

Ten Reasons to F-r-e-e-Write

F-r-e-e-Writing Clears

As all our emotions find expression, we siphon them off and see how transient they are. This greatly lessens their hold on us.

F-r-e-e-Writing Rights

As it steadies our psychic state, f-r-e-e-writing elevates our mood, makes us feel more centered. We always feel better after a session than before.

F-r-e-e-Writing Stabilizes

As we truly allow all the voices inside, we diminishes the power of any one. We realize the truth of Walt Whitman's famous assertion: We are large, we contain multitudes.

F-r-e-e-Writing Uncovers

As concealed meanings and significances are brought to the surface, sometimes with what author Virginia Woolf called "shocks" (moments of insight), new understandings emerge.

F-r-e-e-Writing Expresses

As we loosen our restraints, we come to know the power of self-expression. "Be yourself," said Oscar Wilde. "Everyone else is taken."



F-r-e-e-Writing Empowers

As we come to trust our own experience of the world and express our needs, our sufferings, our joys, our desires, we realize we can create what we most truly want – and let go of the rest.

F-r-e-e-Writing Unblocks

As new recognitions, ideas and emotions rise, habitual anxieties and habits spontaneously dissolve.

F-r-e-e-Writing Connects

As we write up what's happening in our outer world, (people and places, things and experiences) and our inner world (emotions, ideas, intuitions, insights), we feel ever more aligned and connected.

F-r-e-e-Writing Contextualizes

As the words mount, and then the pages over time, meaning establishes itself. We find the links that underlie and make meaning out of surface fractures and puzzles.

F-r-e-e-Writing Transforms

As we re-enter the experiences of our lives, they serve as starting points for new, often unpredictable, inner movements that yield profound change.

