THE SONGWRITERS PATH

INNER VERSE STARTER PACK · GIFT TWO

6 SONG SEEDS

Six questions to spark curiosity and reflection.
A doorway to writing from deep within.

A bridge between art and personal growth

WHAT IS A SONG SEED?

Every song I've ever written started small.

A line overheard on a train. A smell that took me somewhere. A feeling I couldn't name.

I call these song seeds.

A seed isn't a song yet. It's a beginning. And the more of them you gather, the more songs you'll have waiting.

You don't need an instrument for this. You don't need to know anything about music. You need a pen, ten minutes and a little honesty.

A FIRST GLIMPSE OF THE PATH

These six questions are built on the same six elements as Inner Verse, my 30-day songwriting journey:

1. Intuition
2. Perception
3. Creation
4. Architecture
5. Integration
6. Devotion

Here, you'll touch each one for ten minutes. Inside the course, we go much deeper, with video lessons, practices and the craft to shape what you find into finished songs.

HOW TO USE THESE SEEDS

Ten minutes. One question. No rules.

1. Choose one seed a day, or whichever one calls you.
2. Set a timer for ten minutes.
3. Write without stopping. No rhyming, no editing, no judging.
4. Read it back and underline the line that feels most alive.
5. Keep that line somewhere safe: a notebook, a note on your phone. I call this your pantry.

By the end, you'll have six strong song seeds in your pantry, ready to begin the journey of a song.

The more deeply you connect with yourself, the more universal your songs become.

01

The Whisper

Intuition

What's the truth you've never said out loud?

Who is it for? What would change if you said it?

02

The Moment

Perception

What moment changed you, even though no one else noticed?

Write it in close detail: where you were, what you could see and hear.

03

The Place

Creation

Where were you when you felt most like yourself?

Take me there. What did it smell like? Who was with you?

04

The Voice

Architecture

Whose words do you still carry?

Write down exactly what they said. That line might be your chorus.

05

The Peace

Integration

What have you finally made peace with?

Tell the story from the beginning: how it hurt, and how it softened.

06

The Keeping

Devotion

What have you never given up on?

Write about why you've held on, even when it was hard.

YOUR PANTRY

Copy your six underlined lines here.

SEED 01

SEED 02

SEED 03

SEED 04

SEED 05

SEED 06

Read them aloud. Do any belong together? Does one keep pulling at you? Did more than six come through? Keep them all.

That's where your song is.

THE SONGWRITERS PATH

Listen first. Then write.

Every song I've loved writing begins the same way. Not with a technique. With listening, to that quiet wisdom inside me, and writing from that place.

That's what The Songwriters Path is about. It's a community and a creative home for people who want to live and write as whole humans, from the inside out.

Inside, there are weekly live sessions with me, daily rituals, prompts and challenges, and a circle of songwriters sharing their work and cheering each other on.

Craft matters, and you'll learn it here. But the deeper meaning of songwriting is a way of living: listening, letting life move through you, and sharing what you find with others. That's where the magic is found, and its gifts are endless.

It's also where you'll find Inner Verse, my 30-day songwriting journey through six elements, along with more courses, practices and resources to keep your creativity growing.

It doesn't matter how old you are, or whether you've ever written a song before. If you've always felt creative, or something in you has always wanted to be revealed, you belong here.

JOIN THE SONGWRITERS PATH

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The world is waiting for your words.

Shelley xxx