

One Word Can Set You Free!

4-Step Power of the Word Exercise

"In the beginning there was the Word..." or so the verse goes. When it comes to writing this is indeed true. Everything starts with a single word—a sentence, a paragraph, a poem, a blog, or a book.

All you need to begin, is one word.

When you can't find the words or see beyond the first sentence, don't even try to go further. Stay where you are. Stay at the beginning and let the language come to you.

The 4-Step Power of the Word Exercise will show you how one word can open a doorway into the language your heart longs to express.

Follow these four simple steps to gain access to the mysterious, divine intelligence that is always ready and available to you. All you have to do is ask. It is your creative knowing and it will lead you exactly where you need to go.

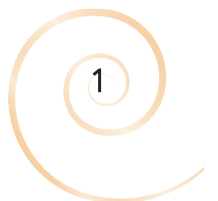
It may not be to the place you expect to go, but that is the magic of creativity—to suddenly and mysteriously alight upon a hidden, glorious gem of truth that moves through you and into form.

Use this exercise as a starting point for any type of writing or anytime you feel stuck, unclear, or blocked.

In 15 minutes, you will get your pen, your spirit, and your creative current flowing again.

You'll need:

- ⊙ a pen
- ⊙ paper or journal/notebook
- ⊙ a timer
- ⊙ a dictionary (or access to www.dictionary.com)
- ⊙ an open heart and mind



☉ STEP 1 – *Release*

(1 minute)

release: *to set free from restraint, confinement, or servitude*
to relieve from something that confines, burdens, or oppresses
deliverance from sorrow, suffering, or trouble
the state of being freed
to let go

Sit comfortably, close your eyes, and take 3 deep breaths.

Bring to mind what it is you want to write or create. Notice how it makes you feel.

Pay attention to how it shows up in your body. Is there any tightness or tension? Are there places of pleasure or ease? What ideas, thoughts or feelings do you have about what it should be? Do you have an agenda?

Take a deep breath in. Make a conscious choice to drop any agenda and to give up control.

Exhale. And let it all go with your out-breath.

Say this phrase out loud: *“I am open to the mystery of my creative power”*

☉ STEP 2 – *Reveal*

(1 minute)

reveal: *to make known through divine inspiration*
to open up to view

Keep your eyes closed. Again notice the sensations and emotions you are experiencing. Tune in to what wants to be expressed through you and/or what is holding you back.

Invite **ONE SINGLE WORD** to arise from the source of creative knowing within you.

Notice if a word comes and you reject it for another. **STAY WITH THE FIRST WORD** that comes to you!

Don't worry if it doesn't make sense or feels irrelevant. Just notice that your creative self readily responded with a word, whether or not it was a word you "wanted."

Hand the reins over to the creative essence within you, not the mind that wants to judge and control.

Say this phrase out loud: *"I trust my creative power"*

🎯 STEP 3 – *Record*

(5 minutes)

record: *re—to bring back cor—heart*
 to bring back to heart
 to set down in writing

Once you have your word. Open your eyes and write your word at the top of a blank piece of paper.

Set the timer for 5 minutes. Write about this word—What story does it want to tell? What does it mean to you? How do you define it? How does it define you?

Write without stopping until the timer goes off.

Don't edit! Don't analyze! Just let your creative voice flow.


🎯 STEP 4 – *Redefine*

(8 minutes)

redefine: *to reexamine or reevaluate with a view to change*
 re—to bring back define—to discover and set forth the meaning
 to rediscover and set forth meaning

Look your word up in a dictionary and/or an etymological dictionary. You can do this online if you





don't have a standard or etymological dictionary on hand.

www.dictionary.com gives definitions as well as word origins.

Read the origin and definition(s). Find something that strikes you or “expands” your word in a way that you weren’t thinking about before.

What new level or layer of meaning does the definition or root of this word hold that wasn’t there for you before? How does it expand your experience of the word?

Set the timer for 5 minutes. Write the story this word wants to tell with this expanded definition in mind—What nugget of truth does it want to reveal? How might it be related to what you want to write, create, or express?

Write without stopping until the timer goes off.

Don’t edit! Don’t analyze! Just let your creative voice flow.

Let your imagination go and free associate. Don’t worry if you feel like you are traveling away from your word! That’s the point. It is a doorway into a living universe!