



HOT PENNING

Guidelines for Hot Penning

Hot Penning is an unusual way to get in touch with how you truly feel about the many things that have occurred in your life. It's a way to write from your heart, not your head. Hot Penning can be a healing treatment for the battered heart. When the heart feels well, the head and body follow.

Directions

- * Sit somewhere comfortable and set a timer for a specific amount of time. It is generally recommended to start with 15 minutes and go from there.
- * If you have a topic, write it at the top of your page. Or write about anything that comes to mind, how you're feeling, something that happened to you today, a fight, etc.
- * Start writing as fast as you can and as much as you can.
- * Do not stop and think about WHAT to write.
- * Write ANYTHING!!!!!! Even "I don't know what to write on this silly piece of paper."
- * As you keep writing without thinking about it, what is in your heart (not your head) will begin to appear on the paper very shortly.
- * DO NOT STOP and read what you have written. Just keep writing until your time is up.
- * DO NOT STOP writing until the time is up. Even if a lull seems to come in to the writing,
- * KEEP WRITING. Again, write something like "I can't think of what to write, so I'm writing this silly sentence."
- * Do this for yourself; no one is going to judge what you have written. How it sounds to others is NOT the goal. You are writing to get to know your inner self.
- * When your true feelings are brought out from deep inside, looked at, felt, and examined by you, even shared, often they take wings, leaving us forever. We will now be freed, ready to go on with life.
- * The key to successful Hot Penning is to NEVER take your pen from the paper.

GOOD LUCK. GOOD WRITING.