

Almost Better Than Chocolate

by Gwynne Spencer—Mancos, Colorado

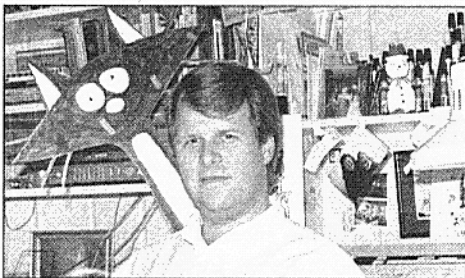
Some mornings, is the thought of sitting and hitting the keyboard about as enticing as unanesthetized root canal? Do you find yourself thinking that scrubbing the shower grout with a toothbrush would be a better use of your time than writing? Well, a solution to the problem of “writer’s block” is at hand—literally.

Jeanette Farmer’s *Retrain The Brain The Write Brain Way* program of graphotherapeutic movement combined with 60 beats-per-minute music will send creativity sluicing through your fingers after only a few minutes of exercises. It seems to work on the right side of the brain by calming that horrid, evil, nasty, relentless, strident, omnipresent, internal critic we all have lurking inside. Just like magic, it clams up that critic!

You simply do the movements—ride the surf, loop the loop, rooftops and chimneys, picket fences—with your favorite pen on the worksheets provided or using your own favorite paper. The movements are nothing like the old “push pull” exercises you remember from third grade. *Retrain the Brain’s* patterns are easy, pleasurable, and amazingly works to free up your writing.

On particularly rough days, I use “sniffy” markers and 80# high chalk laser printer paper to make the exercises even more aesthetically enticing, and productive. Although Farmer’s program (go to www.retrainthebrain.com) is designed primarily for impulse-driven kids, especially those struggling with behavioral disturbances like ADD, ADHD, and other classroom curses, it works for grownups (and writers) just dandy. How?

“The hand and the brain are integrally connected,” says Farmer, who is a certified graphoanalyst. She developed her materials years ago using a European research model and adapted them, adding music that seems to help the brain get focused and screen out impulse-driven behaviors. She tested it with adult stroke patients and it worked. She intuitively understood the power of



her program with jumpy kids whose behavior was all over the place, who found it virtually impossible to settle down and work (Go to website for research abstracts). “The program helps rebuild the impulse control centers in the neural network of the body, using that integral connection of the hand and the brain,” Farmer says.

Through years of field research in an amazing variety of impairments, *Retrain The Brain The Write Way* has proven to be a powerful behavior modification tool with no drugs necessary! If you find yourself using chocolate to get through particularly rough sessions of writing (as I do), you’ll love this calorie-free program! ♥

Thoughts In A Rosebud

by Jeffrey Scofield—Orem, Utah

Words, words, words.
I flounder in words,
waking up late at night
to shake them from my blankets.

Words, words, words.
As unruly children they cannot be controlled.
You line them up, yet the minute
your back is turned,
they run away.

Words, words, words.
Like thoughts in a rose bud
they hide behind each petal . . .
waiting to bloom. ♥

*Poetry is the renewal of words,
setting them free,
and that's what a poet is doing:
loosening the words.*

Robert Frost ♥

← WHO ELSE? by Charles Somerville—Kensington, MD

Photo by Alison Somerville

IF YOU ARE
WORKING ON A
DEADLINE,
THE DOORBELL
WILL RING.

