



超意识写作 — Living the Artist way

就在刚刚, 我做了一个很重要的决定:

我决定舍弃那些曾经非常看重的事物: 阅读量、粉丝数、他人的认可、内心的杂念... 去创造新的写作与生活状态, 去破除破的执念、迎接新的能量.

只关注过程: 我是否以轻盈的心态将文字贡献给大家、我是否有将写下的文字内化为我的生活...

不再对结果执着. 不再对“是否能写得出来”执着.

每天记录下的灵感总有一天会建造出属于自己的文字王国.

所有人都是可以.

只是在于, 我们很难割舍掉最在乎的事物. 即使是陷入困境, 也依旧在舒适的方法中打转, 固执的认为“既然曾经这样成功过, 再来一次一定也会成功.”

不是的. 任何创造、事业、情感、生活中的成功, 离不开因缘和合.

我们这里先从写作、创造这个角度切入.

不把任何规则封为神圣而不可破坏的, 是作为艺术家健康的生活方式。这样可以解开一些导致我们的创作千篇一律的自我约束。

随着职业生涯的发展, 你会越来越形成某种一以贯之的特色, 而这种一致性会愈加无益。你会开始觉得, 创作像一份工作或者一种责任。请留意自己是否一直在使用同样的套路。 — 《创意行为: 存在即答案》



我想要什么

“我想要什么”在社会中几乎是一个禁忌的话题。

每当你把这句话说出口, 几乎没有人把它当真, 以至于到最后你都会怀疑自己: 我真是想要这个么?

禁忌到我们都察觉不到它是禁忌的。

他人要么觉得你在开玩笑, 要么用他们自身的价值观来评判你. 也就是说, 他的信念被投射到我们身上, 我们却将其吸收为自己的想法。

聊起一件事眼中带着希望的光芒的人已经不多见了

用时间丈量

现代社会的人们总是以效率、快节奏、对齐为傲,认为做的事情越多越有成就感.殊不知自己却根本不知道自己为什么想做、想做的是什么.

能确认自己想做的事、并按下确定键已经是这世上的稀有了.

我第一次看到自己真正想要的,是在高一.我第一次升起了想要帮助更多人找到人生使命的心.因为我看到身边的同学非常迷茫:迷茫选课、迷茫成绩、迷茫大学学习什么专业.而我早早地确定我要去的国家、我要学习电影专业、我高中三年选什么课程.

到了大学、真正学习电影后,我发现,电影是一个很好传播意识的渠道.只是因为国内的大环境限制,有很多话不能说、也一定要依靠人脉.持续兴奋了几年,热度便下去了,随之而起的是短视频的浪潮.但我依旧热爱电影,依旧不后悔大学毅然决然选择这个专业,只是我意识到,应该换一个载体来完成“帮助更多人找到人生使命的心”.

我在大学期间学习马赛塔罗、学习西塔疗愈、学习希腊占星,各种各样的自我探索之旅.我非常的热爱,但如果让我把他们发展为事业,我缺少一种动力和持续向前的勇气.

直到我遇到Dak Vava.在交流的过程中得知他会用一生的时间去写作.我很受触动.用一生去做一件事,过程中的回报并不确定,也能如此沉得下心.

随后一两个月,这个问题持续盘旋在脑海中.直到一次书写的过程,一个念头闪过我的脑海:为什么不用写作为载体、结合你曾经学习过的所有技艺呢?过往经历的画面在头脑中接连浮现,串联起来,有了清晰的画面.

在这一刻连点成线,连线成面.

依旧是“帮助更多人找到人生使命的心”,我找到了真正的我,找到了真正的突破口.

“第一次看到自己真正想要什么”,又不仅仅是想要什么那么简单.很早以前的我便找到了那个核心的点,却因为载体兜兜转转这些年,但我不后悔.

从那天后,我的写作、我的表达有了清晰的观点,文章更有深度.维护自己的立场和边界也变得轻而易举.

不仅如此,过去的我经常因为过去发生的事情执着、无法走出过去,也担忧未来,为那些还未发生的事物焦虑,无意识地创造了非常多的苦——心苦.以至于做事情畏首畏尾,担惊受怕.害怕过去的朋友对我产生异样的看法、害怕未来的生活没有保障、万一做不起来怎么办...

当我确定“以写作为载体,帮助更多人找到人生使命”的时候,我的心定了.那是莫大的幸福和能量.

财富不仅仅是金钱,更是身体的健康、内心的富足.

“想要”和“舍”并不冲突

为了真正想要的愿景和生活, 你会舍掉过往最执着的那些事物, 比如感官的享受、舒适圈的安逸、对他人认可的需求...

持续前进, 持续行动, 持续修炼技艺的过程中有所突破.

先舍, 后得.

今日游戏: 《超意识写作: 我真正想要什么》

游戏背景:

1. 意识和潜意识 / 本我和圆满的我 / Self 1和Self 2之间有一层防御. 但如果足够轻松、足够放松, 或是写的足够快, 快到思维跟不上你打字的手或者用笔书写的速度, 便可突破这层防御
2. 将自己的身体想象成接收宇宙智慧的管道, 完全放空
3. 当我们以默认的社会时钟来思考问题时, 很容易被当前的状况所限制. 就像我们紧紧使用当前的思维来考虑未来, 一切都基于当下. 却殊不知未来有着无限可能. 创造是完全超越当前条件的, 我们完全无法知道自己3-5年后会有什么样的资源、心态的记忆, 又怎能以当前的视野限制未来的发展?
4. 若时间的尺度拉的过长, 例如10年、25年, 我们又会变得极其模糊, 没有落脚的点. 所以我们今天以3-5年的尺度来探索

游戏玩法:

以最快的速度写一篇内容, 不限字数, 写到爽为止, 主题是“我真正想要的是什么”, 用3-5年作为时间尺度. 具体可以从以下主题中做选择, 或者自拟标题:

- 我想要什么?
- 我想要创作什么?(以5年为期限, 包括但不限于作品、事业、生活、情感...)
- 如果我想写一本书, 我想要写什么?(3年内写一本书)
- 等等等等... 我写的会有限制, 按照你想要的主题写即可.

重点在于用最快的速度写. 如果写不出来了怎么办? 不要停, 一直保持手在键盘上打字, 让空的状态指引我们, 依旧继续写, 以最快的方式打字

例如: 我不知道写什么但尽管写了即使写出来的不如意是废话我也要写管他呢反正现在是自己的时间只要我写的足够多就能写出真正好玩的事情就能清空我的大脑就能破

除我的执着就能写出内心真正的洞见真的不要停即使写不出来也持续打字真的很有用
我继续写但现在又有控制的心念了怎么办不用管他只是写持续写加油blabla

这样写着写着可能就出来了, 这个过程不要放弃. 我曾经写了满满4页纸才写出压在内心许多年、真正的想法. 写下来的那一刻我的心脏落地了、踏实了, 有一种难以言喻的圆满.

这个游戏非常适合日常探索.

Tip: 今天的写作不用发出来, 至少写之前要明白今天这篇文章是完全写给自己的. 这样最大程度上可以让思绪卸下防御. 若是在写之前有“这篇文章需要给大家看”, 思维防御就又会上来, 内心深处的意识自然不会流淌出来

“只是写、不要停、不编辑、以最快的速度写”, 它给我们创作、挖掘自身带来的帮助只有多体验才能知道. 它真的帮助我清空了杂念 — 写作时的杂念、对于执念的杂念、对于未来恐惧的杂念, 并且坚定地活在当下.

只是迈出第一步, 越入其中吧

关于超意识写作 / 晨间笔记, 如果想了解更多, 可以阅读《艺术家之道》和《Living The Artist Way》.

这两本是都是朱莉亚·卡梅隆的著作. 她的书对于激发创造力有非常显著的效果. 以下内容源自《艺术家之道》对于晨间笔记的介绍:

In order to retrieve your creativity, you need to find it. I ask you to do this by an apparently pointless process I call the morning pages. You will do the pages daily through all the weeks of the course and, I hope, much longer. I have been doing them for a decade now. I have students who have worked with them nearly that long and who would no more abandon them than breathing.

为了找回你的创造力, 你需要先找到它. 我要求你通过一个看似毫无意义的过程来做到这一点,

我称之为晨间书写. 在课程的整个过程中, 你需要每天进行晨间书写, 而且我希望, 你能坚持更久. 我自己已经坚持了十年. 我的一些学生练习晨间书写的时间也差不多那么长, 对他们来说,

放弃晨间书写就像放弃呼吸一样不可思议。

Ginny, a writer-producer, credits the morning pages with inspiration for her recent screenplays and clarity in planning her network specials. “I’m

superstitious about them by now," she says. "When I was editing my last special, I would get up at 5:00 A.M. to get them done before I went in to work."

作家兼制片人吉妮将晨间笔记归功于她近期剧本的灵感来源，以及策划电视网特别节目时的清晰思路。“我现在对它们有点迷信，”她说，“在剪辑上一部特别节目时，我会在早上 5 点起床，在去上班前把它们写完。”

What are morning pages? Put simply, the morning pages are three pages of longhand writing, strictly stream-of-consciousness: "Oh, god, another morning. I have NOTHING to say. I need to wash the curtains. Did I get my laundry yesterday? Blah, blah, blah ..." They might also, more ingloriously, be called brain drain, since that is one of their main functions.

什么是晨间笔记？简单来说，晨间笔记是三页手写内容，严格遵循意识流：“天哪，又是一个早晨。我无话可说。我得洗窗帘。我昨天洗衣服了吗？巴拉巴拉……”它们也可以更不体面地被称为“大脑排毒”，因为这是它们的主要功能之一。

There is no wrong way to do morning pages. These daily morning meanderings are not meant to be art. Or even writing. I stress that point to reassure the nonwriters working with this book.

Writing is simply one of the tools. Pages are meant to be, simply, the act of moving the hand across the page and writing down whatever comes to mind. Nothing is too petty, too silly, too stupid, or too weird to be included.

晨间笔记没有错误的做法。这些每天早晨的漫笔并非旨在成为艺术。甚至算不上写作。我强调这一点是为了让使用本书的非写作者放心。写作仅仅是工具之一。晨间笔记的意义，仅仅在于让手在纸上移动，写下脑海中浮现的任何东西。没有什么东西是太琐碎、太愚蠢、太荒谬或太怪异而不能包含在内的。

The morning pages are not supposed to sound smart—although sometimes they might. Most times they won't, and nobody will ever know except you. Nobody is allowed to read your morning pages except you. And you shouldn't even read them yourself for the first eight weeks or so. Just write three pages, and stick them into an envelope. Or write three pages in a spiral notebook and don't leaf back through. Just write three pages ... and write three more pages the next day.

晨间笔记不需要听起来很聪明——尽管有时可能会。大多数时候不会，除了你之外没人会知道。除了你，任何人都不允许阅读你的晨间笔记。在大约前八周里，你甚至不应该自己去读它们。只管写满三页，然后把它们塞进信封里。或者在一个螺旋笔记本上写满三页，不要回头翻看。只管写满三页……第二天再写满三页。

September 30, 1991 ... Over the weekend, for Domenica's biology project, she and I went bug hunting on the Rio Grande and Pott Creek. We collected water crawlies and butterflies. I made a crimson homemade butterfly net that was quite functional although dragonflies eluded us to our dismay. We did not catch the tarantula strolling down the dirt road near our house. We just enjoyed spotting it.

1991年9月30日.....周末，为了多梅尼卡的生物作业，我和她去里奥格兰德河和波特溪捉虫子。我们收集了水生昆虫和蝴蝶。我做了一个深红色的自制捕蝶网，虽然很实用，但让我们沮丧的是，蜻蜓总是躲着我们。我们没抓到那只在我们家附近土路上漫步的狼蛛。我们只是享受发现它的乐趣。

Although occasionally colorful, the morning pages are often negative, frequently fragmented, oftentimes pitying, repetitive, stilted or babyish, angry or bland—even silly sounding. Good!

晨间书页虽然偶尔色彩斑斓，但往往充满负面情绪，经常支离破碎、自怨自艾、重复啰嗦、生硬或幼稚，有时愤怒，有时平淡——甚至听起来很傻。很好！

Oct. 2, 1991 ... I am up and have had a headache and have taken aspirin and feel a little better although still shaky. I may have that flu after all. I am getting to the bottom of a lot of unpacking and still no teapot from Laura whom I am sorely missing. What a heartbreak ...

1991年10月2日.....我起床了，头痛，吃了阿司匹林，感觉好了一点，尽管还是有些虚弱。我可能终究还是得了流感。我正在把一堆拆箱工作收尾，劳拉那边还是没有送来茶壶，我非常想念她。真让人心碎.....

All that angry, whiny, petty stuff that you write down in the morning stands between you and your creativity. Worrying about the job, the laundry, the funny knock in the car, the weird look in your lover's eye—this stuff eddies through our subconscious and muddies our days. Get it on the page.

你在早晨写下的那些愤怒、发牢骚、琐碎的东西，横亘在你和你的创造力之间。担心工作、洗衣服、车子发出的怪声、爱人眼中的异样神情——这些事情在我们的潜意识中盘旋，把我们的日子搅得浑浊不堪。把它们写下来吧。

The morning pages are the primary tool of creative recovery. As blocked artists, we tend to criticize ourselves mercilessly. Even if we look like functioning artists to the world, we feel we never do enough and what we do isn't right. We are victims of our own internalized perfectionist, a nasty internal and eternal critic, the Censor, who resides in our (left) brain and keeps up a constant stream of subversive remarks that are often disguised as the truth.

The Censor says

wonderful things like: "You call that writing? What a joke. You can't even punctuate. If you haven't done it by now you never will. You can't even spell. What makes you think you can be creative?"

And on and on.

晨间笔记是创意复苏的首要工具。作为受阻的艺术家，我们往往无情地批评自己。即便在外界看来我们像是运作正常的艺术家，我们却觉得自己做得永远不够，而且所做的都不对。我们成了自己内化的完美主义的受害者，那个刻薄、内在且永恒的批评者——审查官，它居住在我们的（左）脑中，不断发出一连串颠覆性的言论，这些言论往往伪装成真理。审查官会说些美妙的话，比如：“你管那叫写作？真是个笑话。你连标点符号都不会用。如果你到现在还没做成，那你永远也做不成。你连拼写都不会。凭什么觉得自己能搞创意？”诸如此类，没完没了。

Make this a rule: always remember that your Censor's negative opinions are not the truth. This takes practice. By spilling out of bed and straight onto the page every morning, you learn to evade the Censor. Because there is no wrong way to write the morning pages, the Censor's opinion doesn't count. Let your Censor rattle on. (And it will.)

Just keep your hand moving across the page. Write down the Censor's thoughts if you want to. Note how it loves to aim for your creative jugular. Make no mistake: the Censor is out to get you. It's a cunning foe. Every time you get smarter, so does it. So you wrote one good play? The Censor tells you that's all there is. So you drew your first sketch? The Censor says, "It's not Picasso."

请把这条当作规则：始终记住，你的审查员的负面看法并非事实。这需要练习。通过每天清晨一醒来就立刻在纸上书写，你学会避开审查员。因为写晨间笔记没有对错之分，审查员的意见便不算数。任由审查员喋喋不休吧。（它一定会的。）只管让你的手在纸上移动。

如果你愿意，就把审查员的念头写下来。留意它多么喜欢瞄准你创造力的要害。别搞错了：审查员就是冲着你来的。它是个狡猾的对手。每当你变得更聪明，它也一样。所以你写了一部好戏？审查员告诉你这就是全部了。所以你画了第一幅素描？审查员会说：“这可不是毕加索。”

Think of your Censor as a cartoon serpent, slithering around your creative Eden, hissing vile things to keep you off guard. If a serpent doesn't appeal to you, you might want to find a good cartoon image of your Censor, maybe the shark from Jaws, and put an X through it. Post it where you tend to write or on the inside cover of your notebook. Just making the Censor into the nasty,

clever little character that it begins to pry loose some of its power over you and your creativity.

把你的审查员想象成一条卡通蛇，在你充满创造力的伊甸园里蜿蜒游动，发出恶毒的嘶嘶声，让你防不胜防。如果蛇的形象不合你意，不妨找一张你心目中审查员的卡通形象，也许是《大白鲨》里的那条鲨鱼，然后在上面打个叉。把它贴在你常写作的地方，或者笔记本的内封上。只要把审查员还原成它那既恶毒又狡猾的小角色，就能开始削弱它对你和你的创造力的控制。

More than one student has tacked up an unflattering picture of the parent responsible for the Censor's installation in his or her psyche and called that his or her Censor. The point is to stop taking the Censor as the voice of reason and learn to hear it for the blocking device that it is. Morning pages will help you to do this.

不止一个学生把那个负责在其心灵中安插审查官的父母的丑陋照片贴在墙上，并称其为自己的审查官。关键在于不再把审查官视为理性的声音，而是学会听出它其实是一种阻碍机制。晨间笔记将帮助你做到这一点。

Morning pages are nonnegotiable. Never skip or skimp on morning pages. Your mood doesn't matter. The rotten thing your Censor says doesn't matter. We have this idea that we need to be in the mood to write. We don't.

晨间笔记是不可商量的。绝不要跳过或敷衍晨间笔记。你的心情无关紧要。你的审查官说的那些难听话也无关紧要。我们总以为需要心情好才能写作。其实不需要。

Morning pages will teach you that your mood doesn't really matter. Some of the best creative work gets done on the days when you feel that everything you're doing is just plain junk. The morning pages will teach you to stop judging and just let yourself write. So what if you're tired, crabby, distracted, stressed? Your artist is a child and it needs to be fed. Morning pages feed your artist child. So write your morning pages.

晨间笔记会教会你，心情其实并不重要。有些最棒的创意作品，恰恰是在你觉得自己所做的一切都纯属垃圾的日子里完成的。

晨间笔记会教会你停止评判，只管让自己去写。就算你疲惫、暴躁、分心、压力大，那又怎样？你内心的艺术家是个孩子，它需要被喂养。晨间笔记就是在喂养你内心的艺术家孩子。所以，去写你的晨间笔记吧。

Three pages of whatever crosses your mind—that's all there is to it. If you can't think of anything to write, then write, "I can't think of anything to write...." Do this until you have filled three pages.

Do anything until you have filled three pages.

写下三页任何出现在你脑海中的内容——仅此而已。如果你想不出写什么，那就写：“我想不出写什么……”一直写下去，直到填满三页。做任何事，直到填满三页

When people ask, "Why do we write morning pages?" I joke, "To get to the other side." They think I am kidding, but I'm not. Morning pages do get us to the other side: the other side of our fear, of our negativity, of our moods. Above all, they get us beyond our Censor. Beyond the reach of the Censor's babble we find our own quiet center, the place where we hear the still, small voice that is at once our creator's and our own.

当人们问：“我们为什么要写晨间笔记？”我会开玩笑说：“为了到达彼岸。”他们以为我在开玩笑，但我没有。

晨间笔记确实能带我们到达彼岸：越过我们的恐惧、消极情绪和情绪波动。最重要的是，它们让我们超越内心的审查者。在审查者的喋喋不休触及不到的地方，我们找到了自己宁静的中心，在那里我们听到那个既属于造物主也属于我们自己的、宁静而微小的声音。

审查官是我们遗留的生存大脑的一部分。它的职责是决定我们离开森林进入草地是否安全。我们的审查官会扫描我们的创意草地，寻找任何危险的野兽。任何原创的想法在我们的审查官看来都可能相当危险。

The only sentences/paintings/sculptures/photographs it likes are ones that it has seen many times before. Safe sentences. Safe paintings. Not exploratory blurts, squiggles, or jottings. Listen to your Censor and it will tell you that everything original is wrong/dangerous/rotten.

它只喜欢那些以前见过很多遍的句子/画作/雕塑/照片。安全的句子。安全的画作。而不是探索性的脱口而出、潦草涂鸦或随手记下的笔记。听从你的审查官，它会告诉你一切原创的东西都是错误的/危险的/糟糕的。

Who wouldn't be blocked if every time you tiptoed into the open somebody (your Censor) made fun of you? The morning pages will teach you to stop listening to that ridicule. They will allow you to detach from your negative Censor.

如果你每次小心翼翼地踏入开放空间时，都有人（你的审查官）嘲笑你，谁又不会被阻塞呢？晨间笔记会教你停止听信那种嘲讽。它们会让你从消极的审查官那里抽离出来。

It may be useful for you to think of the morning pages as meditation. It may not be the practice of meditation you are accustomed to. You may, in fact, not be accustomed to meditating at all. The pages may not seem spiritual or even

meditative—more like negative and materialistic, actually—but they are a valid form of meditation that gives us insight and helps us effect change in our lives.

把晨间笔记看作冥想，对你来说可能是有用的。这可能不是你习惯的那种冥想练习。事实上，你可能根本不习惯冥想。这些笔记看起来可能并不具有灵性，甚至不像冥想——实际上，它们更像消极和物质主义——但它们是一种有效的冥想形式，能赋予我们洞察力，并帮助我们在生活中实现改变。

Let's take a look at what we stand to gain by meditating. There are many ways of thinking about meditation. Scientists speak of it in terms of brain hemispheres and shunting techniques.

We move from logic brain to artist brain and from fast to slow, shallow to deep. Management consultants, in pursuit of corporate physical health, have learned to think of meditation primarily as a stress-management technique. Spiritual seekers choose to view the process as a gateway to God. Artists and creativity mavens approve of it as a conduit for higher creative insights.

让我们来看看通过冥想我们能获得什么。关于冥想有许多不同的思考方式。科学家从大脑半球和分流技术的角度来谈论它。我们从逻辑大脑转向艺术大脑，从快转向慢，从浅转向深。管理顾问为了追求企业的身心健康，学会了将冥想主要视为一种压力管理技巧。灵性追求者选择将这一过程视为通往上帝的门户。艺术家和创造力专家则赞同它是获得更高层次创造性洞察的渠道。

All of these notions are true—as far as they go. They do not go far enough. Yes, we will alter our brain hemisphere, lower our stress, discover an inner contact with a creative source, and have many creative insights. Yes, for any one of these reasons, the pursuit is a worthy one. Even taken in combination, however, they are still intellectual constructs for what is primarily an experience of wholeness, rightness, and power.

所有这些观念都是真实的——就其本身而言。但它们还不够深入。是的，我们将改变大脑半球，降低压力，发现与创造性源泉的内在联系，并获得许多创造性洞察。是的，仅就其中任何一个理由而言，这种追求都是值得的。然而，即使将它们结合起来，它们仍然只是智力上的构建，而冥想本质上是一种关于完整、正确和力量的体验。

We meditate to discover our own identity, our right place in the scheme of the universe. Through meditation, we acquire and eventually acknowledge our connection to an inner power source that has the ability to transform our outer world. In other words, meditation gives us not only the light of insight but also the power for expansive change.

我们冥想是为了发现自己的身份，发现自己在宇宙蓝图中的正确位置。通过冥想，我们获得并最终承认自己与一种内在力量源泉的连接，这种力量有能力改变我们的外部世界。换句话说，冥想不仅赋予我们洞察之光，还赋予我们进行宏大变革的力量。

Insight in and of itself is an intellectual comfort. Power in and of itself is a blind force that can destroy as easily as build. It is only when we consciously learn to link power and light that we begin to feel our rightful identities as creative beings. The morning pages allow us to forge this link. They provide us with a spiritual ham-radio set to contact the Creator Within. For this reason, the morning pages are a spiritual practice.

洞察本身是一种智力上的慰藉。力量本身是一种盲目的力量，既能轻易地破坏，也能轻易地建设。只有当我们将力量与光芒联系起来时，我们才开始感受到作为创造性生命的正当身份。

晨间笔记让我们能够建立这种联系。它们为我们提供了一套精神上的业余无线电设备，以便与内在的创造者取得联系。正因如此，晨间笔记是一种精神修行。

It is impossible to write morning pages for any extended period of time without coming into contact with an unexpected inner power. Although I used them for many years before I realized this, the pages are a pathway to a strong and clear sense of self. They are a trail that we follow into our own interior, where we meet both our own creativity and our creator.

在长时间撰写晨间笔记的过程中，不可能不接触到一种意想不到的内在力量。虽然我在意识到这一点之前已经使用晨间笔记多年，但这些笔记是通往强大而清晰的自我意识的途径。这是一条我们通往内心深处的路径，在那里，我们既遇见了自己的创造力，也遇见了自己的创造者。

Morning pages map our own interior. Without them, our dreams may remain terra incognita. I know mine did. Using them, the light of insight is coupled with the power for expansive change. It is very difficult to complain about a situation morning after morning, month after month, without being moved to constructive action. The pages lead us out of despair and into undreamed-of solutions.

晨间日记描绘了我们内心的图景。没有它们，我们的梦想可能仍是未知的领域。我知道我的就是如此。通过晨间日记，洞察之光与推动变革的力量相结合。如果日复一日、月复一月地抱怨某种处境，却最终没有采取建设性的行动，那是很难做到的。晨间日记引导我们走出绝望，进入意想不到的解决方案。

The first time I did morning pages, I was living in Taos, New Mexico. I had gone there to sort myself out—into what, I didn't know. For the third time in a row, I'd had a film scuttled due to studio politics. Such disasters are routine to

screenwriters, but to me they felt like miscarriages.

Cumulatively, they were disastrous. I wanted to give the movies up. Movies had broken my heart. I didn't want any more brainchildren to meet untimely deaths. I'd gone to New Mexico to mend my heart and see what else, if anything, I might want to do.

我第一次写晨间日记时，住在新墨西哥州的陶斯。我去那里是为了理清自己——至于理清成什么样，我也不知道。由于制片厂的政治斗争，我的电影项目连续第三次告吹。这种灾难对编剧来说是家常便饭，但对我来说，它们感觉就像是流产。累积起来，这些打击是毁灭性的。我想放弃电影。电影伤透了我的心。我不希望再有我的心血结晶遭遇夭折。我去新墨西哥是为了疗愈心伤，看看还有什么别的事情，如果有的话，是我可能想去做的。

Living in a small adobe house that looked north to Taos Mountain, I began a practice of writing morning pages. Nobody told me to do them. I had never heard of anybody doing them. I just got the insistent, inner sense that I should do them and so I did. I sat at a wooden table looking north to Taos Mountain and I wrote.

住在一间向北眺望陶斯山的小土坯房里，我开始了一种晨间书写的练习。没人让我这么做。我也从未听说过有人这么做。我只是内心有一种强烈的直觉，觉得我应该这么做，于是我就做了。我坐在一张木桌前，望着北面的陶斯山，开始书写。

The morning pages were my pastime, something to do instead of staring at the mountain all the time. The mountain, a humpbacked marvel different in every weather, raised more questions than I did. Wrapped in clouds one day, dark and wet the next, that mountain dominated my view and my morning pages as well. What did it—or anything—mean? I asked page after page, morning after morning. No answer.

晨间书写成了我的消遣，是除了整天盯着山看之外的一件事。那座山，一座在不同天气里千变万化的驼背奇观，比我提出了更多的问题。有时云雾缭绕，有时阴雨连绵，那座山主宰了我的视野，也主宰了我的晨间书写。它——或者任何事物——意味着什么？我一页接一页地问，一天接一天地问。没有答案。

And then, one wet morning, a character named Johnny came strolling into my pages. Without planning to, I was writing a novel. The morning pages had shown me a way.

后来，在一个潮湿的早晨，一个叫约翰尼的角色漫步走进了我的书页。毫无计划地，我竟然开始写一部小说。晨间书写为我指明了一条路。

Anyone who faithfully writes morning pages will be led to a connection with a source of wisdom within. When I am stuck with a painful situation or problem

that I don't think I know how to handle, I will go to the pages and ask for guidance. To do this, I write "LJ" as a shorthand for me, "Little Julie," and then I ask my question.

任何忠实地书写晨间笔记的人，都会被引导着与内在的智慧之源建立连接。当我陷入痛苦的局面或问题，觉得自己不知道该如何处理时，我会去翻阅笔记并寻求指引。为此，我会写下"LJ"，这是"小朱莉"的简称，代表我自己，然后提出我的问题。

LJ: What should I tell them about this inner wisdom? (Then I listen for the reply and write that down, too.)

LJ: 关于这种内在智慧，我应该告诉他们什么？（然后我倾听回复，并将其写下来。）

ANSWER: You should tell them everyone has a direct dial to God. No one needs to go through an operator. Tell them to try this technique with a problem of their own. They will.

回答：你应该告诉他们，每个人都有直通上帝的热线。不需要通过接线员。告诉他们用自己遇到的问题来尝试这种技巧。他们会照做的。

Sometimes, as above, the answer may seem flippant or too simple. I have come to believe that seem is the operative word. Very often, when I act on the advice I have been given, it is exactly right—far more right than something more complicated would have been. And so, for the record, I want to say: pages are my way of meditating; I do them because they work.

有时，如上文所示，答案可能显得轻率或过于简单。我开始相信，“显得”是关键词。很多时候，当我按照得到的建议去行动时，它恰恰是正确的——远比那些更复杂的做法正确得多。

因此，为了记录在案，我想说：晨间书写是我的冥想方式；我这样做是因为它有效。

A final assurance: the morning pages will work for painters, for sculptors, for poets, for actors, for lawyers, for housewives—for anyone who wants to try anything creative. Don't think they are a tool for writers only. Hooey. These pages are not intended for writers only. Lawyers who use them swear they make them more effective in court. Dancers claim their balance improves—and not just emotionally. If anything, writers, who have a regrettable desire to write morning pages instead of just do them, may have the hardest time seeing their impact.

What they're likely to see is that their other writing seems to suddenly be far more free and expansive and somehow easy to do. In short, no matter what

your reservation or your occupation, morning pages will function for you.

最后再保证一次：晨间笔记对画家、雕塑家、诗人、演员、律师、家庭主妇——对任何想尝试任何创造性事物的人——都有效。别以为它们只是作家的工具。胡扯。这些笔记并非专为作家而设。

使用它们的律师发誓说，这让它们在法庭上更有效。舞者声称她们的平衡感改善了——而且不仅仅是在情感上。如果说有什么不同的话，作家们因为有一种令人遗憾的倾向，想去写晨间笔记而不是单纯地去做，反而可能最难看到它们的影响。他们可能会看到的是，他们的其他写作似乎突然变得更加自由、开阔，而且在某种程度上变得容易了。简而言之，无论你有什么顾虑或从事什么职业，晨间笔记都会对你起作用。