Transform Your Life Through Handwriting:
How Your Pen Can Unlock Your Soul’s Potential

If you are looking to reduce stress and want to achieve balance among and within all areas of your life, start writing the letter S shaped like this: S. If you are a visionary who keeps hesitating about sharing your vision with the world, yet you really want to step out there, start crossing your lowercase t at the very top (like Albert Einstein, Abraham Lincoln and Mother Teresa did). If you want to be worthy of respect in your business dealings, writing the letter Bb a certain way will help. To magnetize true prosperity, fueling your life with generosity and gratitude, focus on the way you write the letter Gg.

Can you change your life just by changing your handwriting? Yes, according to Vimala Rodgers, author of the new interactive learning kit, Transform Your Life Through Handwriting (Sounds True, December 2009). Because it is the subconscious mind that moves the pen, each time we inscribe a letter formation on the page, we are making a subtle statement about who we say we are: our strengths, our self-imposed limitations, and our attitude toward ourselves and the world around us. Where and how we cross the letter T, how we shape a midzone oval a, our autograph—and thousands of other permutations of our handwriting—tell the tale.

“By following Vimala’s advice, I released many old negative patterns. As she says, when you change your handwriting, your whole life changes for the better.”
—Louise L. Hay, author of You Can Heal Your Life

Why is this press release on landscape paper?

This press release is printed in the landscape direction of the paper because it is unfamiliar and causes people to ask “why?” — a mirror reflection of the technology described herein.

The commonly accepted or “portrait” direction of paper is a reflection of ordinary, everyday thinking. The term “landscape” says: “I’m out of this box and am going to design my life as I say it shall be! Give me that pen and stand back world!!”
Graphologists have long known that the psyche expresses its deepest truths through the pen. Yet Vimala Rodgers has discovered that line of communication works both ways—meaning you can “reprogram” your subconscious by making purposeful shifts in your handwriting. With Transform Your Life Through Handwriting, Rodgers presents a complete course for igniting practical, lasting changes in your life with nothing more than a pen and paper.

This is not a course in penmanship—the first of Vimala’s “Five Noble Truths of Handwriting” is that there is no such thing as good or bad script. Instead, you will learn to recognize the encoded messages from your soul in every stroke of the pen. Is there a self-sabotaging loop in your lowercase f? Is a counterclockwise O stifling your inner truth? You’ll learn the hidden meanings in each letter, allowing you to clear away blockages, heal old wounds, and express your full creativity.

Writing a single page a day for 40 days is all it takes to alter even the most ingrained handwriting patterns—and invite profound changes to unfold in your life. Vimala Rodgers has helped thousands of people experience personal empowerment, spiritual growth, and spontaneous healing. Does handwriting really make such a difference?

“If your life is working the way you want it to,” she says, “don't change your handwriting—because once you do, your life will open up in the most extraordinary ways.” Here is a unique, easy-to-use kit with everything you need to begin your own transformative journey.

This comprehensive course in self-empowerment through handwriting features:

- Two audio sessions with master teacher Vimala Rodgers, including guidelines for your writing practice, explorations of the deeper meaning in every letter, and inspiring success stories

- An 97-page illustrated workbook with step-by-step instructions and exercises for self-exploration through handwriting, the meaning behind different writing styles, the spiritual forces aligned with each letter, a declaration of intent to use in your daily journaling, plus other information specific to each letter.

- 26 quick reference cards for working with each letter in a 40-day cycle, including the “soul quality” of each letter.
Meet Vimala Rodgers

Director of the International Institute of Handwriting Studies (IIHS) and a zealous pioneer in brain/hand research, Vimala Rodgers is an educator, handwriting expert, and impassioned Alphabetician whose focus is on the inherent spirituality of the letters of the alphabet and their effect upon the psyche. Trained as a Peak Performance Coach at Stanford University, Rodgers works with individuals and groups who want to redefine their life work and create a dazzling future doing what they love.

“Our writing habits are a graphic image of our thought habits, imprinted in the subconscious mind from birth onward,” says Rodgers. “They reflect attitudes that support our talents and abilities as well as those that put a screeching halt on our creativity. As we eliminate handwriting strokes that reflect self-limiting attitudes and replace them with those that reinforce unlimited possibilities, we are simultaneously realigning pathways in the brain, which in turn allow us to see ourselves and our role in life from a refreshing—and at times, revolutionary! perspective. At that point, life opens up in the most amazing ways.”

Says Rodgers: "My life is dedicated to guiding persons in transforming their lives through adopting Self-affirming handwriting patterns. Primarily it's for you-- but it's also for me. To quote a highly respected sage from India:

“The soul’s greatest joy is in discovering itself and in helping others to achieve the same goal.”—Paramhansa Yogananda, author of the classic, Autobiography of a Yogi

Rodgers has taught the Vimala Alphabet technology to educators, parents, artists, yoga instructors, attorneys, psychiatrists, engineers, financial planners, architects, film producers, therapists, persons of the cloth, computer scientists, landscape gardeners, and on and on. Through the years, hundreds of Vimala's clients have attested again and again, "I feel alive for the first time in (x) years! Thank you! Thank you!" or "Who ever would have thought that my pen would give me a new life!"
Rodgers founded The Institute of Integral Handwriting Studies in 1991 in Palo Alto, California, as a vehicle through which to share this technology and train others in applying it. Ever expanding its horizons, in January 2006 Rodgers established the "Handwriters for Peace" program with outreach in 70+ countries where people are writing the Vimala Alphabet every day with the intention of forwarding the cause of world peace.

She has trained over 400 students, and certified over 150 as Certified Handwriting Consultants. In 2008, Rodgers appointed five IIHS graduates as Authorized Instructors, certified to teach the Basic Intensive Course, The Psychology of Written Expression®. After moving to Sacramento, California, in April 2009, IIHS became The International Institute of Handwriting Studies (visit www.iihs.com) Vimala's bestseller, Your Handwriting Can Change Your Life, is currently in its 15th printing (Fireside/Simon and Schuster, 2000.)
Articles are available on these subjects:

Vimala Rodgers is available to write articles on any aspect of how handwriting can be transformative.

1. **Create a Life You Love** – how to assemble experiences and education into a career that serves humanity in some way

2. **Handwriting for Peace** initiative ([www.iihs.com/handwriters-for-peace.html](http://www.iihs.com/handwriters-for-peace.html) in more depth)

3. **What’s in The Way I Write My Name?** – how changing the way you sign your “autograph” can transform your life.

4. **Have You Ever Wondered Why You Write the Way You Do?** – for psychiatrists and therapists. They come alive!

5. **Get Out of Your Head and Into Your Life** – based on a workshop for Mensans; they LOVE it.

6. **The 26 Qualities We Must Perfect Before We Can be Free** – based on Chapter XVI of the *Bhagavad Gita*.

7. **Transform Teen Angst with Handwriting** – the importance of handwriting for our kids and teens

8. **Character Building through Handwriting** – draws educators.

9. **Gardening with Organic Handwriting** – Each letter has its own plant

10. **Handwriting and the Enneagram: Tools to Jumpstart Your Life**
What Vimala’s Clients Are Saying

Additional details and handwriting samples are available for the following client stories. (Hear more on audio session 2, track 16.)

“Vimala’s work offers practical, physical, and effective techniques to help us understand more about the human psyche, to develop and broaden our mental abilities, to balance our emotional and psychological profiles, and expand our spiritual wholeness. Applying Vimala’s teachings enabled me to go deeper within myself, for they provided tools to develop the consciousness of awakening to the fullest potential of being human…not merely human, but perfectly human.”

—Michael Genzmer, Reverend: Tao Christian; Shifu: Qi Gong / Tai Ji Instructor
System Engineer Senior Staff: International Space Station Program, Lockheed Martin Space Systems

“I made notes on changes I could make to have my writing be a sacred meditation, to ensure that it would come from the hallowed place within me. I decided to give myself ample margins, top, bottom, left and right. When I wrote with these new boundaries, I could feel my spirit dancing! I knew something had really shifted inside of me, and change had come. Each new page that I write gives me courage and strength to live the life I am called to live. It is as though I am writing the movie of my life and as soon as it goes on the paper, it shows up in my life.”

—Sharmaine L. Hobbs, Moseley, VA, WhenWomenAwaken.com

“A wellspring of wisdom, an ever-bubbling source of joy and insight, Vimala Rodgers has changed my life. I have been practicing my handwriting changes for two years now, took individual lessons from her, have modified my signature dramatically, and feel that Vimala’s work surpasses in its transformative implications, real life possibilities, and tangible effectiveness every self-help tool or psychotherapeutic modality available at present.”

—Gabriella Martinelli, CEO, Capri Films, Toronto, Canada
As a professor of language and literature for almost four decades, I have been fascinated by the deeper mysteries of language, the origins of the vowels and consonants, their essential meaning, the development of writing systems, and especially the alphabet we use mostly unconsciously every day and the reasons for the unique style of each handwritten statement. Would I ever meet someone who could answer my many questions which went far beyond the critical, analytical approach to interpret language? I finally did in Vimala Rodgers.

Her letters are not simply raw material to be manipulated, but an energy code with intrinsic meaning, a vehicle for human consciousness and an opportunity for personal development. Vimala Rodgers provides, after a lifetime of intensive study, the great synthesis of many disciplines and modes of inquiry trying to understand the fathomless mystery of language. She draws from historical, philosophical, psychological, traditional, scientific and esoteric sources, and presents a holistic vision of language in its handwritten manifestations -- offering concrete and practical steps to overcome obstacles which burden or prevent a person from living a fulfilled life.

I cannot overstate the importance of her work and can attest its benefits from my own experience. Her approach puts a powerful, yet gentle and safe healing tool into the hands of every person who is writing. I am deeply grateful for the opportunity to continue my studies with this rare and wise teacher and can only encourage everyone sincerely interested in self development to learn from Vimala Rodgers.

—Ludwig Max Fischer, Ph.D., Professor at Willamette University, Oregon

“Vimala Rodgers' brilliant understanding of the intimate relationship between the movement of the hand while using a pen to the neurological development of the brain became, for me, life-altering in personal practice. As a client of Vimala Rodgers for over four years, I speak from experience when I say that changing my handwriting has brought strong growth experiences in my career, a continuing development of service to others, and an awakening of my own inner needs and abilities. Quite a rite of passage!”

—Leah Guerry, Executive Director, Louisiana Association for Justice

“After a few weeks of studying and practicing Vimala Rodgers’ handwriting program, I transformed my Block Printing into Cursive Writing and with my handwriting changes I dramatically altered my attitudes, my relationships, my finances, AND my business!!! I only wish I had learned Vimala’s “Secrets” 20 years earlier… I would have been a much wealthier man both spiritually and monetarily. Thank you, Vimala, for bringing me into the Light!!

—James Overholser CEO, OSYS Consultancy Inc., Detroit, Michigan
Vimala’s work is simply amazing. I have experienced countless successes in my life directly attributable to this handwriting practice. It has worked on all levels, personal or professional – whether it is physically, emotionally or spiritually based. From growing my business, relieving physical pain, opening communications, to helping me keep my life in balance. One of the unexpected benefits of this daily practice has been to write a page of “small miracles.” This is a list of all the wonderful, small – usually unnoticed – blessings in your life. Filling your life with such gratitude shifts your focus and creates a day full of lightness and joy.

Vimala’s practice has made me a better father, husband, brother, son, designer, and businessman. Whatever the issue or aspect of my life I’ve wanted to improve, there has been a letter, group of letters, or a ligature that has manifest a positive, truly miraculous transformation.

—Michael Ostro, OstroDesign.com, Easton, CT

“I’ve been seeking and exploring different methods of personal transformation for 30 years. The only practice or discipline that has given me immediate and measurable results has been the Vimala Alphabet. Every single stroke of my writing that I have changed, has brought a change to my life. The Vimala Alphabet simply works!”

—Marta Cuervo-Ostro, Easton, CT

Changing my handwriting didn't make me rich and famous as I had hoped, but I discovered things and people that are much more important. I am much happier than I have ever been, and I have reached a higher level of consciousness that would not have been possible had I not changed my handwriting. The Vimala System continues to be one of my favorite avenues for personal and professional excellence because I know it works.

—Pamela Lipper, Loom & Essence ™, Albuquerque, NM

Writing with the Vimala Alphabet is about letting go of fear and judgment. All my life I have been zoo-phobic. Mainly this manifested in fear of four-legged creatures and birds. After meeting Vimala and committing to practicing handwriting changes she’d suggested, I was on a trip in the Southwest with a childhood friend who knew of my fears of animals. We walked out of a 17th century hacienda to find two huge bulls completely unrestrained right in front of us. My friend, expecting me to run back into the hacienda in fear, was shocked that I just walked by them without so much as a flinch. I recognized that the changed handwriting had indeed changed my perceptions and allowed me to let go of a very old fear.

—Barbara Cannella, San Francisco, CA
The Five Noble Truths of Handwriting

The letters of the Alphabet are the building blocks from which to construct your new and exciting future; the Five Noble Truths serve as the foundation. Keep them handy and refer to them often.

1. There is no such thing as good or bad people. Each of us is a Child of God; some of us just cover it up better than others. There is no such thing as good or bad handwriting; if you consider your handwriting “atrocious,” smile-- and refer to it as “casual.”

2. The frequency with which a writing habit occurs in your writing is the frequency with which the quality it represents occurs in your life.

3. In looking at the handwriting of someone with whom you are in a relationship, both your handwriting and the other person’s are required if you want to find out how buttons are getting pushed and what is activating them. Remember Noble Truth Number One.

4. The degree of difficulty in mastering a stroke change is directly proportional to the value it will have in your life. The greater the difficulty, the greater the value.

5. The moment you declare with your pen that you are willing to bring an issue in your life to completion, that issue will confront you immediately and clearly in the form of a person, a situation, or a relationship.

These truths do not vary.
Take the 40-Day Handwriting Challenge

Vimala Rodgers bases each letter formation on research and experience. If you're an authentic skeptic with a curious mind who really wants proof, she invites you to take on the 40-Day Challenge. Not coincidentally, 40 is the number of transformation in virtually all traditions. It also takes 40 days for the neurons in the brain to realign themselves, which is what the process of altering handwriting patterns does. The “40-Day Challenge” is this:

Go to Appendix A and choose three attitudes you want to bring into your life, and the letters they reflect. Then follow “How to Use This Program” on page 5 of the Guidebook. You cannot skip a day; you must write for 40 days in succession. Keep "Miracle notes" faithfully. At the end of 40 days, summarize the miracles, then write a line or two explaining how your attitudes and your life have changed.

“This is not about belief; it is about experience,” says Rodgers. “As a non-believer-in-anything-from-birth, I know how the mind of a true skeptic is wired—and perhaps for that reason, I have magnetized many as students. How I love inquiring minds!”

To find out more, listen to Audio 1, Track 2, “Your Handwriting Sample” and Session 2, Track 15, “Practicing the Letters.” (If you feel yourself being resistant, listen to Session 2, Track 15, at time 9:05, for a bonus teaching on the “ligature” – the letter of non-resistance.)

Six Quick Tips to Transform Your Life Through Handwriting

Here are six ways you can start to change your handwriting and transform your life.

1. Landscape – portrait direction is common, your dreams are not.
2. Margins – a generous left margin releases the past, narrower right margin moves you into your future.
3. The initial of your first name – your greatest challenge and once mastered, your greatest strength.
4. No lines ever – lines reflect “stay in the box and play it safe.”
5. Moderately sized letters – no extremes in size.
6. Vertical slant – encourages you to see everything going on without an emotional charge.

CONTACT: Shelly Rosen, publicity@soundstrue.com, 303-665-3151 ext 155
Sounds True, 413 S. Arthur Avenue, Louisville, CO 80027
Finding Your Passion: The Real Reason To Change Your Handwriting

In the Guidebook’s Afterword chapter (pp 83-84), Vimala shares the story of her lifelong passion for the Alphabet: “I have been fascinated with the letters of the Alphabet from the crib. Family stories about me and the Alphabet go back to when I was two years old—nabbing notes in the empty milk bottles meant for the milkman, and hiding those notes in a small shoebox in my closet—until one day I was found out. Many other “handwriting stories” followed, yet within the family my comments about the letters were considered “cute,” not worthy of note. Many times I was told not to “talk like that…”

“As with so many persons with hidden visions, it took a tragedy in my life—the death of my youngest son, and five months later my daughter’s suicide—for me to say “No more! Somehow, some way, I’m going to create a career speaking about the transformational power of the letters!” I had no idea how to begin. None. The story of how my career began to shape itself the very day I quit my job reminds me of a string of Christmas lights—but instead of lights on a tree, the openings that occurred were a string of “miracles” dancing about in my life. Those stories are for another book.

“I lead workshops, run the Institute, write books, teach classes, and share what I know and love because I want you to wake up—not through tragedy but by adopting alphabetical patterns that will jolt you to attention and give you opportunities to express your gifts to the world. This program is an invitation for you-the-visionary to get out there in life, make a difference doing what you love, and proclaim your one-of-a-kind gifts in such a way as to elevate the consciousness of the world a bit. Look around. We need that right now. My invitation: Stop wasting precious time, pick up your pen, and begin!”

May the Alphabet shower its blessings upon you,

Vimala Rodgers

CONTACT: Shelly Rosen, publicity@soundstrue.com, 303-665-3151 ext 155
Sounds True, 413 S. Arthur Avenue, Louisville, CO 80027
What is the Visionary in You Ready To Give the World?

Use the following version to help your readers see if they can recognize a hidden vision, a unique idea or passion—perhaps one concealed in their heart all these years.

“Transform Your Life Through Handwriting is an invitation for you-the-visionary to get out there in life, make a difference doing what you love, and proclaim your one-of-a-kind gifts in such a way as to elevate the consciousness of the world a bit. Look around. We need that right now. My invitation: Stop wasting precious time, pick up your pen, and begin.” — Vimala Rodgers

I have been fascinated with _(your passion)_ from the crib. Family stories about me and the _(your passion)_ go back to when I was _(x)_ years old—_(insert an example your life)_—until one day I was found out. Many other "_(your passion)_ stories" followed, yet within the family my comments about _(your passion)_ were considered “cute,” not worthy of note. Many times I was told not to “talk like that.” Even in preschool I was made fun of for speaking of _(your passion)_ , so I tucked my growing love of _(your passion)_ in a secret place in my heart.

In my teen years I read books on _(your passion)_ ; they left me cold. I found a few books on _(your passion)_ , but nothing validated what I knew—knew in my heart of hearts. Although my life went off in different directions, information about _(your passion)_ kept coming to me. Because I am shy of belief about anything, I decided to experiment with _(your passion)_ to see if the information I kept receiving was true. I did, and it was.

I wanted to shout my _(your passion)_ knowledge to the world. "But who would believe me?” I asked myself. “It isn’t in any book, it isn’t taught in any school, and no one speaks about it—except jokingly when I attempt to share anything about _(your passion)_ . Yet, I know what I know is true.”
What Does the Vimala Alphabet Look Like?

The letters are grouped here by “Family (the order in which each letter is taught on the kit’s audio CDs – listen to Audio Session 1, Track 4). The Vimala Alphabet is available to purchase as a font at [www.iihs.com](http://www.iihs.com) (and available free to the media for use in articles/reviews).

“Each letter is not a mere shape, but rather a living entity, fully alive with aspects that serve as powerful cheerleaders in your day-to-day spiritual growth.” —Vimala Rodgers

Family of Communication: 
Aa, Oo, Dd, Gg, Qq, Pp

Family of Learning and Evaluating: 
Yy, Uu, Ww, Ww, Vv

Family of Honoring and Expressing: 
Mm, Nn, Hh

Family of Insight: 
Ll, Ee, Ii, Jj

Family of Applied Creativity: 
Ff, Rr, Ss

Family of Status and Vision: 
Tt, Kk, Bb

Family of Trusting and Inner Authority: 
Cc, Xx

Grandfather: This is the loving patriarch who stands outside his extended alphabetical family, looking back fondly at each member with a warm, loving, and accepting smile.
Q&A with the Author, Vimala Rodgers

Q: How is this different from handwriting analysis?

A: Handwriting analysis is another word for graphology. A graphologist studies your handwriting patterns and compiles a list of your personality traits. As an Alphabetician, I don't tell you who you are because you already know that. Rather, I guide you in adopting letter formations that bring out the best in yourself and ignite your dreams.

Q: How does this work in my brain?

A: What happens in your brain when you change your handwriting is called neuroplasticity, a term coined by the Polish neurophysiologist, Jerzy Konorski, in 1973. It is also referred to as "cortical remapping," or the brain's ability to rewire itself.

Q: How and when did you get the idea for your alphabet?

A: I knew from a very young age that each letter was not only different in shape, but each had a special meaning as well -- like friends, each with a different personality. Through the years, from thumbing through books on graphology, I read that our writing habits reflect our attitudes, yet the letters themselves were casually mentioned, if at all. Yet I knew that each letter had a personality, and that the way we inscribed it told a lot about our self-image. No book confirmed it; no one spoke about it, yet I knew it was so. I continued to play with the shapes of the letters in order to validate what I knew in my heart of hearts. Sidebar: In order to collect as many writing samples as possible, I volunteered as wastebasket monitor between fourth and sixth grades. Not until I was a freshman in college, however, did the idea about the transformational power of the letter shapes make sense. As I memorized all of Aristotle's syllogisms, the idea came full circle, and I created a modified syllogism of my own:

Since each stroke of the pen reaffirms a thinking habit, and each thinking habit shapes our self-image, and self-image is the lens through which we see life.
and how we see life determines our behavior...

if an alphabet were designed that exhibited
only the noblest human qualities,
world peace might be a possibility.

This was the jumping-off place that set me on the path of researching the brain/hand relationship, and the inherent spirituality of the letters of the alphabet and their effect upon the psyche.

Q: How does Sanskrit fit into all this?

A: I began studying Sanskrit in 1981 because I often heard differing translations of the same word or phrase by those reputed to be scholars. I wanted to read it for myself. In the first class we were handed a sheet with the Devanagari (Script of the Gods—in which Sanskrit is written). The letters were not arranged linearly, but vertically, with each letter sitting neatly in a particular petal of a particular chakra. With eyes wide and a smile of gratitude in my heart, I correlated the letters of our Roman alphabet with the particular chakras in which they lived: another piece of many yet to come. It also confirmed what I had only suspected: The Alphabet is a Sacred Science.

The opening words of Chapter XVI of the Bhagavad Gita (The Song of God), Lord Krishna, representing God, begins with this proclamation: “There are 26 Qualities we must perfect before we can be free.”

Q: Is handwriting a kind of meditation or yoga?

A: Once it becomes a daily habit, oh yes. When we wrap our fingers around a pen, pencil, or chopstick, we trigger the prefrontal lobe of the brain: our creative center, which is also the location of highest of the six main chakras. When we use a keyboard (not a piano) to type and communicate words, we draw from the limbic system—the primitive part of the brain. Both the kinesthetic effect and the level of consciousness are quite different because we are, as it were, dipping into different wells.
Q: Is this spiritual or scientific?

A: Both. The use of the Alphabet is without dogma, without belief system, and is available to anyone who chooses to write consciously. As Einstein once said, “Science without religion is lame; religion without science is blind.” I prefer to use the word “spirituality” rather than “religion,” as religion is based on belief and spirituality is based on experience. Einstein also said, “The most beautiful and most profound emotion we can experience is the sensation of the mystical. It is the sower of all true science.”

Q: I'm skeptical about the formation of the letters. What do you base it on?

A: I base each letter formation on research and experience. If you're an authentic skeptic with a curious mind who really wants proof, I invite you to take on the 40-Day Challenge. The “40-Day Challenge” is this: Go to Appendix A and choose three attitudes you want to bring into your life, and the letters they reflect. Then follow “How to Use This Program” on page five of the Guidebook. You cannot skip a day; you must write for 40 days in succession. Keep "Miracle notes" faithfully. At the end of 40 days, summarize the miracles, then write a line or two explaining how your attitudes and your life have changed. Only then will the technology be confirmed. This is not about belief; it is about experience. As a non-believer-in-anything-from-birth, I know how the mind of a true skeptic is wired—and perhaps for that reason, I have magnetized many as students. How I love inquiring minds!

Q: Why does it take 40 days?

A: Not coincidentally, 40 is the number of transformation in virtually all traditions. It also takes 40 days for the neurons in the brain to realign themselves, which is what the process of altering handwriting patterns does.

Q: What letter should I start with?

A: Go to Appendix A and choose three traits you really want in your life and the letters they reflect. Then follow "How to Use This Program" on page five of the Guidebook. You cannot skip a day; you must write for 40 days in succession. OR, if you prefer to write only one letter, have it be the initial of your first name—not nickname, but your real first name.
Q: We all type or text so much of the day. Other than journaling or signing my name, when will I use the new handwriting?

A: Use your new handwriting each time you want to communicate—whether at work, at home, in jotting a shopping list, a To-Do list, Thank You notes, birthday cards, or writing a letter to a good friend. Like John Steinbeck, Pablo Neruda, Thomas Merton, and other notables, I handwrite all my books. There’s an entirely different energy experienced between you and your brain when you type and when you handwrite. Pick up your pen and find out for yourself.

Q: If I want to be more creative (say, I want to write a book). What advice can you share?

A: Without seeing your handwriting I can't make a specific suggestion, because each of us has a different "stuck" place, as well as a unique expression of our specific talent, dream, or ability. Here are a few basic suggestions: If you write really small—double the size of your writing. If you use the lowercase inappropriately, especially as the initial of your name—don't do that. Begin your name with an uppercase letter! Write with a vertical slant; use unlined paper. Dedicate your writing practice to at least 45 minutes a day—and focus on the initial of your first name because that is where your greatest challenge lies.

Q: You say that each letter holds with it the energy of a particular gemstone. How do the gemstones work with the letters?

A: Each gemstone radiates a specific energy from within itself; by wearing the gemstone of the letter/attitude you are practicing, it will intensify that energy. Years ago when this concept was new to me, and a bit revolutionary for my skeptical mind to handle, I would wear the gemstone that held within it the power of the letter I was writing for that 40-Day cycle. Then I would remove it, and not wear it for two or three days. The difference was noticeable. To make sure it wasn't just my imagination, I repeated this with several letters. The proof was in the experience. (See Appendix B, How to Enhance the Power of the Letters in Your Life With Gemstones.)

Q: How can changing my handwriting improve my relationships?

A: It depends on why they aren't working satisfactorily. List three attitudes you see that might be lacking in yourself, then Visit Appendix A and choose three letters that reflect these equalities. Then take on the 40-Day challenge.
Q: I've tried many things to transform the quality of my life. Will this be more successful?

A: If you're determined to write every day —yes.

—How much time do I need to spend on this every day? Between 45 minutes and an hour—longer if you care to.

—How much time do YOU write each day, Vimala? Between 90 minutes and two hours—longer, if time makes itself available. As you will discover, when you write every day consistently, it draws you right into Center, and becomes a soul-soothing meditation.

Q: For someone who recently was laid off from their job, their life may be saying it’s an opportunity to do something new. Is there a letter to focus on to help refocus on your career or life’s calling?

A: Because I don't have a writing sample before me, I'm guessing, but I'd say the initial of your (real) first name and the Letter T t—in particular the lowercase “Dancing t.”

Q: For people about to get married (or remarried). Is their new last name initial really telling them about the next phase of spiritual growth?

A: No. It is totally irrelevant to who you are. The only last name that impacts you is the one you received at birth; if you were adopted, it is the last name of your adoptive parents. The initial of that name indicates the attitude you are here to infuse into your life work. The last name of your marriage partner has no relevance to who you are, any more than an overcoat or pair of socks defines you.

Q: Is this more likely to be adopted by women than men? Have you heard of success stories in men?

A: Although yes, I have had many more women than men as clients and students, the men have been as dedicated and committed to their new writing habits as the women. The names of my clientele are confidential, but if I were to share the names of only a few of my male clients, you would no doubt fall over in a dead faint because they are quite well known. Yes, their lives have changed outrageously.
Handwriting Samples of Famous People

Abraham Lincoln, Albert Einstein, Mohandas Gandhi and John Steinbeck crossed their lowercase Ts at the top. So did Mother Teresa, Nikola Tesla and Maria Montessori. The “Soul Quality” of the letter T is “Status in the world; the letter of the visionary.” This phenomenal letter embraces and reaffirms a lifetime vision that lives within each of us. Just as we are not identical to one another, neither are our visions, our special dreams of how we can make a difference in the world. Placing a vigorously drawn crossbar on top of the t stem releases blockages that have prevented your inner vision from coming to life. (More samples – and fuller – are available.)