THE SONGWRITERS PATH

INNER VERSE STARTER PACK · GIFT ONE

BREATHE

A two-minute practice to connect to your inner creative wisdom.

A bridge between art and personal growth

BEFORE THE SONG

There's a moment before a song arrives.

A pause.

The room goes quiet, and something in you leans forward to listen.

Most of us skip it. We sit down to write with the whole day still buzzing in our heads: the emails, the to-do list, the voice that says *who do you think you are?*

And then we wonder why nothing comes.

I've been writing songs for over 25 years. I never went to music school. Everything I know, I learned by listening: to the world, and to the quiet place inside me where songs come from.

This practice is how I get there.

It takes two minutes. You don't need to be good at meditating. You only need to be willing to stop for a moment and arrive.

Inspiration arrives when we create space for it.

THE PRACTICE

Two steps. Two minutes.

STEP ONE: BREATH

Sit somewhere you won't be interrupted. Put your feet on the floor. Close your eyes, or soften your gaze.

Breathe in through your nose for a count of four. Breathe out slowly through your mouth for a count of six. Do this three times.

On the last breath out, let your shoulders drop. Notice what you can hear. Notice what you can feel. Don't change anything. Just notice.

You're here now.

STEP TWO: INTENTION

Now ask yourself, quietly:

> *What wants to come through me today?*

Don't reach for an answer. Wait. It might be a word. A feeling. A memory. A face. It might be nothing at all, and that's fine too.

When you're ready, open your eyes, pick up your pen and turn the page.

NOW, WRITE

What wants to come through me today?

Set a timer for ten minutes. Write whatever comes through to you. Keep your pen moving. Don't cross anything out. Don't try to make it good.

When the timer ends, read it back and underline any words that feel most alive to you. Those words are a song seed.

We keep our seeds in our creative pantry. Keep yours somewhere safe. It's the beginning of something bigger.

THERE'S MORE WHERE THIS CAME FROM

Breathe is one of the daily rituals of The Daily 6. Inside The Songwriters Path, it sits alongside The Vessel 6 and The 6th Song Sense, the practices that make up The Soul 6. Each one opens a different door to your creativity.

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

skool.com/thesongwriterspath

The world is waiting for your words.

Shelley xxx