaged doing pages five days a week since. This practice has been amazingly transformative. For one thing, my self awareness has expanded dramatically. In pages, you are listening to your inner voice and paying attention to it. Sometimes, my pronoun shifts from "I/me" to "you." In those moments I've often felt like God's Spirit was talking to me through the pen.

For another, the editor in me has virtually died. You don't pay attention to spelling, grammar, or complete sentences. You just pour the words out. That has had carryover for me into all other writing. First drafts just get poured out onto the page to be "fixed" later.

Also, I've found pages an invaluable place for creative thinking and problem solving. For example, if I need to have a sensitive conversation with a friend, family member, or parishioner, that conversation gets rehearsed in pages, which helps discharge any emotions like anger or frustration and helps me be very intentional about the conversation.

And, one more thing. If I head for bed and have an unanswered question or challenge, if I write it down and sleep on it, the answer usually comes in pages.

This practice certainly is not for everyone, but it's had such a positive impact on my life, that I feel free to encourage you to give it a try. First thing, even before prayers or breakfast, give it a spin. Let me know how it goes. Or, feel free to engage me about it. See this entry on her website for more information.

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

God's peace,

David W. Perkins+, Interim Rector