



CONCENTRATION PRACTICE WITH LEZLIE LAWS

Four precepts for tapping into your intuitive power:

- Think of yourself as an instrument of the story. It comes to you or through you, rather than an object that you control.
- The value of **getting quiet** and seeing what bubbles up. Using silence as a tool in your tool box.
- The idea that the story already exists within you.
- The idea that the story wants to be told.

A concentration exercise to cultivate these notions within the writer:

My body is calm and relaxed.

Breathe in, breathe out

My mind is clear and calm.

Breathe in, breathe out.

My heart is soft and gentle.

Breathe in, breathe out.

I am open and receptive.

Breathe in, breathe out

I honor and respect the story that wants to be told.

Breathe in, breathe out.

I let the story come to me.

Breathe in, breathe out.

Specific intentions:

I write with joy every day.

I still my noisy inner critic.

I develop confidence to speak my truth.

I write with abandon.

I drop my addiction to perfection.

I get messy and real.

I write stories from my heart.

I write with an authentic voice.

I learn concrete story-telling skills.