

# 10 Minutes of Free-Writing

a gentle exercise for listening inwards

Free writing is a popular tool for gently tuning into the inner world. It helps to bypass the inner critic and allow thoughts, feelings and symbols to rise to the surface without judgement. It can open a calm channel to the unconscious, offering insights and emotional truths that are ready to be seen.

This isn't about fixing or analysing. It's about learning to trust what appears on the page and staying open to whatever arises. You don't need to be a writer just be curious.

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## A Peaceful Set-Up

Whether you're in the garden, by a window or curled up on the sofa, choose a spot that feels safe and comfortable. You might want to light a candle, make your favourite drink or add something symbolic like a crystal or a photo. Choose a favourite pen and maybe some stickers or washi tape to decorate the page. This is a space just for you.

## The Free-Writing Ritual

Set a timer for 10 minutes. Place your pen on the page and begin writing. Don't stop. No crossing out or correcting just keep the words flowing. You're bypassing your inner critic and making space for the quiet voice within.

## Prompts To Get You Started

Right now I need...

I'm holding on to...

A part of me that's asking for attention is...

I'd like to make space for...

Choose one, let it guide you and see where you end up.

## After the Writing

When the timer sounds, pause. Notice how you are feeling. Do you want to keep going? Read back over it? Close the page and leave the words as they are? Doodle around the edges of the page? You might want to go back and highlight or underline any words or sentences that seem meaningful.