



Writing is a powerful channel for some clients to create space between their thoughts and their actions. Using the Early Morning Pages exercise lays out a process for clearing the mind and retraining its focus. Some clients will find this exercise helpful, others will find it challenging.

Directions:

We recommend suggesting this exercise for clients who enjoy journaling or express having a lot on their mind. Copy and paste this text into an email or new document to present to a client. Add your own introduction to this exercise, guiding the client through your intentions with this activity (e.g., "I recommend this activity for you to help you work through the _____ concern you mentioned in our last session.")

There's a time every morning when we are half awake, half asleep and not quite fully conscious. At those moments, we have access to our unconscious mind and our inner workings. But like dew on the morning grass, it will soon be gone without a trace. Listening to these tender morning wisps allows us to reach into our inner world, the deeper part of ourselves that helps guide us on our path of transformation.

Early morning pages are a stream of consciousness written in a journal first thing in the morning. Keep your journal by your bed and reach for it while you are still half asleep.

Begin by writing down any memories you may have of your dreams. At first there may be nothing, or simply minor recollections, but as you do this over and over you will build the muscle. You'll send a powerful message to your brain: *I am prepared to accept my unconscious thoughts and feelings, and I accept that more and more will be revealed.* You will develop a deep, direct relationship with your inner self.

Next, write 10 things you are grateful for from yesterday. Usually our minds focus on everything that's not going well, skipping over the fact that we live in a peaceful, democratic country. Your mind easily forgets that you have great friends, a place to live, plenty of food to eat, access to education, a job and freedom. Take time for thanksgiving and appreciating what went well yesterday.

Next comes the stream of consciousness writing. Write for at least a page, maybe two. Write whatever crosses your mind. Nothing is too petty, too bad or too silly to write down. Nobody will be reading this, so write it all. No censoring. You will be amazed at what comes out of your sweet, innocent mind. Write quickly or write slowly. Find a pace that works for you.

All the angry, ugly stuff that you write in the morning would otherwise stand in the way of you being your best you. By doing early morning pages, you get all those repressed thoughts out of your system so you can live your life and realize that you are not your mind and you are not your thoughts. You are a spiritual being in a material world, moving forward toward the life you deserve, which is the life you truly came here to live.

Watch your breath. Watch your mind. It's like a meditation. Be still and just let it all pass from your mind onto the paper.

Inspired by *The Artist's Way: A Spiritual Path to Higher Creativity* by Julia Cameron.