

Channeling Chaos:

Power Of Raw emotion that is normally filtered out. Harnessing the skill of Automatic Writing can help us tap into our deepest thoughts without the filter of consciousness restricting these thoughts from the surface.

ADHD as a Unique Super Power.

The HEADSPACE METHOD. This involves consciously inducing an overwhelmed state of mind filled with emotionally striking thoughts. I repeat the process of channeling the chaos. Leading to endless introspection and Mindfulness



SCATTERED
NEURODIVERGENT AUTOMATIC POETRY

Result

S 4th Grader:

“Miles away or even years apart from the future or past, your still not really here. Your not you in the time. Im even speaking to you. Different lives shortage of answers, shortage of time between us. It’s all gone yet still there. I’m happy when I see you, but your not really there. I made a better version of you that now I am attached to.”

GOALS

- The importance of dialogue with oneself.
- Offer an alternative to scarce mental health resources that exist
- Controlling our expression and tapping into our headspace to learn about ourselves and our feelings.
- To helps us communicate more effectively and respectfully with those around us.
- To love and embrace the things that make us different as those differences are our gifts.