

15. writing

"I can't believe it! Reading and writing actually paid off!" - Matt Groening (the Simpsons)

Do you write? Anything? Do you want to? Most people do. And don't do it. Why not?

Writing is a personal experience that allows us to express what we have to say, convey knowledge, sort out our feelings, give birth to entire new worlds and sentient beings... the options are endless. The beauty about writing is that we can be blatantly honest, or make up unbelievable stories, or help and teach people – the list goes on and on.

Most importantly, writing equals freedom. You can write whatever you want.

Anything. Then sell it, hide it, share it, burn it, whatever.

For eight years, I have tried to keep up the practice of writing three pages a day. Three pages of anything. I have burned countless notebooks full of drivel while writing songs that ended up on the radio. There is a correlation. I have painted, started a business and gotten over lovers (and closing my business) by writing three pages a day.

Check out Julia Cameron's books if you want to write, or paint, or sing, or dance, or design flower arrangements, or...?