

The Dance Between Craft & Intuition



A Left & Right Brain Experience for Writers
with Chloe Rachel Gallaway

Elements of Craft

- (POV) point of view
- Theme
- Message
- Exposition
- Scene
- Character/Characters development
- Dialogue/inner & outer
- Plot
- Structure of story
- Rote Memory
- Tense/ past or present .

Elements of Intuition

- Connection
- Feeling
- Emotion
- Self-expression
- Creative flow
- Rhythm
- Blind spot
- Structure of story
- Message/Soul Listening
- Emotional Memory
- Life lines

Defining principles that will aid in the process of understanding this dance include; Mindset, Rituals, Awareness, Perspective, Acknowledgement, Acceptance, Growth, Value, Honor, Releasing, Embracing, Challenging, Risk, Vulnerability, Surrender, and Spiritual/Divine processes.

A core understanding founded by, The Winged River Writer, and author Chloe Rachel Gallaway, "our story is stored in our whole body."

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Elements of Craft Explained

- (POV) point of view – The point of view from which one tells their story. Has to do with age of voice, perspective, and articulation abilities. Can weave in and out of point of view, from childhood to adulthood and vice versa.
- Theme – The driving force behind story and the underlying message brought forth with reoccurring themes. ie Nature, Love, Forgiveness, Hope, Loss, Grief, Joy, Truth, themes can be endless and are tied the diversity of all human experience.
- Message – Can be message or messages, tied to theme in story but has the overarching idea of one or two central points the author wants to convey for their reader.
- Exposition – One of the core ways of using narrative to develop and move a story along. The reflective part of our minds that brings together ideas, time periods, and happenings, by shaping it into a narrative the reader can connect with. May use metaphor, articulation, use of vocabulary and voice are all present when writing exposition.
- Scene – The most intimate place in our narrative of telling story. We get up close and personal via inviting a reader directly into moments of story. Several elements are needed to compose a full scene; location, setting, time, weather, characters in action, which includes inner and outer dialogue. All five senses included here, bringing the story fully to life.

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- Character/Characters development - The people in the story including their behaviors, actions, mannerisms, physical looks, expressions, moral values and way of being within each part of the story. Main character is the person telling the story, in memoir and non-fiction. Secondary characters include all others.
- Dialogue/inner & outer - The speaking that takes place between characters, including the inner dialogue of a character speaking to themselves, as well and outer language between one or more characters.
- Plot - The sequence of events that make up the story. The journey of the main character and other characters from point A to point B and to point C. The Beginning, Middle, and End of story. In simple terms the, "what is the story about," example, a young man overcoming the loss of his father finds his true calling by helping young men become warrior's of the heart, through leadership and poetry. (I made this up, but sounds like a story I might want to tell.)
- Structure of story - How the story is laid out into an understandable form of art. Ie a book, a play, an essay etc.
- Rote-memory - Memory that is formed and accessed in and from the mind/brain.

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Elements of Intuition Explained

- Connection - The point at which we reach the reader with full engagement, heart, mind, body, experience of our story and delivery of our message through the narrative of story.
- Feeling - The place of deep intimate connection with oneself, a place of knowing, and the root of experience. A deep well of existence within our story.
- Emotion - The feeling/feelings of particular experiences felt within the body around our story, ie pain, joy, sadness, hope, loss, grief, giving, happy, giddy, triumphant, whole, broken etc. The list for emotion is endless and encompasses the whole human experience, most often reached through deep discovery of the self.
- Self-expression - The full capacity of one's self; voice, style, manner, articulation, creative showing with words, imagery, metaphor, forms, energy infused into work; the embodiment of the whole self.
- Creative flow - A connection to one's deepest parts of the creative self, all parts of being, a rhythm from within making it's way to the outside.
- Rhythm - The beat, cadence, tempo of one's voice, story, and delivery of their message through choice of narrative and techniques to birth a process. A simple, but not so simple process of finding one's flow with the writer within.
- Blind spot - Where we remember in our minds the story, but neglect to show it to our reader. The spot in memoir and personal story, in which,

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we take for granted all that we remember and see in our heads when we write, but miss the showing of it on the page.

- Structure of story - How the story unfolds from our emotional body verses how it lays out in a book.
- Message/soul listening - A deep listening from within that embodies something much deeper than our conscious mind predicts and perceives of our story.
- Emotional Memory - The pieces of story that we cannot remember, through rote memory, parts of the story that are stored within our tears, our joy, our heartbeat, or emotional landscape of our story that's stored in the whole body.