



*“...my healing journey has been one of finding my voice and those who are willing to listen. ... self-acceptance is nurtured, supported and dreamed into being when someone bears witness to our stories.”* - extract from [David Fredrickson's speech in 2015](#), with permission.

## Writing Circle Invitations

[www.breathingwithme.com](http://www.breathingwithme.com)

[David's](#) personal story has inspired and encouraged me to find witnesses who are willing to listen to my voice. Of many gifts that I have received, his 8 week Writing as Practice program offered to the [CDP community](#) in June/July 2023 has a resounding impact on me.

The practice of writing with prompts is deceptively simple and yet incredibly powerful. Sharing the writing in a group felt vulnerable, empowering and connecting. At the end of the program, I was convinced that this would be something I would like to continue doing. With deep gratitude to David who is an important witness and support for my journey, I am now sharing this powerful practice with you.

### Duration: 45 minutes

- 1) Greetings and 5 min of soft landing in silence to welcome ourselves into this space.
- 2) 5 - 10 min check-in and sharing of intentions / prompts.
- 3) 15 - 20 min of writing practice. We are generously invited to not write if writing does not feel supportive at this time, and simply resting.
- 4) 15 min of optional sharing and ending.

### Prerequisite

None! Everyone is welcome. By joining the circle, we agree with the [community guidelines](#).

### Email me to join

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For more information about the practice, you may refer to [this](#).

Looking forward to writing together 🧡