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MORNING PAGES

Morning pages are three pages of longhand, stream of consciousness writing that are done first thing in the morning. Julia Cameron, author of *The Artist's Way: A Spiritual Path to Higher Creativity*, uses this tool to help improve creativity and clarity in life. She suggests you write down anything and everything that crosses your mind. The pages are only meant for you to see. According to Julia, "Nothing is too petty, too silly, too stupid, or too weird to be included."

Writing morning pages is like taking a vacuum to your consciousness and cleaning out all the corners. It is okay to write negative thoughts. All of the things you put down on the pages might otherwise stand in the way of you being your best self. You can also use the pages to ask the universe questions you may have or for guidance. Julia believes that somehow the universe cooperates when things are written down on paper.

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