



Conscious Writing: Discover Your True Voice Through Mindfulness and More

Julia McCutchen

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Conscious Writing is an original approach to deep creative writing which leads you to discover and express your true voice - on the page and in the world. It is a journey of self-realization (conscious) and self-expression (creativity) which can be applied to any and all types of writing, and fluently blends soul with craft to reveal your richest ideas and most innovative creative work.

Whether you dream of writing but haven't started yet or are an experienced author, Julia McCutchen will guide you through this refreshingly holistic technique for releasing your fears and writing what you are truly here to write. Drawing on an inspiring mix of perennial wisdom, psychological research and modern neuroscience, she teaches how to:

- Apply the 7 Core Principles for personal experience of transpersonal Truth, and emerge transformed and ready to write.
- Align all aspects of yourself - body, emotions, mind and soul - to bring your whole self to the creative writing process.
- Dive into deep creative flow and play with possibilities in the quantum realm of infinite potential.
- Visit the Conscious Writing Sanctuary, a powerful inner space out of which timeless words flow freely.
- Realize your full potential and effortlessly stand out from the crowd as you express yourself consciously and creatively as an author in the world.

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