

How to find your Writers Voice

"You learn to write by writing." Marcelle d'Argy Smith

Sylvia Plath says

- Be outrageous. Experiment. The more freedom you feel, the more willing you will be to release your voice.
- Write in the dark or with your eyes closed.
- Dress all in one colour and write.
- Activate odours that move your spirit. Try cinnamon, pine, vanilla.
- Try writing outdoors.
- Play music as you write. Change the music and see what happens.
- Lose yourself in colours and shapes. Draw pictures, finger paint.
- Write fragments - dialogue, description, poetry. Don't worry about how everything will fit together.
- Learn about creative visualisation. Use it to become a writer, and use it as a writer.

Creative visualisation is both the process of imagining a new you; about 'seeing' and releasing the writer within, and of 'writing the story in your head' before you write it on the page.

It is also a process of recall (especially for memoir and other personal writing) where you close your eyes and allow yourself to drift back to who you were at a particular point of time; what you were doing and who with.

The things that float up from your memory bank are often the basis of some written work. 'I yam what I yam', as Popeye said, or in this context, 'I yam what I woz.'

Let something from your past or from within your subconscious act as trigger, or stimulus – and help memory and creative visualisation along with a photograph, a song or some music, or an object that has meaning for you.

And by the way, everything in life is writable about if you have the outgoing guts to do it, and the imagination to improvise. The worst enemy to creativity is self-doubt.