

Julie Kirk is a subscriber to the topic, and a great spirit. I mailed Julie telling her some of my own insecurities about starting a new novel, and this is her reply. It is marvellous article, truly inspirational. ENJOY!

Starting My Next Novel

I wrote: "Right now I am struggling within myself about starting my next novel. The idea has been in my mind and heart for some time. I have even done some research on the subject through the Internet, but getting the synopsis down on the word processor is like pulling teeth, let alone expanding to a chapter breakdown."

Julie wrote: "Would it help?"

To begin to write a small short story, Just to please the child within.

Let go of the struggle. And just Play.

Write anything that wants to dribble onto the page.

Ask the child within to come out and play, and ask the adult fearful to stand aside.

Take some deep breaths, smile, feel how well your fingers itch to dance the keyboards and reveal the secret outpourings of the Childs whim.

Let the warmth and relaxation of self-creative flow flood your being and feel the joy of not standing in the creative –self's way.

You stop all mind chatter. Picture a beautiful part of yourself being free, exploring a world your expression pours out in play to the delight of your child self.

Let the writing happen and be completely at ease. Stand away from wanting to be in control, leave this for the more dutiful times you are away from the wonder of writing and being in the worlds of your own creation.

Watch the picture form within and just let the words make your fingers happy. Be Very happy. Stay relaxed and enjoy the freedom of non-thinking and surf with content on the waves of your inner expression.

Make it a magical and most trusting moment of play without a worry about what is being written.

Take heart, smile and begin the fun. You can do it!!!

I always find the task of doing, the bigger thing that lives within, either an adventure or a stalemate.

The adventure because what I am creating is fresh and fuelled by beginning something I am doing for me. Doing for me is easy, as it is not going out there for others to see, others to think about, read or take long ums over. When I am doing for me I am surrounded by the warm cocooning flow of self-creativity. I play the game and enjoy the spilling out of all thoughts and create with ease. I don't judge myself I just have fun.

The stalemate.

This is the scary part because the stale mate comes from knowing what I am creating is going out there. I want what goes out there to be perfect and gloriously well created. I want that pat on the back, acknowledgement that I write well, create well, so will rub out and begin over and over again. I feel every moment that ticks by. The hours become solid toil and hard work. Fear of not being up to

scratch tightens my shoulders, and makes me feel less and less the creative artistic pleasures and more of the "Will it measure up to my expectations?" That's exactly the point really, self-expectation. Best to have no expectations. Best to take a feeling and nurture it gently. The inner power centre of all creative ideas pour out naturally when self-joy and self-happiness are trusted and respected. It does not pay to over ride the natural nature of self-expression. It doesn't pay to want to be in control of a river, so why be in control of the natural flow of creative energy? All we need do is sit and ask the self to begin, let it all happen. Knowing you have the skills and have been committed to using these skills with dedication is a wonderful asset. The other is to stand aside from the over riding thinking self and let the magic within tumble out with all mixture of dribble and dash, and know the result becomes the treasure you were looking for. I think it is called Faith!" Julie