

Write to the Heart of Motherhood  
*connecting to our true voice in the middle of our messy lives*

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Week 6. 'WHAT and HOW'

- 1) Assignment + Artistic Prompts
- 2) A Technique to Practice
- 3) Methods for the Mother-Writer

Hello, wonder Mama :)

Welcome to your What and How toolkit for week six! I wish you tenderness and tenacity as you set forth on your unique adventure of experimentation and play, and a warm reminder of this final week's theme: INTIMACY WITH ALL THINGS. I hope you enjoy clarifying this realm of your practice, alone and together. Enjoy!

**1) ASSIGNMENT + ARTISTIC PROMPTS:**

"Poems are maps for getting lost in the wilderness of your own heart, where everyone can find you," says Fred LaMotte. Your assignment this week is to create a piece of writing that is your map for finding and getting lost in the wilderness of this Heart of Motherhood, where we can all find you.

This map can be a poem, a list, a letter, an essay or just clumps of words. It can pull from the list of essential gestures from the teachings over the past six weeks (which I'll paste below), and it can also pull together notes you've taken of ideas or images that have struck you or come to you along the way in this course. Please include your intention from Week 1, and change or clarify it if needed so that it feels alive and meaty and juicy to you right now. Let this map be a living document that points you home to your own creative flow, the support and good will in our community here, and the felt sense of where you want to go next with your writing. Pull threads from where we've been, anchor into the always-available presence of our shared heart, and paint a vision for where you most want to live into through writing. Be specific, outrageous, disciplined, and wild. Feel free to share it with us all in our virtual community space, and/or hang it somewhere where it will remind you how to "get lost in the wilderness of your own heart."

Here are the essential gestures from each week, in case you'd like to include them:

1. PAUSE + ATTUNE
2. CONCENTRATE + LISTEN TO HEART
3. VISION IN, RESILIENCE OUT
4. PLAY!
5. LET GO + RECEIVE
6. INVITE NON-GAINING MIND + DESIRE, CLARIFIED

### **Additional Artistic Prompts:**

You may also wish to explore these writing prompts within your map, or as separate inquiries altogether:

- What I don't want to be intimate with right now is...
- If I had more time, what I'd finally be able to say is...
- The deepest gift I could ever offer the world is...
- The most caring things someone could say to me right now are...
- If there was truly nothing more to acquire or become, I could finally...
- What I most want is... What I really most want is... What I really, really most want is...  
Having that would make me feel...

### **2) A TECHNIQUE TO PRACTICE:**

Our technical prompts will always be relatively simple and fun to engage. You can practice them on their own, like practicing scales on the piano, simply to develop the skill, or you can include them as a cue and prompt within whatever writing you are exploring.

This week's technical prompt is use of synonyms.

This is so, so easy and fun. It's common when writing more to get tired of our current lexicon of words. So often I find myself using the same set of phrases to describe things or experiences that need more precise articulation. When this happens, just grab a thesaurus, or download a free thesaurus app on your phone and when you write a word you're sick of, enter it in. You'll get a whole assortment of new options and you can audition the various words according to their sound, rhythm, and specific meaning to take the place of the tired word. This is such a fun way to learn new vocabulary too, which, if you're like me, feels like

one great way of becoming wealthy. New words equal subtly new experiences to evoke for ourselves and our readers.

### **3) METHODS FOR THE MOTHER-WRITER:**

These are sneaky tricks for connecting to your writing in the middle of your mothering, which I've discovered work for me, and I hope might work for you!

1. Whenever you can catch a moment alone, play with entering a liminal state, between waking and sleeping. Lay down with pen and paper or computer nearby, as well as an alarm, set for 5 or 10 minutes from when you lay down. Close your eyes and let yourself rest and drift into dreamland — see what images and insights start to bloom in that in-between place. When the alarm goes off jot down anything you can, coherent or not. You can always shape it more later — for now, just capture the essence and whatever details are most important. Supposedly some pretty big discoveries have come from dropping down into this surface-of-sleep state of consciousness, even for Einstein! And, hey — if your alarm goes off and you'd rather nap than write, so be it. Maybe you needed the nap more :)
2. Ask your child for ideas. Tell him or her, whatever their age is, an idea for a poem, essay, short story, or whatever, and tell them you need help seeing what's next. They might be honored to be asked, and you might get a fabulous idea! Make sure to give them credit if that's important to them :)