



# Writing Towards Peace

Writing Toward Peace seeks to offer a supported, safe space for tuning in to our feelings, learning their wisdom, and allowing them to be metabolized for greater peace and wholeness.

## *Why writing?*

You can search the question and a slew of research will be delivered right to the palm of your hand. There's no shortage of reasons for writing as a vital companion to living: clarity, release, awareness, movement, deep soul wisdom, wellbeing, forgiveness, expression, creativity, a deep human need to see and be seen, even if by oneself for oneself.

[Here's just one small compilation of writers describing why they write.](#) What resonates for you?

## *Why Nancy?*

I trust writing.

Through the good and bad, clear or cloudy, heart shattered or healing and all phases in between, writing has been my dear companion and best clearinghouse for greater understanding and wholeness.

I've been an educator teaching writing and writers for over 38 years now...with all ages, individuals, groups...personally and professionally, writing accompanies me everywhere. Previously in my classroom and currently in my coaching practice, the act of writing is a foundational practice for building self-awareness and self-compassion, precursors to peace.

## *Why a marathon?*

When the words "Writing Toward Peace" showed up in my awareness, I imagined a 24-hour window of everyone-everywhere-writing-all-at-once. That would not have been possible in a modest window of an hour or two. This is bigger. It wants more of me, and it wants to be accessible to more of you.

I will hold space and be writing for 24 hours. Please feel welcome to come for 30 minutes, an hour, or more, as it serves you. You may also come for a while, leave, and return to write some more!

## *Who will be there?*

I will be there the whole 24 hours. Beyond that, I don't know who will be called to come.

I've invited friends, family, my coaching partners and network across the globe, all social channels, and all with the invitation to spread the word. If you're coming, please bring a friend. Bring two. Bring 20. Let's make it a movement!  
#WritingTowardPeace



## *What is a Space of Allowing?*

Space of Allowing first showed up as a phrase in my consciousness during my health crisis when I realized with clarity that what I needed - what WE collectively need - were inner and outer spaces free from criticism, limitation, and self and other judgment.

The more I sought to inquire about what radical allowing would look like, the more I was able to decolonize my thinking, excavate my bias (ongoing work...), detach from expectation, and allow the present moment to be exactly as it was. It became a clearing inside myself where I could befriend all aspects of my being, especially those which I had shunned or denied.

Sometimes I think about my life like a puzzle in a box. I arrived in this world and the box got opened, pieces laid out expectantly on the table and sorted. Some of the pieces got put in place. But pretty quickly, external influences began messing with those pieces - my pieces. Some pieces got shamed and left inside the box. Some got denied and swept under the couch. Others got orphaned and lost in the laundry...and my Self can't express its wholeness without them all.

A Space of Allowing provides the flashlight and time for rediscovering those lost pieces of ourselves and writing them into wholeness.

## *What if I hate to write?*

You're not alone. Writing is a very vulnerable exercise. It's US on the page with our ideas, feelings, handwriting, spelling, revealed. It can feel really risky. We can judge ourselves a lot. Others may criticize, too.

If you've had an unfortunate experience with writing at some point in your past, I'm sorry that writing became a weapon against you. I am sorry if someone passed a judgment about you because of what you wrote, or if something was done to you because of your writing. There are many ways that writing can be mishandled.

If that's been your experience, this may not feel like the time or space for you to explore writing as a type of expression. It's your choice and I'm not here to coerce or cajole you.

If, however, something stirs with longing in you to be free, to try anew, to expand beyond what you've experienced before, to understand the part of you that hates writing and give it what it really needs, you're welcome to come and sit with me in a Space of Allowing and see what new story may want to be written.

## *What if I don't know how to get started?*

Sometimes there's so much unmetabolized "stuff" inside us that it can feel overwhelming to take a first step. Or we don't trust that anything good will happen. Or we're afraid to start because we won't be able to stop.

Simply clicking the Zoom link and showing up in a space where writing is happening can be an awesome, courageous first step.

Once you're there, I'll provide some support to gently encourage your process. During the marathon, there will be a slideshow of ideas for getting started running slowly on the screen.

There will be images, quotes, sentence starters, meditations for jump-starting your exploring. I'll be reading my writing, and maybe others will, too.

You may start with a question like, "What's between me and peace?" and see what comes. You may start with sketching before writing. You may even bring artifacts, photos, touchstone items that open a door into your writing...it's a freeform space of allowing.



## *Will I have to share my writing?*

Nope, never. No one will be put on the spot. Each hour, there will be an invitation to share a word, sentence, or passage of your writing if you are so moved, but it's not expected. at. all.

What do we do after someone shares their writing?

After someone shares their writing, a simple nod, smile, hand to heart, or "thank you" is appreciated.

This space is designed for reflection and writing. It is neither intended nor supported as a forum for sharing ideas or opinions about peace. If you desire conversation, you may wish to visit other spaces hosted by organizations such as [The Compassionate Listening Project](#) or [SidewalkTalk](#), for example.

## *What if I'm triggered by my writing?*

In any space of allowing, safety comes first. I am a certified educator and a credentialed life coach, but I am not a therapist or medical professional.

You do not need to search out extreme topics inside yourself for writing to be of value. The act of moving your hand across the page with a pen is in itself a helpful movement toward peace.

We will tune in to our body and its wisdom before/during/after we write. It's true that writing, if opened like a fire hose, can feel like a deluge. If you've not written in a while - or ever - I invite you to start small. Start slow. Start by completing one sentence (some "stems" will be offered), and always stop when your body tells you to.

[Here is a listing of national crisis hotlines in the United States.](#)

[International Suicide Hotline numbers are available here.](#)

[WhatsApp Global Suicide Hotline Resources are available here.](#)

## *Can teens come to Writing Toward Peace?*

Do you know a teen who is searching for a place to write out their feelings in safety? As a former teacher of students ages 12-18, I have witnessed and believe in the power of expressive writing to process emotions and enable greater peace in youth writers.

Since Writing Toward Peace is a new space, I don't yet have experience with teens in this environment, so, I welcome an email to [Nancy@SpaceofAllowing.com](mailto:Nancy@SpaceofAllowing.com) from the teen or responsible adult to arrive at a safe and mutually-agreeable decision in advance of the event.

## *What do I do with my writing after it's done?*

First, cheers to you for writing! Likely, the writing itself will let you know how it wants to live on beyond the marathon. Does it want to be shared? If so, what or who feels like the most welcome recipient? Does it want to be burned or shredded? Is there a ritual or prayer that wants to accompany your writing release? Is it a gift to be given to a special someone? Does it want to live in your journal to be re-read at some point in the future? Frame it, freeze it, flame it, free it...it's up to you.

If you'd like to share your writing with me, I will treasure your gift. [Nancy@SpaceofAllowing.com](mailto:Nancy@SpaceofAllowing.com)

## *Thanks so much for your interest!*

This is a new space, so I'll be updating the FAQ as questions come in.

Please feel welcome to send me your questions at [Nancy@SpaceofAllowing.com](mailto:Nancy@SpaceofAllowing.com)

