

Every wound
contains
a metaphor.

A MYTHOPOETIC WRITING INVITATION

WRITING OUR WOUNDS INTO MYTH

*You are not your wound.
You are the author of what emerges.*

*Meaning
makes story.*

START HERE

THE WOUND

THE LOSS

THE DIAGNOSIS

THE
DISAPPOINTMENT

MOVE THROUGH

TRANSFORMATION

SPECIFICITY

AUTHORSHIP

EMERGENCE
OF MEANING

*What story is trying
to emerge through you?*

What happened?

What will you write next?

*The details
are not
the story.*

*But they
are the path
to the truth.*

*You are not
what you were.
You are not
what they said.
You are becoming
what is true.*

INSPIRED BY

Unladylike: A Mythopoetic Reclamation of Love

by Regina Louise

A Welcome *From* Regina Louise

Dear Writer,

Thank you for being here.

My upcoming book, *Unladylike: A Mythopoetic Reclamation of Love*, was born from a question that has accompanied me for much of my life:

What happens when we stop merely surviving our stories and begin authoring them?

As a memoirist, I have spent years exploring the hidden rooms of memory—the nooks and crannies of my own unconscious. I have listened for the voices of the fractured, splintered, and forgotten parts of myself. The parts that disappeared when disappearing felt necessary. The parts that hid in order to stay alive.

Over time, I came to understand that these parts were not broken.

They were protecting something.

They were preserving me until I had the psychological, emotional, and spiritual resources to return and meet them with compassion.

Growing up, it became clear that no adult was coming to rescue me. No one was going to become my advocate, my protector, my witness, or my guide.

So I learned to pay attention.

I learned to recognize what I needed.

And then, as best I could, I learned to become it.

Again and again, my life has invited me into the same practice: noticing what is absent and turning toward it with curiosity, imagination, and care. In many ways, writing became the vessel for that journey. It allowed me to transform memory into meaning, experience into insight, and survival into authorship.

This invitation emerges from that same spirit.

As you move through these pages, I hope you'll approach yourself gently. There is nothing here to perform, fix, or get right.

Be playful.

Be curious.

Be specific.

Be compassionate.

And most of all, be willing to listen.

Sometimes the story beneath the story is waiting patiently for us to arrive.

May these questions help you discover what is seeking expression, what is asking to be witnessed, and what story is trying to emerge through you.

With affection,

--*Regina Louise*

A Mythopoetic Writing Invitation

If you're someone who feels as if you're relating to your life as a collection of wounds, and you're ready to stop and relate to yourself as someone who has a living narrative that contains meaning, symbolism, agency, authorship and choice: this is for you.

Most of us are taught to tell our stories through the lens of what happened.

The wound.

The betrayal.

The loss.

The diagnosis.

The disappointment.

This is important.

But it is only one way of knowing. A mythopoetic approach asks a different question:

What if the challenge you're facing is not merely a problem to solve? What if it is a character, landscape, symbol, or threshold asking something of you? Rather than asking: "Why did this happen to me?" Try asking: "What story is trying to emerge through me?"

Step One: Name the Challenge

Write down a challenge, conflict, or circumstance you are currently navigating.

Be specific.

Now describe it as you normally would.

What happened?

Who is involved?

What feels difficult?

Step Two: Enter the Myth

Now imagine your challenge is not an event.

Imagine it is a character.

A place.

A creature.

A weather system.

A doorway.

A landscape.

What is it?

Describe it.

What does it look like?

How does it move?

What does it want?

Step Three: Become the Author

Now imagine you are the protagonist.

Not the victim.

Not the problem.

The protagonist.

Standing before this character, place, creature, or threshold.

What is it asking you to learn?

What quality is it demanding from you?

Courage?

Patience?

Boundaries?

Faith?

Discernment?

Self-trust?

Step Four: The Mythic Reframe

Complete the following sentence several times.

Perhaps this challenge arrived not to punish me, but to teach me

Perhaps I am being invited to become _____

The story I have been telling is _____

The story I am ready to write is _____

Closing Reflection

Every life contains hardship. But hardship alone is not a story. Meaning makes story. Authorship transforms suffering into wisdom. And mythology reminds us that we are more than what happened. We are also what we create from it.

A Gift for You

If this exercise stirred something in you and you'd like to explore it further, feel free to connect with me. Together we'll explore the intersection of story, memory, meaning, and authorship—and how the experiences you've lived might become something larger than the events themselves.

—*Regina Louise*