



Occasional Newsletter 10/2021



Clearing Your Mind

Recognize those extraneous sounds and images and learn to

lock them out.

It can be painfully overwhelming toting the burden of a cluttered mind. Some people just don't turn it off or can't turn it off.

We need to create new ideas, think about our current lives and work, and then be on our own to plan for the future.

For some, meditation works to clear thoughts. Some need two or three attempts to achieve it. Others pick up a fictional novel and read about someone else's life. The escape without really getting away. Immersing yourself in another world provides that escape.

Pick up a blank journal and jot down a daily note on how you are doing, what you are feeling and how you will deal with the day.

Advice 1:

** Call up five friends or acquaintances and ask them how they clear their mind.

You won't just be getting advice; you'll be strengthening relationships.

** Put in ear plugs and lie down to concentrate on your heartbeat.

** Count the number of flowering plants you see when you walk around the block.

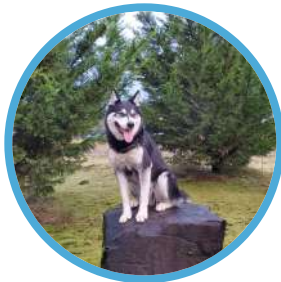
Advice 2:

- A. Start that knitting project you've been putting off.
- B. Assemble the ingredients and make chocolate chip cookies.
- C. Carefully move your refrigerator away from the wall and scrub underneath it.
- D. Take Windex and a paper towel to wash your car's windows.
- E. Set up a card table and dump out the jig saw puzzle contents.
- F. Use a colored pencil system to make out your Christmas card list.

To Start You off: Here are Ten First Lines Suggestions for Your Novel

1. It had always been about money so when his left eye twitched, she chuckled.
2. The small glass orb shimmered until her hand drew out a fury of dancing colors.
3. It was cigar smoke she suddenly realized.
4. A pure gold orb held just above the horizon painting the valley in hushed shades of yellow and red.

5. And why am I dead?
6. His kiss carried an electric jolt making her arch the slender neck for more.
7. Bracing against his ribs, she pulled hard on the arm and felt the bone slide back into place.
8. Derre wanted to know simply if the two tiny dull white pills would bring him back from where they were about to take him.
9. It was a cheekbone disfigurement that made the small girl turn her head to speak from the right side.
10. Two bullets in his back, a dislocated ankle, and they had tried to bury him alive.



Tondelayo's Rascally Raider

He brings home lone shoes, food wrappers, and has learned how to throw his food dish. He can't write a believable sentence. Hangs on your every word when you read to him.

You can have 1 to 60 chapters in a book. Some chapters will be 3 or 4 pages long. Others will be 19 or 50 pages long.

You can decide how to put in chapter breaks based on the action of your main character.

For example, at the end of chapter one, make your main character dangling off a cliff or being held at gunpoint. The reader won't want to put the book down until they turn the page (next chapter) and find out if he lived or died.

Go into your local bookstore and randomly select three fiction novels off different shelves. Sit down at the library table and make notes about how long those chapters were. I might add here that getting onto a bookstore shelf is not based on number of chapters. It is based on sales so you want chapter breaks that keep the reader reading.

Now pick up an old copy of the New York Times. Look at the top three books on bestseller list. Find those copies at the library or bookstore and write down the number of pages in their books. Bestsellers don't get to be bestsellers based on chapter length.

Even if you had extra sensory perception, you would not be able to envision the number of chapters in a book that will sell. They are all different. What you

do have control over is how the characters behave, who kisses or kills whom, and trying to figure out what the dog saw on the lawn that night.

What book are you reading?

Conagher by Louis L'Amour

Any words of wisdom?

"Hire character. Train skill."

– Peter Schultz, founder and director GNF

What's happening with your latest manuscript?



When I conduct interviews, I try to become acquainted with the person so I can see the change an event had on them. I wanted to know what life was like for Robert before he was shipped to Viet Nam. He expressed several incidents about getting there, staying alive, and making his way back to the states. The things he saw, did, and witnessed had a profound change upon the way he lived his life after he returned to life as a private citizen. Like most of us, it was the people around him that had the greatest impact on his life.

In real life, it can take three to five seconds to experience something that you normally wouldn't consider. Those small seconds sometimes change your future completely. A car accident, the person next to you being shot. How your personal routine can prohibit your romantic relationships. Sometimes a person will keep the regret fresh and alive by telling about a missed opportunity in the past. Writers write because they want to. It provides a sensation of accomplishment. One other reason might be to attain a goal. You can privately admire and adore those who grace the top bestsellers list. And then try to achieve that loft status. I personally want to share what the voices inside my head talk about. What they plot and whisper and hiss about.

Everyone musters a level of creativity within themselves during their lifetime. When writers express themselves, they offer their own creativity from for judgment. Psychiatrists offer that sharing of ideas and thought can be a most-liberating effort. Some writers expound that getting their works published helps them to achieve every last ounce of accomplishment.

My mother wrote poetry as a kind of expression of self and release. She said that every word was a leap of faith as she let the close few read her work.

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