



Betsy B. Murphy: Telling Stories that Heal



Betsy Murphy is a writer, humanitarian and documentary filmmaker. She founded Figaro Films in 1998 to produce inspiring and enlightening films, and founded Beauty Infinity Books in 2017 to help develop the work of creators. Discover how to tell stories that heal by using writing prompts and following your intuitive writing ability.

TOP EMBODIMENT TIP: After writing your story, dance! Release the story, energy and emotions from your body.

Connection: **Tell your story in a way which creates a place of connection between teller and listener**

- Telling your story from a place of humour and healing invites listeners to engage with you. If told from a place of anger or distress, a listener may disengage and your story cannot be heard as easily. You are telling your story from your own perspective and place within a family.

Leadership: **You become a leader in telling stories that heal**

- In writing your story, in crafting a story for others, be aware that you have done the work. You've been curious and learned about yourself, where your story began, how it lived in you and where it is taking you. Telling the journey in a sensitive way for the audience creates connection, gives hope, and influences people. Stories encourage others.

Trust: **Trust yourself and your intuition when you write**

- Trust yourself to follow your intuition; be curious about where it is leading you in your own words, sentences and metaphors. Even when following prompts your writing can take you in a different direction, away from how the prompt began. Go with this. Expect this. Be interested. Trust yourself. It may take a short or a long time, perhaps many days, to discover where a prompt is leading.

Container: **Give yourself a writing container**

- Writing prompts are like a warm-up or stretching exercise, in which something new or surprising may arise. Be disciplined and write one sentence, or for 15 minutes, using an ellipsis (...) at the end to give yourself a container. No need for a full stop with a prompt! See where intuition takes you in this short time; you can always follow up later.

Prompts: **A prompt helps you to access your creativity and craft your story**

- A prompt invites you to access your personal imagination, metaphor and story. A story is crafted with a beginning, a middle and an end, from your personal story and creativity. It is prepared for with others. Examples of prompts used in this workshop include: What did you want to be when you were 8 years old? Write about a big win. Write about a moment when you were sinking.

- ❖ **Books:** Autobiography of an Orgasm; Autobiographies of an Orgasm 1-3; Beyond O; Chasing Temples; Write On
- ❖ **Courses:** Writing Series and Workshops
- ❖ **Website:** <http://betsybmurphy.com>
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- ❖ **References:** The Writer's Way (Julia Cameron)



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As a gift to all Embodiment Conference participants, please [click here](#) to download Michelle's free **5 Step Guide to Erase Doubt, Claim Your Truth, and Create the Business and Life You Desire**. If you suffer from loops of self-doubt, indecision, exhaustion, or a life that is less than fulfilled, this guide offers powerful insights and practical Action Steps you can use right away to create the life you truly desire.

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