



winged river writer

Story Medicine

Dear Aspiring Writer,

You are about to embark on a transcendent journey through the writing of your story.

Transcendence refers to the highest and most inclusive holistic levels of human consciousness, behaving and becoming.

To understand the full workings of transcendence we begin here with this idea:

I am not my wounds. However, I am willing to learn about my wounds, to understand them, and to embrace my greater wisdom that resides within in me so that I can come home to my true self. I'd like for us to begin with this statement.

I am healed enough to be someone else's story medicine.

Let's write and receive the answer:

- What medicine might come through your story?
- What matters to you so much that you feel called to bring voice to it?
- What aspect of your story have you previously downplayed or hid from that you are now feeling called to share?

Now feel:

- What fears and doubts arise when you think about writing your story?
- How would it feel to release these fears, doubts and concerns? To ascend into a new narrative of power and grace, while surrendering these energies into the universe, as you author your story?

And reflect:

- Who are you writing your story for? Could it be you *and* others?



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- Imagine handing someone your story as a gift. What do you hope would be its greatest impact?

Consider the following quote:

The closer I get to my unique self the more abundant I become.

What does this quote mean to you?

The writing of my Memoir led me back to my unique self. There were many lessons on this path, and one of the most revealing lessons was how much I had run from my unique self.

Why?

Because some of the greatest parts of the self are hidden underneath the pain. My gift of being an intuitive healer and writer with an ability to draw this out in others was hidden beneath my pain. In fact, hidden beneath my unresolved story was my greater capacity to experience joy and peace.

For years, I have taught this to the many writers who have worked with me:

"We write our stories through the lens of who we are and who we are becoming."

In other words, ***we are becoming as we write and because we write.***

Can you sense both the daunting nature of this, as well as the possibilities?

It's not that we have lived the experience and have fully arrived in who we are.

We are only partially arrived and through the writing of the story itself, we embark on a new journey, in which, we will be evolving as we birth our story.

I discovered this truth through the writing of my own story, as well as, the many years of coaching others. In this sacred process, it is up to you to decide what resonates with you and what doesn't. There are no right or wrong answers here, simply an exploration of you, your beliefs and your perceptions, as you move through the experience of shaping and integrating your story.



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Next, we begin to understand the power that the CRAFT of writing holds for us. Learning the craft of writing will give perspective, insight and a pathway for shaping your story.

Focus Your Lens to Capture your Story

Now let's explore the lens through which we write our stories. There are some important distinctions for us to look at and become aware of.

Many stories are written through the lens of:

"I was at the mercy of the things that happened to me."

At certain points in life we may have felt this way. I can now very quickly recognize the times when I feel at the mercy of what is happening; I can sense the moments when I feel that I'm at the mercy of my story. When using this lens without having awareness of it, we may feel powerless or unable to sense our own power in the situation. Perhaps you were a child or younger adult when someone held power over you. This needs to be acknowledged fully in order that it have a chance to be released. This lens allows us to share what happened to us so that we can reclaim our power. In the years of becoming the writer within, I have learned to shift this lens of feeling *I'm at the mercy of what has happened to me*, and you will learn this, too.

Another lens through which we can write is this one—it is the lens I moved toward as I was writing my story:

"I have lived through many circumstances, struggles and triumphs in my life and I realize that I am not the things that happened to me."

Through this lens, our age and mental, physical, and emotional state at the time of the circumstance shaped how the circumstances impacted us. It is important to honor ourselves, as we write our way through those circumstances, by articulating our truth as our conscious and subconscious mind experienced it then and how we are experiencing and integrating it now. Focusing on this lens, I feel and bear witness to the transcendence of my story. I see who I was at different points in my life and who I am becoming through the lesson, which brings deeper wisdom I can now offer, this is part of your story medicine.

What differences do you notice between the two lenses?

Next, examine:



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- How do I currently view my story that has happened?
- What is the actual lens through which I am viewing my story?
- *Note:* The lens may flip-flop as you find your footing. You may decide there are times when it makes sense to set one down and pick up the other, using them both. The writing of your story will bring great clarity to all these areas, but for now this is a chance to get a sense of what it means to dive into this process with a greater sense of awareness.

Remember, this is an exploration of how your feelings There are no right or wrong answers. It's important that we do not judge the answers we feel and the ones that we have not yet shed light on.

***Judgment constricts the flow of expression.
Acceptance opens the voice of expression.***

This writing journey is a gift you give to yourself—allowing yourself a safe space to simply be where you are currently at with your story. If we lie to ourselves about where we are in our perspective and narrative, it may prevent us from transcending the pain and/or other emotions that are stored in the body, related to how we perceive our story. When you write your story at the VOICES retreat, you will explore the lens more deeply. We will look at the plot of REBIRTH & overcoming the MONSTER, as two plots that help us to view the lens of story.

During the VOICES program, we will be working out these details while we birth our stories. The point of this current information is to support you in coming to greater awareness, as you enter into the spiritual journey of writing your story.

Consider these touchstones that have helped many writers I've worked with begin their writing process with awareness. Which ones resonate with you?

- ❏ I have an important story to tell.
- ❏ I have a boring story, an overly dramatic story, a story that's too much, etc.
- ❏ In my life, I have felt at the mercy of many circumstances.
- ❏ In my life I have felt disempowered, but then empowered at some point.
- ❏ All things in my life have happened for my greater good.
- ❏ This is absolute bullshit! I did not deserve the things that happened to me.
- ❏ No one deserves such things to happen to them.
- ❏ Despite what has happened to me, I have been able to overcome



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and rise above it all.

- ❏ In my life, I've learned so many great lessons via the journey through which I've struggled and triumphed.

During the writing of your story, your perception may grow stronger in a particular area, and it may shift great degrees in other areas. How would it feel to remain open to the experience that your inner wisdom calls you forward to?

In telling our story, we must to meet ourselves where we were in those particular circumstances. You are now a different person, but who you were at the time will need to be reflected through the writing itself. This is how we show and discover transcendence in story.

On that note:

- What circumstances have you transcended?
- Who are you becoming through the transcendence?
- *Note:* These two questions will be answered more fully with the writing of your story.

As you move through the story and find your voice as an author, you will unearth your courage. You will discover the wellspring of your confidence as a writer. You will make wise and informed decisions on what to share, how to share it, and at what point to impart the greater wisdom you now hold... this is the piece of your becoming!

You've heard the saying that "it's all inside of you," yes?

Even if you haven't heard this profound spiritual truth until now, this is a chance to experience it. Returning to the roots of SELF is what this journey is about.

This process will meet you right where you are and help you to grow from a heart-centered place into a greater version of yourself, as you unearth the writer that lives within you.

Welcome aboard your storytelling journey,

Chloe Rachel Gallaway

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