



Dave Rock: Flow Writing: Embodying Inspiration on the Page



Dave Rock is a freestyle spoken word artist, teacher of Flow Speaking and Conscious Creativity. Join Dave as he explores how when we become willing to show up, hold space for what wants to come through, write the things we think we shouldn't write and welcome all parts of ourselves in the flow, we can access infinite inspiration.

TOP EMBODIMENT TIP: Everything you want to write is already alive inside you - feel it, breathe it, grow with it.

Embodied Writing: **Stepping Beyond the Everyday and the Comfortable**

- In order to write something valuable - for us, for the world - we have to go beyond what we know how to do or say and to be willing to grow as a human being. How much are you letting yourself *feel* as you write?
- Take your writing (paper or digital) and just breathe with it. Be curious - what happens when you breathe it in?
- Feeling the joy as well as the pain. What a gift it is to have something to want to say!

Gifts From Your Landscape: **Your Writing is Already Within You**

- Take a few breaths and imagine that everything you want to write is already alive inside you.
- You might see what's alive inside you as colours or images, it could be sensations, or it might be sounds or words.
- It's a landscape you get to visit for the rest of your life and bring back gifts from.

Authenticity: **Welcoming Whatever Comes, Avoiding Self-Censoring**

- Allowing what wants to come through to come through - What's alive in you right now?
- Flow Speaking - speaking everything you can find inside yourself, honouring what's there, clearing the channel.
- Without even realising it, before we've even put the pen to the page, we've already automatically censored who we are because they don't fit our idea of what writing is. When we write it should just be for ourselves, or for life.

Writing exercises: **Tools for Accessing Writing Authentically Within Ourselves**

1. List all the people I don't have to write for
2. List all the things my writing does not have to do
3. List all the things my writing does not have to do *to me or for me*
4. What wants to come through me?
5. List all the parts of myself that want to come through when I'm writing.

Resources

- ❖ **Courses:** Day-long writing workshops (online), Flow Speaking workshops
- ❖ **Website:** www.flowspeaking.com



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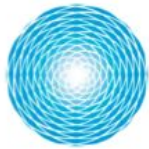
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Amara Pagano is a leader and innovator in the world of conscious dance. She is the creator of the [School of Azul](http://SchoolOfAzul.com) and the co-founder of the global conscious dance community [OneDanceTribe](http://OneDanceTribe.com). Azul is a path of personal transformation that supports the awakening of consciousness and recognizes that, as we transform ourselves we create the conditions for our world to transform.

The **Path of Azul** is a map for life designed to take participants through a journey of healing and self-realization utilizing dance and the body as vehicles for exploration. Azul has three gifts for all Embodiment Conference participants.



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