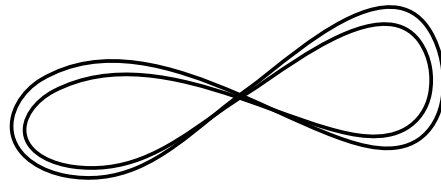


Flow further



"Waking Dreams" exercise adapted from Writing the Wave, by Elizabeth Ayers

REPEAT THIS EXERCISE

This time, use a new dream. Try leaving a day or two between writing the two parts -- do a dream and a world situation one day, and then come back to it and write the second dream and personal situation later.

A truer sense of their connections may emerge with space.

GO THROUGH YOUR OLD WORK

Find writing you've left behind -- unfinished drafts and journals -- and treat your own work this way. We tend to write about the same things! Identify a theme that's in all of your work. Generate fresh images or scenes from this theme, and use these as seeds to develop into a longer piece of writing.

MAKE IT A DAILY PRACTICE

You can use "Last night I dreamt..." as a daily writing practice for 10 days in a row. After 10 days, look at what you've written and identify the similarities in all of them. Find a theme, generate images, and write a poem.

Repeat this process every month or so, and generate a whole collection of poems over the year.

