

introduction



Consider the cow. She stands in the meadow swishing her tail and chewing her cud, at peace with the trees, with the breeze, and with her companions. A dairy cow can produce five gallons of milk every day.

Like the cow, the writer ruminates, taking in the fodder of life, digesting it in the subconscious, and turning it into creative material waiting for release. When the writer relaxes, words flow. Moo of Writing will help you milk your writing potential.

The process is exercise, relaxation, including freewriting, and meditation.

Scientists are discovering new ways that exercise and meditation benefit the mind. Cutting-edge research using new technology confirms connections between relaxation and creativity. Free your creativity and delight in the flow of stories you'll find hidden inside.

Moo workshop writer Angie Feltman describes what she discovered: "My book of stories is right there in my mind."

Ah, at last—a method whereby creative writing springs from our pens like crocuses popping through snow!

Not quite, although sometimes it seems as if stories write themselves. Behind the effortlessness lies a commitment to daily writing, yet it needn't gobble time. You could choose to walk around your neighborhood or do yoga for ten minutes, spend five minutes in meditation, and devote ten minutes to freewriting. Or, you could make a longer time commitment. Whether you devote minimum or maximum time, a routine will establish

a habit of writing freely that will jump-start your creativity. You won't find relief from research or grueling edits and rewrites, but when you practice Moo of Writing, you will coax your stories and poems onto the page.

This handbook will provide you with the tools to implement this exciting process. Each chapter builds on the previous chapter, helping you learn the process step-by-step. At the end of each chapter, you'll find a meditation, writing exercises, and writing tips. Approach the method holistically. It works best when you practice all three: exercise, relaxation, and meditation. Think of them as equal sides of a triangle.

Shall we begin?