



## Introduction

*Maybe this is the chance to live and speak the things  
I really do believe, that power comes from moving into  
whatever I fear most that cannot be avoided.*

*– Audre Lorde*

*Writing—a hall of mirrors,  
myriad reflections of myself  
holding blank pages.  
No exit, no partner but fear—  
until I listen:  
the quiet hum of my heart  
the beckoning whisper of my soul—  
an invitation to attend  
RSVP engraved in script  
and in my hand  
a golden pen.*

*I say yes and lose myself  
in the dance.*

## **i. The Invitation**

The best invitation comes not on gilt-edged vellum, but on the lips of a trusted friend excited to share something precious to her. Within the covers of this book, I would like to be that friend by sharing with you my journey into writing and my subsequent passion for supporting women in giving voice to their soul's truth.

I want to share the precious and deeply held belief that motivated me to write this book: Writing is a means for us, as women, to find

our voice and, while on that journey, to reveal our soul. The writing process gently and inexorably strips us clean when we open ourselves to this exploration. Releasing our truth is worth the risk because, when we give voice to our deeper truth, we effect change across seemingly impenetrable barriers. We change the world one word at a time.

## **ii. For the Reader**

*Women, Writing, and Soul-Making* is an invitation for you to explore the feminine, with all its strengths and vulnerabilities, as the way to claim your creative power, your writing, and your life. You will be shown a process for your writing practice and told why such a practice is helpful and necessary. You will find support and encouragement for your creative journey, which ultimately is the journey to revealing your center, your true self, your soul.

What you will find throughout these pages are insights rather than arguments, suggestions rather than methods, possibilities rather than absolutes. As a result, the content creates space for you, trusting you to interact with what is being said and to create your own path. I invite you to be with the material and to mine it for the answers to the deeper questions it may arouse.

## **iii. Exploring the Title**

I did not give the book its current title until the manuscript was complete. As the title revealed itself, first as a concept and then in words, I felt shifts of energy deep in my belly. I experienced the book as mine in a way I had not done before. *Women, Writing, and Soul-*

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*Making: Creativity and the Sacred Feminine* invites you to explore your writing as your hall of mirrors and to find there the nurturance that will sustain you through all your creative endeavors.

### “Women”

Women are psychically, as well as anatomically, different from men. The qualities for which women have long been criticized—empathy, emotional sensitivity, and intuition—are the same qualities that enrich and deepen our writing. In our quest for equal opportunity, I question whether both women and men have lost the gift of difference.

While attending and teaching mixed gender classes, I noticed the ways in which we women either gave our power to the men or had to fight to earn our say. Those of us who had no difficulty being open and honest in women’s groups held back when even one man was present.

We restricted our writing so that it revealed, not our truth, but our accommodation to male-prescribed norms. Fear of belittlement and rejection, of being misunderstood or unheard—all these fears and more—restrained us from discovering and speaking our truth.

Finding ourselves as writers, especially if we have somehow lost ourselves in our lives, requires focus on process, not product. When focused on process, we become inner directed. For the feminine, the creative urge is internal and demands



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playfulness, a letting go of limitations, and an opening to possibility. From this place, our intuition leads us toward a productive outcome.

### “Writing”

I view writing as a path for women to claim their inner power as writers and as women. Writing provides the way for us to discover how to synthesize feminine *being* with masculine *doing*. By taking a feminine approach to writing and embodying it consciously, we more



*We only need to be willing to learn who we are and what the depth of our soul truly wants and needs to express. While sharing our writing in a safe circle, we learn to trust this process and thereby trust ourselves.*

easily integrate creative process with written product. This exploration frees us to be wholly ourselves.

When we focus on producing a product by listening to an outer call, we are likely to become attached to the outcome in terms of success as measured by money and fame. We lose our center with this approach and easily collapse into old patterns of defining ourselves by pleasing others.

Focus on outcome has given rise to a whole genre of “how-to-write” books that offer everything

from how to write a mystery to how to make a million dollars with our own “how-to-write” book. To reduce writing to steps toward a goal deprives authors, readers, and the work itself of the inspirational function of art. The day of the “how-to” is over. No one can tell us “how to” about anything but the most concrete assembly—anyone who has tried assembling a bicycle from instructions knows that even then it is