

GETTING TO THE SOURCE:
DEEPER SPIRITUAL WRITING
(Workshop Outline)



Week 1: How Do You Find Meaning?

- Our Need for Stories
- How We Use Stories in Our Daily Lives
- We Are Our Culture's Storytellers

Week 2: Releasing Fear & Banishing Doubt

- The Root Causes of Suffering, for Our Characters & Ourselves
- What Stands in the Way as We Tell Our Stories
- How to Overcome Resistance
- What Are We Afraid of Writing?

Week 3: Recognizing Impermanence

- What Will Not Last?
- What Makes a Story Universal?
- The Art of Listening
- What is Your Calling, and How Can You Discover It?

Week 4: Letting Your Soul Speak

- Thought into Action
- Releasing the Last Vestiges of Fear
- Cultivating a Sense of Play
- Living Outside Time