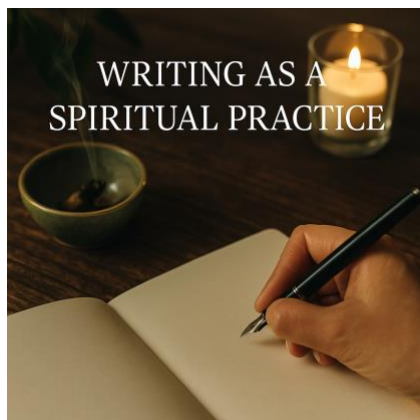




## Writing as a Spiritual Practice

**Writing as a Spiritual Practice** is a five-session virtual workshop that invites you to explore the sacred dimension of your writing life. Whether you're journaling for personal growth, crafting business content with heart, or preparing your next book, this course helps you tap into your inner wisdom and express your authentic voice.



**Grounded in the Edgewalker framework**, the course integrates five essential spiritual qualities (Self-Awareness, Passion, Integrity, Vision, Playfulness) and five dynamic skills (Knowing the Future, Risk-Taking, Manifesting, Focusing, Connecting) to help you write with depth, clarity, and soul. This intimate experience is limited to ten participants.

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### WHAT'S INCLUDED:

- **5 live 90-minute Zoom sessions** (every other week)
- **One private coaching session** with Judi Neal
- **Writing buddy partnership** for inspiration and accountability
- **Audio/video recordings and AI-generated summaries**
- **A personal writing project** with feedback and support

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### COURSE HIGHLIGHTS:

Each session creates sacred space and includes check-ins, thematic teachings, writing practices, and group support for writing projects. Sessions explore themes such as:

- Writing from the inner landscape
- Devotion and discipline in your writing life
- Authentic voice and spiritual integrity
- Visionary writing and sensing the future
- Joyful habits and celebrating your unique voice

Judi's workshops are known for a certain kind of magical connection that gets created within the group that supports new creative insights and growth.

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## WHO THIS IS FOR:

- **Writers seeking personal growth** through journaling, memoir, or essays
- **Professionals crafting content** with authenticity
- **Aspiring authors** looking to begin with spiritual clarity
- **Experienced writers** ready to bring more soul into their craft

## SCHEDULE

- This program begins in October and the actual times and dates are based on participant availability. A sample schedule might look like this if we scheduled Tuesday evenings from 8:00 – 9:30pm Eastern. Weekdays or weekends are also possible.
    - Session 1: October 14
    - Session 2, October 28
    - Session 3, November 11
    - Session 4, November 25
    - Session 5, December 9
  - Writing buddy sessions are set up for the weeks we don't meet.
  - Individual coaching sessions with Judi are set up based on individual needs and schedules.
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## About your facilitator

Judi Neal received her Ph.D. from Yale University Organizational Behavior and is the author of ten books on workplace spirituality and transformation. She also authored a newspaper column called "Faith Matters" for fifteen years, along with numerous journal articles and blogs.

## Ready to write from your soul?

Join us on this sacred creative journey and discover what's ready to emerge through your words.

Contact Judi Neal at [judi@edgewalkers.org](mailto:judi@edgewalkers.org), +1 479 871-9116 for more information.

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## REGISTRATION FEE:

- **Early Bird before August 31: \$425**
- **September 1 or later: \$495**

Payment may be made by check, Venmo, Zelle, or Paypal.



## Detailed Outline by Edgewalker Quality & Skill

### Session 1: Self-Awareness

**Skill:** *Knowing the Future*

**Theme:** *Writing from the Inner Landscape*

- Writing as a mirror for self-reflection
  - Setting spiritual intentions for your writing
  - Intuition, dreams, and channeling as creative tools
  - Free-writing: *"What is seeking to emerge?"*
  - Discussion: How do you know what wants to be written?
  - Buddy introduction & alignment
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### Session 2: Passion

**Skill:** *Risk-Taking*

**Theme:** *Devotion and Discipline in Your Writing Life*

- Tapping into your inner fire and purpose
  - Taking risks with style, genre, and audience
  - Overcoming resistance and perfectionism
  - Guided writing: *"The most passionate moment of my life"*
  - Creating rituals that support sustained creative energy
  - Case discussion
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### Session 3: Integrity

**Skill:** *Manifesting*

**Theme:** *Authentic Voice and Ethical Expression*

- Writing in alignment with your deepest values
- Bringing your spiritual voice into professional writing
- Manifesting your vision through clear structure
- Artificial Intelligence as a partner
- Exercise: Craft a personal values statement for your writing
- Project planning: Timeline and tangible goals
- Feedback on authenticity and alignment
- Case discussion

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## **Session 4: Vision**

**Skill:** *Focusing*

**Theme:** *Seeing Beyond and Writing the Future*

- Writing for change, prophecy, or visionary leadership
- Spiritual guidance and long-term intention
- Tools for deep focus and flow
- Exercise: Write a vision statement for your writing project
- Case discussion

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## **Session 5: Playfulness**

**Skill:** *Connecting*

**Theme:** *Creativity, Joy, and Celebration*

- Playful approaches to genre and process
- Appreciating your own and others' voices
- Joyful and sustainable writing habits
- Appreciation ritual
- Final sharing and next steps (publishing, blogging, continuing support)

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## **Writing Buddy Guidelines**

- Meet between each session for at least 45 minutes
- Share your progress and process (not critique)
- Reflect on what is flowing and where you feel blocked
- Hold space with kindness, curiosity, and non-judgment



## Writing as a Spiritual Practice

### Participant Registration Form

Please complete and return this form to [judi@edgewalkers.org](mailto:judi@edgewalkers.org)

#### Participant Information

Name: \_\_\_\_\_

Email: \_\_\_\_\_

Phone: \_\_\_\_\_

Mailing Address: \_\_\_\_\_

#### Registration Type

- ☐ Early Bird (by August 31): \$425
- ☐ Regular (September 1 or later): \$475

Why are you interested in “Writing as a Spiritual Practice?” Do you have a specific project or goal in mind? Are you looking to change your relationship with writing? Or something else?

We'll follow up with a welcome packet, pre-work, and Zoom access details.

## Payment Information

### Option 1: Pay by check

To pay by check, make check to “Edgewalkers International,” send to:

Judi Neal

Edgewalkers International

745 N. Sequoyah Drive,

Fayetteville, AR 72701

### Option 2: Bank wire

Edgewalker Account Bank Wire Information:

Bank of America

Routing Number: 08 2000073

Account Number: 487003860077

Wire Transfer Number: 026009593

(If you are wiring payment from outside the US, we will send you the international bank codes.)

### Option 3: Bank transfer

If you prefer, you can transfer funds via Venmo or Zelle to the Edgewalker bank account using the information above.

### Option 4: Paypal

If you prefer to use Paypal, let us know and we will send you a Paypal invoice.