

FOWI  
PRESENTS

# WRITING YOUR PAST INTO YOUR FUTURE

YOUR LIFE EXPRESSIONS  
- VICKIE SPRAY

## DO YOU WANT TO WRITE?

*Writing is an amazing tool for removing the clutter of our past to create an unblocked future. You can write about your past experiences and healing. You can write poems, plays, fiction, non-fiction, children's books and/or performance pieces. You can write spoken word and memoir. There can be a form of quick clarity derived from any type of writing you choose.*

*You can write yourself into peace and into self-healing.*



## IS IT TIME?

*Have you been moving in this direction for a long time? If the time for you to write yourself into a healed future has arrived, then Your Life Expressions is here to walk beside you in that process of reclamation.*

## ARE THERE ANY RULES?

*NO! No punctuation, no spelling, no grammar, no worries of dangling anything. Only rule is confidentiality and that you give yourself the gift of your writing and your spirit.*

*All writing is CONFIDENTIAL.*

*Heal-Shop ~ August 22<sup>nd</sup>, 6-9PM ~ \$35 Registration Fee*

*Wild Iris Books ~ 802 W University Ave ~ Gainesville, Florida*



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[www.fowi.friendsofwildiris.org](http://www.fowi.friendsofwildiris.org)

**MISSION:** To create cultural, educational and social opportunities to empower a diverse feminist community.

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## SCHEDULE OF EVENTS ~

An inspiring talk with you concerning your reclamation using writing as a tool for healing. Writing assignment and if you choose ~ the opportunity to talk and share about what you wrote in safe and supportive space.

*Vickie Spray is a Therapeutic Writing Coach, writer, self-help columnist, inspirational speaker, non-traditional minister and a SELF-reclamation warrior. She assists humans on their journey back to the authentic SELF of the Spirit within.*

## WHAT PEOPLE ARE SAYING:

*From our earliest days, we each need an accurate reflection of our essential nature in order to thrive. I have found Vickie's way of inquiry to be a startling and an accurate reflection of myself that is supportive, kind and healing. I am certain that, for many of us, Vickie offers a type of brief therapy that will clarify the path to the future we most desire. Don't miss this unique opportunity to work with her and to have her as an ally. ~ Norine Cardea, LMHC*

*Please contact Vickie Spray for registration and more details.*

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