

MINI ARTICLE

The morning pages

By Verónica TG.



"The morning pages rescue us from despair and push us towards exits that we had not even dreamed of" -Julia Cameron

www.expressart.org

They are ..

A tool proposed by Julia Cameron in her well-known book "The artist's way".

About..

Every morning write **three pages of free writing**. It means, letting everything out from our head and uncensored to release it. It doesn't matter if what we write makes sense or not, it doesn't have to be beautiful either. It is precisely the opposite, it is like a drain into which dump our mental garbage. It can also serve for our doubts, confusions, dreams, etc ... **It is for us, nobody should read it.**

It is done in the morning because our brain is more open to what needs to come out, since your "censor" is still half asleep. Therefore, take the opportunity to complain, get angry, insult your boss, vent, whatever, that's the place.

In the book it is recommended to do this for at least 8 weeks and read at the end of this period, underlining what is repeated or catches our attention and thus be able to do something with it. Later, it **can become a habit that lasts forever or that you can return to when you need it.**

In summary ..

It is a tool for relief and introspection, which will show you ways of thinking that perhaps it is time to clean up. Also, to connect with your true identity. ** Personal note:* they helped me first to clean up my mess, later to find answers and finally, to order my goals. But, above all, that is my place of absolute sincerity.