

FAQs for Inner Hero Book Contributors

Q: I don't know what some of these art techniques mean. How can I choose?

A: There is an illustration for every art technique shown in the blog. You do not have to achieve the same look, I'm more interested in your approach to the technique.

If you want a brief tutorial to get started, send an email to Innerherobook@gmail.com and I'll send some notes to help you get started.

Q: How big does the finished artwork have to be?

A: All of the loose-leaf sheets will be 5 inches by 7 inches.

Q: For the writing, do we just write on a piece of paper?

A: Your finished piece will be written on a piece of 5 x 7-inch piece of paper. You do not need to fill the page—a sentence or two of deep, powerful writing may be all you need. But you can fill the page if you want.

Writing it portrait (vertically) or landscape (horizontally) are both fine. You might want to create a background on the paper, but you don't have to. You can paint a background with acrylics, watercolor, or ink, or you can write on interesting papers. You can stamp your writing with rubber stamps, you can use rub-on letters, you can write in calligraphy or your handwriting. The only important thing is that the writing must be clear, easily readable and have a clear contrast with the background. Otherwise, the photograph won't be clear enough to read in the book.

Q: Will I be sending in my work? Where will I send it?

A: No, you will photograph your own work, or have a friend with photographic skills do the job. More information about that will be sent out if your work is chosen.

Q: I don't know about the writing techniques, either.

A: Here is a short description of each item.

Free writing: Choose a characteristic that you and your inner hero have in common. You might have to brainstorm and create a list. Set a timer for three minutes and write without stopping on one characteristic. Don't edit, don't stop writing. After you are done, read what you have written. Do this with at least three characteristics. Don't do it all at once, do it over several days. Then go back and read what you have written, mining it for your own wisdom, insight. Choose a sentence or two that speaks to you. This will go on the piece of paper.

For example, if you are writing about the Tarot Reader, you might see that you both have insight, discernment, or courage to speak about what is in front of you. Those are the topics you will write about.

Alike and different: Write a list of ways that you and your Inner Hero are alike. Create another list that shows how you are different. What can you learn from those contrasts? Is the list of how you are different much longer than how you are alike? What have you learned about yourself? How hard is it to admit that you are a hero? Write down your thoughts and then choose a sentence or two to write on the loose-leaf page.

Guided visualization: A guided visualization is an imagined journey you take while you are relaxed. You can write your own, or use the one below. To experience a guided visualization, get in a comfortable position, breathe deeply four or five times, in through your nose, out through your mouth. You can have music playing or be silent, but you must be by yourself, away from noise and interruption.

Here is a brief one you can use as a starting point: You are walking through a lovely landscape (choose your favorite, from beach to mountains or prairie). Note all the details of your surroundings. Try to bring in all five senses—sight, smell, touch, taste, hearing. Imagine you come to a space in the clearing. On a rock in front of you is a box. Look at it closely—what is it made of, how big is it. How heavy is it? After describing the box to yourself, open it. What is inside? What does this mean to you? What important idea or fact have you gained? You may have to do this a few times to get used to the technique.

Write down inspiration or understanding. You may have to explain your visualization on the piece of paper, so the reader will understand it. Make sure you include your Aha! Moment or the quiet understanding you had.

Tools: Every gardener has special tools that are important. A hoe, gloves that protect the fingers and still grasp well, special pruning shears, drip irrigation hoses, a compost pile. Each of these tools has a purpose. What tools do you need to nurture your inner life? What tools do you need to take on a journey? Write about the tools you would invent to make your creativity an important part of your life.

Quotes, and proverbs: We all have our favorite phrases, quotes, sayings. Because of copyright laws, you cannot use a quote from someone recent—published after 1913. If you use a recent quote, such as a song lyric or quote from a book, you must get copyright permission from the family, heir or copyright holder. That might take a while, so it's better to use a quote from 19th century (or earlier) poems or prose, a proverb, or a quote from a religious figure's writing. Don't assume Zen sayings are all old. Remember also that Google is not a reference work, it is a popularity listing. For example, the following quote "We do not see the world as it is, we see the world as we are," is attributed to Anais Nin, because she is a popular modern writer, and many people have re-quoted it and attributed it to her. The original source is The Talmud, the ancient Jewish book of Commentaries. Because the mistake is more popular than the original source, Google will show it to you first.