

**Women Writing the West Conference, Bridging the Past & Future**  
Saturday, October 9, 2021

Presenter: Jill G. Hall, author of the Anne McFarland Series:  
*The Black Velvet Coat*, *The Silver Shoes* and *The Green Lace Corset*  
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## **Prompt Based Intuitive Writing**

Intuitive writing is creating with your heart not your head. It is the practice of learning to liberate outlines, plans, and expectations to let your intuition guide you.

### **Seven Tips for Intuitive Writing**

- 1. Write by hand.** Experience the power of the heart-hand connection.
- 2. Develop a daily writing practice.** Experiment to find your prime time and place.
- 3. Use prompts as jumpstarts.** They can be words, phrases, and visuals such as postcards, photos, art pieces or a view outside a window.
- 4. Set a timer.** Give yourself a specific number of minutes or pages.
- 5. Write in community.** This keeps you grounded and your pen to the page.
- 6. Connect with writers.** Find others who can support you along the way and help nourish your work.
- 7. Be open to surprises and strike when hot.** When ideas come up, write them down right away or they may slip away.

Recommended resources:

*Writing Down the Bones* by Natalie Goldberg  
*A Writer's Book of Days* by Judy Reeves  
San Diego Writers, Ink website: <http://www.sandiegowriters.org/>

## Guidelines for Writing Practice

(adapted from *A Writer's Book of Days* by Judy Reeves)

1. **Keep writing.** Don't stop to edit, to rephrase, to think. Don't go back and read what you've written until you've finished.
2. **Trust your pen.** Go with the first image that appears.
3. **Don't judge your writing.** Don't compare, analyze, criticize.
4. **Let your writing find its own form.** Allow it to organically take shape into a story, an essay, a poem, dialogue, an incomplete meander.
5. **Don't worry about the rules.** Don't worry about grammar, syntax, punctuation, or sentence structure. In fact, don't worry about anything. Just write.
6. **Let go of expectations.** Let your writing surprise you.
7. **Kiss your frogs.** Remember, this is just practice. Not every session will be magic. Sometimes you'll write something beautiful, sometimes you won't. Natalie Goldberg reminds us: "You're free to write the worst junk in America."
8. **Tell the truth.** Be willing to go to scary places that make your hand tremble and your handwriting out of control. Be willing to tell your secrets.
9. **Write specific details.** Your writing doesn't have to be factual, but the specificity of the details brings it alive. The truth isn't in the facts; it's in the details.
10. **Write what matters.** If you don't care about what you're writing, neither will your readers. Be a passionate writer.
11. **Read your writing aloud** after you've completed your practice session. You'll find out what you've written, what you care about, when you're writing the truth.
12. **Date your page and write the prompt at top** This will keep you grounded in the present and helps you reference pieces you might want to use in something else.

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