

Tapping into the power of contemplative writing

One useful tool for exploring your thoughts and experiences is the practice of contemplative writing – taking time on a regular basis to contemplate and solidify your thoughts in writing. Many seekers find that keeping a spiritual journal inspires and requires them to clarify their thoughts and experiences.

You may choose to write about your past experiences, your present epiphanies, or your hopes and dreams for the future. You may want to contemplate spiritual teachings through writing or to record the visions and intuitions that come when you meditate or pray. Just the action of sitting down to write makes a statement to your wise soul that you are listening.

Consider

Taking notes on your experiences and understandings also gives you a written record that may come in handy during future phases of your journey.

Some days you may write beautiful poetry; other times, sad thoughts, joyful celebrations, petty grumblings, or profound revelations. Contemplative writing can help you to:

- Witness the magnificent and diverse play of your mind
- Get to know all the different aspects that make up you — from your wise soul to perhaps a frustrated inner child.
- Look at life from the artistic perspective of a writer, and come to see your personal dramas as a colorful and divine dance.
- Increase your sense of self-acceptance and self-respect.

Contemplative writing can help you to see your life as a divine and amazing play. Then, whether good or bad events come your way, you can see the events with friendly eyes and say to them, “Thanks for the story.”

Ultimately, it doesn’t matter whether you plan to publish your writings, although opening yourself to sharing personal thoughts with others can be a powerful experience. Your revelations and breakthroughs may also help readers find greater healing and wisdom in their own lives. Even if it’s not your calling to make what you write available to others, it is still in your best interest to take advantage of the power of writing to explore, uplift, and heal your mind and spirit.

Consider

Some people prefer to set strict disciplined schedules for their writing, such as writing a certain number of pages every morning or evening, while others prefer to write only when they feel a need for expression. As with every practice, you have to explore your own nature and decide what style of writing best suits you.