

The 5-Day Writers Meditation Plan

by

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The main goal is using this plan is to write a book and write it *quickly*. It doesn't have to be perfect - you can analyze and edit later. You can do as little or as much on each step of this plan as you like. This is simply a structure to get you started and hopefully to help you finish your book.

The key to this plan is meditating. Go over this plan each evening before you go to sleep. Take a few deep breaths, relax, and allow your eyes to gently close. Breathe deeply, inhaling and exhaling slowly and evenly for 5-10 minutes. Then open your eyes and read over this plan. Put it down when you're through... preferably right by your bed. Each morning when you awaken, read the plan again, before you get out of bed if possible.

The first night, start by reading all of these 5 pages. These tell what you will do for the next 5 days. The first day...after reading the plan again, prepare what is under **DAY ONE**. Then stop and read the plan over again that night.

On the morning of **DAY TWO**, read the plan and do what it says for your next step. Read over everything in the plan that night.

On the morning of **DAY THREE**, read over the plan again and prepare the suggested material for that day. Read over everything in the plan that night.

On the morning of **DAY FOUR**, read over the plan, then craft your opening scene. Read over the plan again that night.

On the morning of **DAY FIVE**, read over the plan as soon as you awaken, and then write your first chapter.

By **DAY ONE** you will have managed to come up with the perfect story line and title. By **DAY TWO** you will have pre-thought or written the plot line and by **DAY THREE** you will have created the characters. By **DAY FOUR** you will have written your perfect opening. And by **DAY FIVE**, if not sooner, you will have begun to write your chapters.

Just continue reading this plan every night before you go to sleep and every morning before you awaken. I also advise reading the previous chapter you've written before going to sleep *and* the next morning when you awaken as I think it helps keep the story alive in your mind as you are writing.

This plan enables you to actually meditate your way into writing a book. And remember, the goal is not to have the book perfect as you work through this plan, but to get it **DONE!** So don't worry about spelling or grammar and if you get stuck

simply jot down a note to help you recall something general about what you wanted to write. After you're finished with the book, you'll have plenty of time to edit your fabulous novel!

I wish you success in your venture to finish. Personally, I know it's a hard thing to do! It took me five years. After I designed this plan, I used it in conjunction with encouragement from fellow writers in order to get started on my book and get it finished. All in all, it took me three weeks! After I'd been struggling for five years to finish a novel, three weeks was certainly acceptable!

Good luck and please, if this plan helps you to finish, please drop me a note at petals@petalsoflife.com to let me know.

DAY ONE

I would like to come up with the perfect story and title and be able to add to it or take away at will as I write - with no change in writing pace. By perfect, meaning a story perfect for YOU, dear and near to YOUR heart. The title gives you a focus point, a place to reflect on as you write each chapter. Write your title below. Write your story line (what your story is about) in two sentences or less below as soon as it comes to you.

DAY TWO

I would like to be able to map out my chapters and recall the chapters and what they're about at will throughout the writing period. (Mapping is along the lines of outlining and can be as much or as little as you feel comfortable with to get down the basics. After you've written your map, add it to this exercise for the nighttime and morning readings. This will keep your mind fresh on "the plan". Write your map below as soon as it comes to you.)

DAY THREE

I would like to create vibrant and lifelike characters - ones that will basically “move in with me” as I write, and I would like to see a character’s qualities, habits, goals and desires upon the mere thought or mention of the character name. (What qualities do you want or need your characters to have? Think of them as you create the characters. Write them down below if you wish and add them to this daily/nightly reading exercise.)

DAY FOUR

I would like to write the opening scene in 30 minutes and this scene will be strong - something I can refer back to in order to tie up loose strings at the end of the book. (Visualize exactly what your main character is going to be doing in the opening scene before you begin to write. Write the opening scene below, or begin going to your computer at this point.)

DAY FIVE

I would like to write *at least* one chapter a day until I reach the end of the book. (Each night before you sleep, think of what's going to happen tomorrow...sort of like watching a favorite television show...you can't wait to see what happens next. These ideas of what happens next and how best to portray the scenes float in and out of your mind, incessantly playing like a repeat video tape. Go to your computer or notebook to write each chapter.)



***THIS STORY IS SO DIFFERENT...
You'll Wonder if It's Reality or Fantasy, Fiction or Non-Fiction
...But It Matters Not...
...For the Messages Are the Same, Regardless of What You Believe...***

ONE LOVE is a story which has surfaced to deliver some very valuable messages to the world's inhabitants. The tale it tells is an unbelievable one, filled with mystical adventure and deep wisdom, containing the power to uncover the unconditional love in your heart, encouraging you to offer that love to yourself and others, making your world a better place to live.

*

On the exterior, Emily appears to have quite a normal life. She's a married, working woman, living in a middle class home, enjoying a comfortable lifestyle. Emily's life is the epitome of the way it's supposed to be.

Inside, however, lies a darkness, a despair, slowly eating away at her existence like a cancer. There is no excitement, no bounce in her step, no light in her heart, as Emily faces each day drowning in a sea of depression under a sky of darkness. The marriage she once treasured has now become a silent, exhausting effort. The job she once enjoyed has become boring, unfulfilling. She wouldn't dare bring a child into her world, for fear they'd suffer the same agony. If there's a light in this tunnel, she surely can't see it, and if she did, it'd probably be an oncoming train, heading straight for her place on the tracks.

...Until one day, her life changed...

Tragedy didn't have to strike Emily's life to put an end to the darkness. All it took was a picture, a mysterious soul name Nicholas, and lessons of unconditional

love.

Nicholas, once a man who committed the ultimate sin, is a soul in transition, the place between heaven and hell. For almost 200 years, he's been stuck in this celestial arena, learning his lessons before he can incarnate again. If he fails, he'll go to hell. If he finishes the course God has given him, he'll live forever. Emily is his saving grace...she's the final lesson in his books on unconditional love. For though he's studied hard and passed his tests, he now must take on his final challenge - teaching a human the value of unconditional love.

~~A Book Destined To Give You A Deeper Insight Into The Truest Form of
Love~~

Hidden in this book, there is a special message from Nicholas. In the E-Book, there are words colored **RED**. In the print version, the words are underlined. If you write down the words in the order you find them, you'll have a beautiful message to carry with you through your life!

Also in this book is a contest. Readers can obtain details on the entry form at the back of the book. Without giving away any secrets, I will say the prize is something in the book and it will be announced and given away on January 1, 2000. :)



Janine Johnson wrote *One Love* in three weeks. "It came from my heart," she says, "And that's why it was so easy to write. True life experiences are mixed into this tale, providing a strong emotional pull for the book. Never before have I felt such a connection to a character as I did with Emily. She's a normal person, like me, like you, like many people out there today, suffering deep down yet living as if there's nothing wrong - at least on the outside. This book gives help for the dark times, hope for the despair many of us face, whether only occasionally or even daily."

"I truly believe applying the lessons of unconditional love to everything in life, no matter how small or trivial, is an answer we can all benefit from. I know I have! It's taken me five years to complete a novel...five very, very long years of struggling and failing. When I sat down to write *One Love*, I figured it'd end up just like the rest of my novels...half-way done and sitting in a file folder somewhere. But the inspiration kept coming, daily. The words flowed endlessly and after I passed the halfway point, it suddenly dawned on me I must have chosen this story because it was, in essence, 'my calling'. I do believe God has a plan for everyone. *One Love* is a part of my plan, I have no doubt. This book contains the message I'm supposed to convey. And it certainly contains the lessons I needed to learn to achieve the peace I searched for in my life."

Petals of Life Order Form

If you would like to order your copy of **ONE LOVE**, please print and fill in the order form on this page. Mail your order to:

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