

DYNAMICS OF CREATIVE WRITING

Now, fix your eyes at a spot on the ceiling overhead. Just pick out an imaginary spot and stare at that spot without moving a muscle. Now, take a deep breath and fill up your lungs. Exhale slowly. Sleep now.

Now, a second and even deeper breath. Exhale. Sleep now.

And now, a third deep breath. Exhale. Sleep now.

And now, let your eyelids close down. As each muscle and nerve begins to grow loose and limp and lazy. All of your cares and tensions are just fading away. You're relaxing more with each sound that you hear - with each easy breath that you take. You are going deeper - deeper in drowsy relaxation. I'm going to count from ten down to one. As I do I want you to picture and to imagine that you are walking down a flight of steps. With each number I count the quality of your deep relaxation becomes more profound and more intense. When I reach the count of one you'll then be aware that you are enjoying a very healthful and a very pleasant state of hypnotic relaxation.

At number ten we take the first step downward. Each muscle and each nerve grows loose and limp and relaxed. Number nine the wave of relaxation spreads all across your body. Number eight - you're relaxing more with each easy breath that you take. With each sound that you hear

you are going deeper - deeper in drowsy relaxation. Number seven - every muscle and every nerve is growing so loose and limp and lazy. Number six - you're moving down toward a new and deeper level of hypnotic relaxation and slumber. Number five - you're halfway down now. When I reach the count of one I'll say the words, "sleep deeply" you'll then be aware that you're more deeply relaxed than ever before. Number four - each muscle and nerve lets loose - relaxing - you're drifting down. Deeper and deeper in sleep. Number three - going down. Deeper in drowsy relaxation. Number two - on the next number now I'll give the signal. I'll say the words "sleep deeply" and when I do you'll then be aware that you are enjoying a very healthful and very profound state of hypnotic relaxation. Number one - sleep deeply. Now, just relax and go deeper in sleep.

As you go deeper into relaxation you are realizing that you are a constantly growing and maturing personality. You're becoming aware of the strengths and abilities that have developed within you. You are feeling a sense of confidence in your ability to achieve the goals you have chosen for yourself. You are learning to believe in yourself. You appreciate yourself and you do good and kind things for yourself. You meet each situation as it comes with calm and quiet assurance. You are making contact with a center of wisdom and power within you which

knows what to do and how to do it. Whatever you say, whatever you do, is said and done with complete confidence and self assurance. You are a very creative person. Your mind is clear and serene - a healthy orderly garden where ideas take root and develop. Creative ideas come easily to you. Effortlessly. Always there when you want them. You turn yourself on and out they flow - calmly, serenely, obediently. These are ideas that charm and please you. The very idea that you want. Ideas that bring a smile to your lips - a sense of well being in your mind. Ideas that give your body energy and animation. When you sit down to write you feel a deep meaning of what you want to convey. All you have to do then is to put it down on paper. Vivid, exciting words crystalize in your mind. Words that express the meaning with imagination and with emotion. The way you express yourself is original, unique and true. Your writing overflows with good humor, with feeling and with enthusiasm and expression. You express ideas the way they should be expressed, naturally, thought provokingly. You give the right feeling to the script - the right mood. Your writing stimulates the emotions and activates the feelings. Your mind is like a green, fertile valley. An orderly arrangement of attractive and exciting ideas. Your ideas are golden, blue, green, red, orange, pink;

they are polkadots, striped, flowery, folksy, wild, imaginative ideas. Your ideas are hip, exotic, ironic, witty, wry, dry, down to earth and just plain outrageous. Your ideas can be funny, bizarre, witty and warm, literally thousands of bright, entertaining concepts are prisoners in your mind waiting to be released when you want them.

Your writing is alive, uninhibited, full of feeling, fresh and fluid, bold, different, daring, uniquely on target. You express yourself naturally, gracefully and clearly. You are a very lovable person. You give love, affection and approval easily and you accept them from whatever source just as easily. You love to express yourself through your writing. You know that you write well. It's easy for you to write outstanding scripts, dramatic and comedic concepts as easy as it is for you to breathe. It's natural because you are talented, creative and fertile. You write well and you know it. You have faith in yourself and in your creative writing.

You are now at your peak. You are writing better now. You have more and better creative ideas than ever before. You belong at the top because you have the talent and the drive to be there. You are second to none when it comes to inventive, creative, imaginative wording. You are a creative genius. Your mind remains delightfully clear and supremely aware. It flows with creative, tasty, radiant ideas. Your script evokes

feelings in the audience. You can easily and confidently integrate ideas into your clear consciousness which yields powerful, exciting ideas.

You find it easy to communicate your ideas to your associates with a clarity of thought, awareness, enthusiasm and decisive energy. Your mind is a vast storehouse of infinite energy and knowledge that you have built up through the years and it flows with a simple, concise and yet powerful message whenever you turn it on. You find it easy to sell your ideas to others. You maintain complete control during presentation. When you speak your voice is powerful, calm and serene. Your fluent speech and clarity of thought convinces others that you have the answers. They feel your confidence and enthusiasm as a living force. Your writing captures the mood and intent. It produces a sparkling, vibrant excitement which compels the audience to participate with whatever is being expressed. Your mind contains an unlimited supply of clear, simple, exciting comedy concepts. They come to your mind effortlessly whenever you want them. The plot, the organization of the script comes to you in a flash and remains with you until you have completed the project. Your ideas are clever, concise, believable and exciting. Your creative writing talent creates a feeling of joyful excitement within you. Your feelings

of awareness, of confidence, of happiness and even joy urge you on to compose ever greater things. You are a successful producer and writer because you have a burning desire, highly specialized knowledge, unique training, a special background, and above all, an unusual talent.

You love beauty of all kinds. You are extraordinarily sensitive to beauty whether it be a sunset over the ocean, a Mozart concerto, or a child playing in the park. Your extreme sensitivity to beauty is the very root and foundation for your creativity. It flows from you in great quantity, bubbling up from within you like a spring in the forest.

Your deeper mind is fertile ground for new and fresh ideas and delicate shapes. You are full of creativity that is boundless waiting only to be given vent in the form of ideas set down in writing. Your purpose is to write and you do it with every opportunity you have. For this is the way you develop your skills and your craftsmanship. Your creativity takes form in any and all mediums. Your ideas are fresh and original. Your writing flows over the paper with automatic ease. You write with an assurance that your creativity is shown in other things that you do.

You surround yourself with beauty and the beauty displayed around you is a reflection of the beauty within your being. You are a loving and gentle person and your desire is to share your creativity with everyone around you. You create characters. You create a deeply moving experience

for the audience. When the dialogue calls for happiness, you feel the happy laughter and joy bubbling to the surface. When the words are sad, you deeply feel and experience the sadness. You feel tears in your eyes. Joy, anger, tears, sadness, sarcasm - all flow from your pen readily and easily wherever they are needed and should be evoked. You feel and live the life of the characters that you create. This helps to make the performances real and truthful. It makes your dialogue and the feelings of the character totally true. The dialogue flows from a place deep within you. You now have greater ability to improvise dialogue than ever before. Always the right word and phrase comes to you when you most need it. Your deepest feelings and emotions flow out from within you and into your writing. You are richly rewarded. You find the right key to each character and each situation and you write it with authority. You are totally relaxed and fully at ease while writing.

Success, prosperity, fame and riches come to you now because you are worthy of them. You deserve them. People enjoy being with you because you are so alive and so vibrant. You easily and gratefully accept the warm friendship that people offer you. For you truly deserve it. When you speak your ideas are quickly understood and accepted by others because you present

them in a clear, brief and direct way. Your wit is quick. You speak spontaneously, sincerely, and freely, clearly expressing your meaning and your feeling. You speak openly and confidently. You take the initiative, you make decisions quickly and surely. Because you are unique, people seek you out and you revel in their acceptance of you. People respond to your personal integrity. Each day you feel more lovable, more interesting and more interested in others. You have a deep and sincere respect for yourself and for your personal worth to others. It is easy for you to accept the help and cooperation of others. You see their help to you as an expression of mutual friendship and understanding. You are aware of the trust and confidence you generate in others and it makes you feel good. You easily express love and affection and you find it easy to accept love and approval. You accept yourself as a unique and valuable person. You recognize that you are exceptionally talented and highly creative and this awareness makes you feel fantastic. You give the best of yourself and only the best of life comes back to you. You feel gratified and fulfilled to be the unique person that you truly are. From this time forward with each passing day, you become more and more aware of a wonderful feeling of personal confidence. Confidence in the realization that each day

brings you one step closer to your goals. Each day is a vital step in your problem solving - in developing the motivation to change your behavior - to move yourself toward your highest potential so that you now begin to enjoy a fuller, a richer and a more expressive life.

Now, I'm going to slowly count from one to five and then I'll say "fully aware". At the count of five let your eyelids open and you are then calm, rested, refreshed, relaxed, fully aware, feeling good in every way. If you wish to continue resting or to return to sleep you'll arouse yourself just enough to turn off any equipment that may be playing and then easily and quickly return to sleep within two minutes. All right, let's begin now. One - slowly, calmly, easily and gently returning to your full awareness once again. Two - each muscle and nerve in your body is loose, and limp and relaxed and you feel wonderfully good. Three - from head to toe you're feeling perfect in every way. Physically perfect, mentally perfect, emotionally calm and serene. On number four your eyes begin to feel sparkling clear just as they were bathed in cold spring water. On the next number, now let your eyelids open and you are then calm, rested, refreshed, fully aware, feeling good in every way. Number five - eyelids open now. You are fully aware. Take a deep breath - fill up your lungs and stretch.