

Creating New Ideas

One primary challenge that all writers deal with on a daily basis is generating new ideas. Some call it writer's block; I call it simply, "restarting your engine."

Whether for non-fiction or fiction, the obstacle is always the same. Drawing a blank and not knowing where to start when faced with organizing a new story or developing a new project.

Don't be defeated or feel alone if you are experiencing or have experienced these dead-end moments. They are common to writers of every ilk, and are easily overcome.

Everyone knows what a waltz beat/timing is: 3/4 (1-2-3, 1-2-3, etc.). Think of Peter Ilyich Tchaikovsky's *Waltz of the Flowers* from his Nutcracker Suite and you will get the feel immediately.

This is the very timing I am suggesting as a way to overcome dead-ends. Perform this very special waltz the first time, standing up. Keep the count, but stay with each beat until you find its essence:

Beat One: "Feel" a word, then repeat the word to the waltz count.

Beat Two: "Feel" a sentence using that word as the sentence's idea, then repeat the sentence to the waltz count.

Beat Three: Realize a paragraph, one sentence at a time, using that first sentence as the topic—and keep the waltz count for each sentence!

As an example: it should be obvious what John Denver was thinking about when he wrote his sweet and popular song, "*Sunshine On My Shoulders?*"

Sunshine. Of course.

Although Denver wrote the song as a ballad, if you pay attention, you will "feel" the waltz timing in the background.

Your first experience with this method may be a little difficult at first, but stick with it. I guarantee, you will have a moment of epiphany like no other!

That your own heart is beating in a waltz of sorts: in, out, pause, in, out, pause, and repeat.

So, when you stall in your writing, have a little dance with yourself!