

WRITE YOURSELF INTO YOUR *Dreams*

A Fairy Tale Freewrite Example

My client Jana was facing the challenge of not having confidence to put herself out there as a leader and healer. She wrote the following Fairy Tale Freewrite to help her overcome that challenge, and it's an excellent example of the energy, tone, and language that will allow magic and wisdom to flow through your pen.

Once upon a time, there was a wise and loving angel who had forgotten who she was. She had spent so many millenia helping people in human form that she had lost her connection with the Divine. She became trapped by a magical spell... banished to a dark, cold cave that was guarded by fire-breathing dragons.

The angel would sit and watch the dragons as they guarded the entrance to the cave, paralyzed by fear that they would devour or incinerate her. One day she noticed that they were actually lonely and they too were trapped, able to see each other, but not able to touch or connect. They were chained by the same powerful force that she was.

In that moment, the angel's disguise evaporated, and her wings revealed themselves. The angel flew to the dragons and confidently touched each of them with tenderness and care... suddenly the dragons were transformed into mighty winged unicorns, who sparkled with Light and Love, just as the angel did. They all took flight together, out of the cave and into the bright sunshine of day.