



Writing With Soul

“Writing practice, like zen practice, brings you to the natural state of mind, the wilderness of your mind where there are no refined rows of gladiolias. The mind is raw, full of energy, alive and hungry.”

Natalie Goldberg, Wild Mind: Living The Writer’s Life

For those wishing to unleash their creativity and enjoy the art of writing ...

When

Tuesday 12th October
Tuesday 19th October
Tuesday 26th October
Tuesday 2nd November
Tuesday 9th November
Tuesday 16th November

7.00pm –10.00pm

Where:

Crows Nest Community Centre
Fuller Room
2 Ernest Place
Crows Nest, New South Wales

Course Fee:

\$570.00

Registration:

<http://writingwithsoul.eventbrite.com/>

Enquiries:

Circumference
1300 969 943

Unleash Your Creativity!



Circumference

www.circumference.net.au

Have you ever wanted to write but were afraid to try?

Have you ever secretly had a wonderful story idea, but found it too difficult to put down on paper? Or maybe you have yearned to write from your heart and soul, to know yourself at a deeper level?

Writing is fun! It’s a creative process that allows us all to connect with our inner spontaneity, heart and spirit. Writing gifts us with the opportunity to tell our personal stories and explore our inner self in deeper ways.

Writing With Soul is for anyone who is interested in exploring their creativity and spirituality. It is about learning how to write freely, soulfully and without fear. The course is designed to help you ‘free up’ the creative blocks that stand in the way of your writing, with the emphasis on discovering the ‘writer within’ in a gentle and supportive environment. Each 3 hour session will include:

Meditation
Drama and Sculpture activities
Writing exercises
Group shares
Lots of fun!



Writing With Soul is not about writing that ‘perfect’ book or script. It is most specifically NOT about ‘getting it right’ – especially spelling, grammar and punctuation. It is more about incorporating a daily writing practice in your life and encouraging you to begin an ongoing, soulful friendship with the writer within you.

About the Facilitators ...

Robert Meredith and Shanti Clements have designed **Writing With Soul** to bring together elements of spiritual practice and creative writing in a 6 week writing workshop. Robert brings over 30 years experience in the field of corporate consultancy, personal transformation and theatre. Shanti brings her experience as a published writer, university lecturer and teacher to the course. She has spent 17 years teaching young children, teenagers and adults to explore and enjoy their creativity through the art of writing.

Errol van Blerk, is a corporate facilitator, successful artist and sculptor who brings his expertise to **Writing With Soul**. Errol is also the author of *The Blokes Book of Cooking*. He writes: “Creativity is a funny thing, but I firmly believe it’s in each of us waiting to be explored.”