



po box 1427 | camden me 04843
kathrin@kathrinseitz.com | 207 236 6961



Seven Steps to Developing the Writer Within

1. Make a contract with yourself. We will help you to become clear about your intentions, your short and long term goals. We will guide you to choose the appropriate ones, and write them down to create a contract with yourself.
2. Shift into deeper consciousness where the treasure lies. We will teach you to shift from the superficial plain of everyday living, to get beneath the surface and find your deep voice. We will help you discover the internal rhythms of your speech, and develop the tonality and rhythm of language that is uniquely yours.
3. Shine the light on resistance and let go of socially acceptable excuses for not doing your work. We will make you aware of your particular ways of blocking your work, and help develop a series of foolproof ways to seduce and abandon your resistance, rather than your work.
4. Explore the stuff that both terrifies and excites you. Now that you've learned to subdue your resistance, you are ready to identify and befriend the stuff that grips your solar plexus. We will guide you as you hunt down your truth: your original art; the gem that you have to offer the world; the piece that hovers between what terrifies and what excites you.
5. Tap into your deep voice and expand your range of voices so that you become flexible and nimble. Change in rhythm and tonality is what keeps any art interesting. Our brains need change. You will learn eight different voices from Jack Grapes Method Writing and you will become adept at changing voices.
6. Grow up and deal with the marketplace. To succeed, to find satisfaction as an artist, you must confront the large marketplace that is before you, around you, and in fact lives in you as a consumer in this culture. We will help you to identify the prejudices that keep you from succeeding; to parse the marketplace and identify your place in it. You will become a professional.
7. Become a Warrior who lets nothing get in the way of producing.

It's all well and good to do your work, but without habits in place you will lose your way. Resistance will convince you that you must stop or change paths or just plain give up—it's too hard. We will assist you in developing the habits and rituals of a Warrior. This will keep you going in the toughest of times.