

ONE

This is **Card No. 1.**
For this Index card, 4" by 6" or so, you sit quietly and close your eyes. Concentrate.

You think about something you want to remember or something that is in the news or your own life. Perhaps it could be a problem you want to solve. Perhaps it is a conversation you want to have with family member. Or, perhaps it is a poem or a story you want to write.

Think of the five senses: sight, sound, smell, taste and touch, Concentrate on your thought for several minutes on all of this, how you felt at the time. Then open your eyes and begin writing.

You may write in any language you like. Write for five minutes.

Do not worry about whether you have any mistakes in grammar, spelling or punctuation.

Do not worry if you write in sentences. Just write. After five minutes, stop.

If you like, share the card, your thoughts with a friend or family, someone who respects your thoughts.

TWO

This is **Card No. 2.**
For this card, you look at Card No. 1.

You find the **HOT WORD, or HOT PHRASE** that seems to jump out at you as you read it.

This is the word or words that you look at again and again because they mean a lot to you. Write down the HOT WORD or HOT PHRASE at the top of this second card.

Underline the WORD or WORDS you like and have chosen for the title of Card No. 2. Then begin writing again.

Write for five minutes.

Write anything that you want to write. Do not worry if it does not seem to match Card No. 1 or if it seems to be similar to Card No. 1.

After five minutes,. Stop.

You may also want to share your writing from this card with someone else.

THREE

This is **Card No. 3.**
For this card, you look at Card No. 1 and Card No. 2. You look at what you have written. No you can make a **CHOICE.**

You can continue writing on Card No. 1, Card no. 2 or writing start again.

You might also start again by finding the HOT WORD or HOT PHRASE on Card No. 2, Underline the HOT WORD or words.

Then begin writing again.

It is your choice.

Write for five minutes.

Write anything you want.

You may also want to share this card with others around you.

FOUR

This is **Card No. 4.**
For this card, you look at all you have written so far.

Then you concentrate. You try to write about something – anything you have not thought about before in the previous three cards.

Try hard to do this. Challenge yourself.

Then begin to write.

Write for five minutes.

Share you thoughts with others if you like.

After you write, read the following:

This is the irony card. It discovers how you think of alternative solutions, whether through irony, sarcasm, humor or whatever it might be. It is allowing for "The Other" side of self, the subliminal self. This is the hidden self. What people find is there is no way possible NOT to have some kind of connection to the first three cards, The human mind connects all thoughts in some way through a lifetime of thinking and experiencing and learning.

FIVE

This is **Card No. 5.**
Look at the four previous cards. Write anything you like. This is called the **CONTINUATION CARD.**

Write for five minutes. Share your thoughts if you like.

You have completed the process.

After you write, read the following:

You are guaranteed to have at least three cards that lead to three paragraphs about something that has happened in your life. Usually, all five cards evolve into five paragraphs -- an essay or a short story, or the beginning of something. This process overall of the five cards replicate the thinking process one goes through in any number of instances. Certainly, writers swear by it. The first card is the warm-up card, and usually it is used to get ready for thinking. However, sometimes, people get right to what they are thinking. Then it is a special day of reflection. For instance, I used this process with an elderly poet, who recalled the smell of his mother's perfume when he was rocked as a baby! Amazing!

PRE-WRITING EXERCISE

Tapping into the Subliminal Self

Writing = Thinking: You have a blank sheet of paper before you, and you want to create a paper that expresses your thoughts, tapping into your subliminal self. Through a method taught by Professor Beverly G. Merrick, a prize-winning poet and lifelong writing teacher, you can recover the valuable "T & T thoughts" from TODDLER Though TODAY with a writing process that uses your senses to recover memory from your subconscious self. This method has been a highly successful method adapted from workshops of the National Writers Institute, a workshop method utilized by Chris Burnham, of New Mexico State University called Five Card-Stud. Dr. Merrick uses a modified method with persons of all ages, from aspiring poets to business leaders who want to communicate better with colleagues in the workplace.