

4-16-11

Eat, Sleep, Write (at Cedar Hill)

When I book writing time at Cedar Hill Enrichment Center to work on my book for 3 days, my practice is to leave the world of "to do's" behind when I drive up the curved driveway, past the beautiful circle garden. I make my way down the grassy hill past the split rail fence to the rustic writer's residence, a vintage green travel trailer, circa 1950's, fashioned into a cottage, sitting in the edge of the woods. The wooden front porch rails of the cottage welcome me back to rest and relax into my work. The birds call to me from the trees surrounding the cabin as I unpack. While the cabin sits in the edge of the woods, I can see the main building which houses the Enrichment Center, and I can walk to the gardens nearby, so I feel safe and connected, yet I am out of the daily bustle so I have the privacy I crave to work on my book.

I unpack, settle into the cozy, quiet cabin and shake off my "doing and going" of the past week. I turn off my cell phone. For three glorious days I will write. Eat. Sleep. Write. Walk in the woods. Write. Eat. Sleep. I will have my coffee alone on the front porch, or sitting on the wooden bench in the trees, tucked into a nurturing, peaceful place where I can open myself to my own words, and do the work that feeds my soul. I feel the presence of other women who have stood here, having finished their books.

When I walk out on the deck tomorrow, coffee cup in hand, I will greet the morning sun streaming onto the deck, grateful to be enveloped in a safe, soulful, space with whole days of nothing but writing and freedom to create. The small cabin is just big enough for one person to prepare meals in the little corner kitchen, and curl up on the daybed to write, or sit on the front porch, snuggled away from the world. The path through the woods south of the cabin makes a perfect break from writing without engaging the "world". It's the perfect spot to make good on my life long dream to complete my first novel.

~ Kathy J.