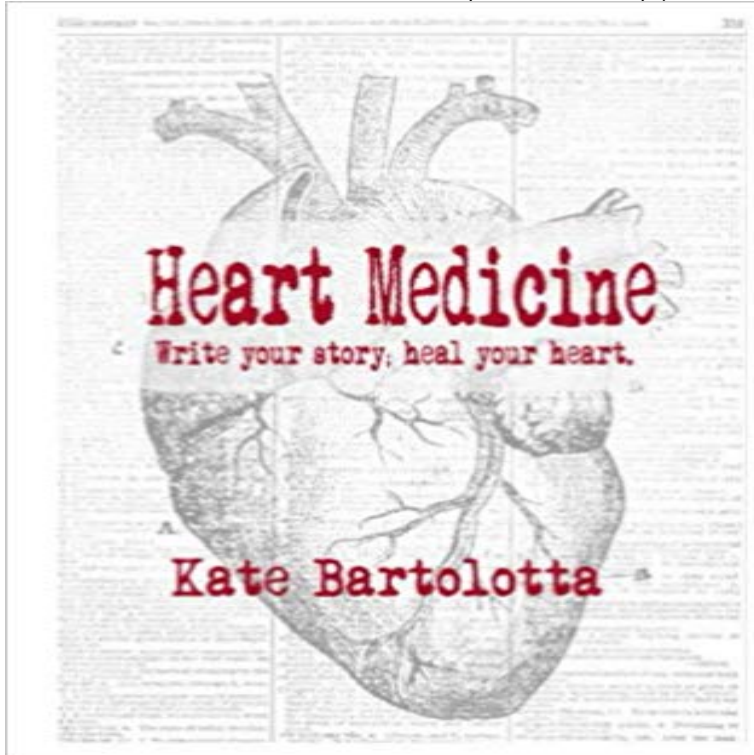


Heart Medicine: Write your story; heal your heart.



From the time we are children, we use stories to make sense of the world around us. Or think further back, and on a larger scale: history, religion, myth. All of our constructs for making sense of life are a form of storytelling. There are stories we carry with us from our families, from our childhood. We have cultural narratives about everything from gender and race to love and death. When we open up boldly and look at them, we can take them apart, re-write them where they no longer serve us and write stories of our own. When we take ownership of the stories inside us, they become more than just personal myths. They become a tool we can use to grow, heal and transform our lives. They become our Heart Medicine. This isn't a book for you to read; this is a book for you to deconstruct, rip up, write on and use as a tool. Maybe your goal as a writer is simply to write in your journal and process your thoughts. Maybe your goal as a writer is to have a book on the New York Times Best Seller list, or a blog that millions of people read. Maybe you don't know what your goal is as a writer, or it keeps evolving. Regardless of what you want to do with your writing, the purpose of this book is to take a look at what your writing is going to do with you, and by extension, if you choose to share it, with your audience. This is a tool for the writing of your story, both on and off the page. In this book, we will discuss types of storytelling, re-writing your story, writing tools and practices, sharing your work, refueling and dealing with writer's block, finding your writing tribe, and developing your manifesto.

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