

Walk, Dream, Write Workshop Writing Prompts

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1. Warmup: with a recent dream / fictional character who pops up, ask and write what they'd like to tell you. Debrief: What did you learn? Any insights? Body states? Etc.
2. Same with a feature of a place you've lived. Animate it. What would you like to say to it about why it stands out? What would you like to hear? EC dream.
3. Imagine the place itself (street you lived on, neighborhood, city) as a fictional character. Same conversation.
4. How does your body feel here? What is the place saying to you through it? To your emotions? Any images arising?
5. We are near an estuary. Where is the estuary in your life just now? The edge? Where should you sail close to the wind ("bolinas" = "bowline")?
6. Where in life are you (like Bolinas) isolated, apart, hidden, or withdrawn? Are you good with that, or not? If not, what's next for you? What are you called to transmit?

More prompts:

7. Converse in writing with some feature of the surroundings here or elsewhere, something currently present: the air, a branch, a bird call, a plant, etc.
8. Imagine Bolinas as a fictional character, then write a conversation between you or someone else and Bolinas. What is it like to be Bolinas? What does it want you to know? Try this with other places.
9. Go out and find something that wants to be written about. Smell it. What does that evoke? What memories return to life?
10. If Marin resembles Coyote on a map, Bolinas is near its heart. Where is *your* Trickster heart? What is it saying? What does it need?
11. What do you feel called to write today? What is stirring? If nothing, what does the character Nothing have to say?
12. Write down a recurring mood. Where do you find its parallel in the place where you are? E.g., a flowing mood near a stream, an arid mood near barren land, a restorative joy near a healing forest.