

**Everybody has a story.
What's yours?**

Beyond Matter Writing Guide

"It is the time you have wasted for your rose that makes your rose so important." – Antoine de Saint-Exupéry



We all have that memento or belonging that carries meaning beyond its physical limitation. Whether it is the person who gifted it to you, the moment you were in when you bought or received it, or the feeling you first had when it birthed its significance, some “stuff” transcends material and truly does matter beyond. As we explore meaning and how it is shaped, allow yourself to abandon control of your mind... sometimes we think we know where it all started, but would be remiss to find out that the meaning may lie even deeper.

With each of these writing prompts, feel free to flow through your thoughts, unconstrained by time, space, or objective. Simply feel what comes up as you write. We also invite you to create a visual board (through collage or multi-media montage) to manifest your thoughts in alternate ways.

Beyond Matter exercise.

1. Take 2 or 3 minutes to explore your space. Allow your eye to look around unguided. Walk through your room or home and take hold of an item that draws your attention. You may know what you are searching for, so go grab it. You may not know what you will end up reaching for, let the moment carry you.
2. Write down which object you've settled on. Describe it as objectively as possible. What it looks like, feels like, smells like and so on.

3. Now, write about when and how the object came into your life. You can write down the story or jot down a few significant details.

4. Check in with yourself about: how often you come back to this object in your life, where you keep this object in your home, when you reach for this object and why, if you share this object with loved ones and why/when, and any other details that may surface.

5. What meaning does this item carry for you and is there a way for you to transfer that energy inward? If yes, how? If not, why?

FURTHER EXPLORATION

6. If you were to hold an exhibit on your life, which objects would appear on visual display?

7. Do these objects convey in image what you might describe with words? Write down why you selected these objects and a brief description of what value they hold in your life.

SETTING INTENTIONS

In each of the circles, write a few emotions that came up during this exercise reserving the left circle for positive emotions and the right one for negative emotions or limiting beliefs. Then, set an intention that allows you to hold space for your emotions while also releasing them. Write that intention at the centre.

