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Now I realize I was missing out on the ultimate prize: the pure joy of writing. My joy comes from creating. When I articulate my thoughts, feelings, knowledge, and experiences in a way that others can understand and connect with, I win the prize! It is a marvelous, precious feeling when people tell me my words have touched their hearts.

Writing is my chosen means of expression. The drudgery of striving for more social media likes or preparing my image to be attractive to a publisher feels like a heavy burden. Those tasks are chores that detract from the joy of writing. I focus on completing my work to the best of my abilities, and the tranquility I feel on completion matters most to me.

The Journey of the Visionary Writer is my opus. It is the story of my life and what I have learned encapsulated into carefully crafted pages. I absolutely KNOW that I must write this book, and if I don't, I know that I'll regret it.

Do you feel the same way? Do you know you must write? Do you hear people say your wisdom is so profound that they can't wait to read your books? Have psychics predicted you will write a book? Visionaries may have an intuitive sense that we will miss fulfilling our soul's purpose if we deny the urge to write. However, some of us may be afraid, feel unqualified, blocked, or terrified to make the leap. How do we know what we know? What makes us the experts? It's absolutely crazy to think that, even after 30 long years in the industry, I still struggle with self-doubt. That doubt did not ease until I finished compiling my project portfolio on my website.¹⁰ It was then that I could sit and marvel over the body of the work I had completed in my life, and realize I had not listed every project I had completed! It was surprising to look back on how many brilliant visionary writers I had worked with in various capacities and to remember

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each one as a treasure for what they taught me. Revisiting the endorsements from writers describing my contributions was humbling and a reminder to trust in myself and my abilities.

My experiences have led me up to this very moment as I write this book for you. I don't know your name, and I know nothing about your life or views, but I know that we have a shared mission—to write. My intention is to share my insights with you, and my wish is that what you read in this book will inspire you to write down your stories.

Please note that *Phase Three: Mastery* and *Phase Four: Joy and Angst* delve into complex topics. These are extensive sections, almost like books within the book. Initially, I referred to sections in my book as chapters, but later, I realized they are more comprehensive than traditional chapters. I then attempted to divide the book into three parts, but it felt disconnected. I finally made peace with accurately referring to them as phases or sections. Therefore, my book does not have chapters; it has sections or phases.

I want to emphasize that the next two phases are the core principles of what I teach—mastering our lives and navigating the joy and angst of writing. As they are central, these phases are unusually lengthy sections. Becoming a master requires exploring lofty philosophical and spiritual concepts and how those relate to our writing. In this section, I'll share my views on the importance of choosing timeless, pristine terminology, understanding your story or plot, coming to a place of peace with how you obtained your knowledge, and managing the practical and technical aspects of writing. I understand that the content of this phase is extensive, so feel free to read it slowly or reread it while writing for a refresher!

Healing and Hurtful Words

The power of words is astonishing. As a writer, I am driven to fulfill my soul-level calling to write, and my humble desire is for my words to ease suffering and inspire other writers to fulfill their callings. I also know that there are dangers because, just as our books have heroes and villains, words can be both *protagonists* that inspire altruistic actions and *antagonists* that serve diabolical purposes. Diabolically, we might consider that words are the ultimate weapon, for, throughout history, words have been mas-

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The Journey of the Visionary Writer

The Five Phases of Experiential Writing

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but here, we see a target point that loops and expands, then loops and expands. So, before we begin looking deeply into the five phases of experiential writing, a brief synopsis is helpful.



Brief Synopsis of the Five Phases

Visionary writers have significant experiences, which I call a **traumatic impact**, leading onto a specific path to **experience**. As we gain experience, we begin to achieve **mastery** of our challenges.

Through mastery, we emerge compelled by a conscious drive to write and share the valuable insights we have gathered on a specific topic of mastery. Whether we call it a soul contract, fate, destiny, or a calling, a visionary's life path was designed like a golden means in a perfect sequence of **experiential training** sessions, orchestrated with absolute perfection, to achieve mastery *before* writing about a specific topic.

In mastery, we identify our **visionary plots** and work through the most difficult aspects. Mastery of our visionary plots moves us into the teeter-totter phase of **joy and angst**. At that point, writing becomes a nagging obsession that takes a hold on our hearts. The force is so great that we cannot rest until we publish and can hold our finished book in our hands.

When we do finally look at our beautiful, printed book, we marvel

that we have achieved this massive milestone. We wait. We promote. We teach. We market. We worry. We celebrate. Will it be a bestseller or a sleeper? Will people love it or say we are complete wackos? Who can predict how people respond? Why aren't people buying it, or why are so many people buying it?

Zillions of questions form until we escape the melancholy of questioning by realizing and embracing our motive as writers. Our **motive** guides us into self-realization, which opens the door to the ultimate destination of our writer's journey: a miraculous state of being named **tranquility**.

The path to tranquility is the perfect setup from the traumatic impact through all the other phases. Truthfully, even if we try to ignore the signs, the most reluctant writer cannot escape the call should that be their destiny—I promise it will nag and pull at our heart until we get that book out of us!

The experiential writing process is a "golden means" for visionaries to inspire humanity. But let's prepare for our journey, or one could also call this an odyssey (another pronunciation could indicate that the writing process is odd-you-see). An odyssey is also a journey. It is a long series of wanderings or adventures filled with notable experiences, hardships, and sometimes extreme, ecstatic, brutal, or transcendental. I've written this book to help you navigate the treacherous seas of writing with grace. My motive for writing is to help visionary writers in achieving this grace.

Join me on this journey, and I will share all I have learned to help you find your way to tranquility.

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