

MEDITATION · WORKSHOP 3 OF 3

Writing, Inquiry, and Contemplation

Where the practice meets the page — and the page becomes practice

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What this workshop covers

- Workshops 1 and 2 built the sitting practice — attention, breath, body, difficult thoughts
- Workshop 3 moves into a different dimension: writing and contemplative inquiry as meditative practice
- This is the most distinctive workshop in the track — and the one that draws most directly on the intersection of therapy, creative writing, and mindfulness
- You don't need to be a writer. You need to be willing to put words on a page without editing them.
- Six modules: the case for writing as practice • free writing • inquiry • the unsent letter • poetic attention • integration

Module 1

Writing as meditation

The page is not a place to perform. It is a place to see.



Fill your paper with the breathings of your heart.

— William Wordsworth

Not the edited version. Not the presentable version. The breathings.

Why writing and meditation belong together

- Both practices share the same fundamental move: returning attention to what is actually here, rather than what we wish were here
- Sitting practice trains the capacity to observe the mind. Writing externalizes the mind's contents — making visible what was previously only felt
- James Pennebaker's research showed that expressive writing about emotional experiences produces measurable benefits: reduced anxiety, improved immune function, greater clarity
- Writing slows the mind down to the speed of the hand — and in that slowing, things become visible that the racing mind skips over
- The page is the most forgiving mirror available: it shows you exactly what you brought, without judgment

The rules of contemplative writing

- Keep the pen moving — do not stop, do not edit, do not cross out
- Write what arises, not what you think should arise — the inner editor is the enemy of discovery
- Privacy is the container: these pages are for you alone, unless you choose otherwise
- There are no wrong answers, no bad sentences, no failed attempts — only material
- The goal is not to produce writing. The goal is to use writing as a way of seeing.