



Writing Matters

Writing (all types) changes dynamics with self, and ultimately others in our lives. It also gets to the root of many mind-body disturbances. Writing helps find new ways of living and being in our lives wholeheartedly.

Writing allows us to gain insights. It can reveal previously uncovered thoughts, behaviors, beliefs, opinions etc. that would have stayed repressed, or unrecognized, and can allow stagnant and repetitive patterns to be released, and let-go.

Writing grows awareness about mind-body health, and connections. It can allow us to let-go, release anxiety so it no longer rests within the body. Without release stress and anxiety can develop to a deeper disease and/or illness level. Writing helps maintain and enhance mind-body balance.

Writing helps establish peace of mind. Writing works trouble spots out, it allows chaos to surface and helps dispel false attitudes, beliefs, judgements, opinions that no longer serve our well-being, it also provides a platform to process information in a safe way.

Writing shifts outlook. Writing tools change attitudes, and grows choice. Writing practice, journaling, memory keeping, poetry all help us celebrate and identify our emotional landscapes, and in these acts allow a calm place to emerge from *inside out* to support health and wellness.

Writing provides opportunities to take action. Often offbeat or different actions help refresh our emotional well-being in unexpected ways and new perspectives arise with those changed actions. Concrete practise influences outcome, and changes dynamics with self.

write4health tools and practices help us recognize that healing is an inner journey that it requires identification through contemplation, meditation and action in baby steps, and that change and choice are our best friends when we bring light/lightness to our lives in a safe yet play-full way.

To **PLAY** on purpose is where our inner genius connects and grounds us in living our gifts, and helps us identify who we are individually and collectively—*spiritual beings having human experiences.*

Our ability-to-respond is the difference between survive and thrive. Given tools and practices that resonate for us also provides a tangible choice in how we take one step at a time toward mindbody health and wellness

Clinics incorporate **PLAY** and helps free our mind and bring possibilities together through words, memory keeping, practices, strategies, and exercises.

PLAY involves twelve Vision Cards: Play, Trust, Process, Choice, Paradox, Sanctuary, Balance, Perspective, Stillness, Change, Reframe, and Transform. These combined tools allow our unique capacities to heal, and find answers that reside in each of us.

Memory Keeping can be completed by pen, voice, movement, or sound. The **Possibility PLAY** book serves as a foundation for much of our work in **write4health**.

