

***LET THAT INK  
FLOW***

*a six week  
intense workshop 4  
writers/creatives  
of all walks*

*.  
2025*

## **FOREWORD: Looking Back to Look Forward**

The first time someone told me that after years of therapy, this course was the tipping point that helped them mend something broken—or let go of something—they'd been holding onto, I was blown away. But it kept happening. Last year, I met creatives dealing with all sorts of madness: navigating divorces, picking up the pieces after breakups, and recovering from creative burnout. Many thought they'd never create anything again—much less something they loved. But they did. What I learned is that creativity and a deep love affair with life are two sides of the same coin. And having a healthy, sustainable creative routine is medicine.

So, yes, this course is fundamentally about getting you back into the flow state and helping you sharpen your pen skills – and it's foolproof in that regard, tried and tested. But it's also about establishing a routine you can always fall back on, one that will help you live a balanced life, even (or maybe especially) when things get thick!

If that sounds (or feels) right, let's talk. And please, read on...

*kick off date: first week of  
February  
exact date & time decided by  
group consensus*

*via zoom*

*session limited to 10*

*cost: 250 €*

*for more info:  
[lpainitialslp.com](http://lpainitialslp.com)*

Lukasz, thank you so much! I really loved the course and I talked to all my friends about it. It really was a big part of my daily life in the last six weeks. Our weekly meetings truly felt like group therapy, in the most positive way. The nicest thing for me was to realise how that quick decision-making had an impact on my daily life. - **Debora Monfregola**

Man, I feel so blessed that I'm in this group, honestly. It's connected the dots in the way that I would never have done on my own. It's really helped me get out of my own way and it's shifted my paradigm from where I was last month. I can't thank you enough for having me here. I would do it all over again. - **Wil Bradbury**

## **ABOUT THE COURSE**

LET THAT INK FLOW is a creative writing course taught using a mindfulness framework. It combines stream-of-consciousness writing with a wide range of creative writing techniques such as visual writing, perspective shifting, the use of film grammar, dream logic, sense-activation, synesthesia, etc. The objective is to arrive at a heightened state of creativity (flow/zone), dismantle the matrix of writer's block by snuffing out the internal critic, improve writing from a technical point of view, and create a sustainable daily routine.

In addition to the creative routine, participants will also be supported in other lifestyle adjustments (exercise, meditation, dietary hacks, etc.). All of these aspects are related! The course will punctuate with the participants designing their own daily routines.

*I don't want this to end... ha ha ... It feels like it's been going on forever, I don't know. Like I lost track of the weeks, and I don't believe it's ending. For sure it is a good reminder of the challenge to keep what is good for me here, and keep it present every day. I have enjoyed this course so much. Also the flux of ideas and words and music has been going much stronger the last weeks! And I'm really - Wow - so impressed and Happy. I feel Alive. THANK YOU WITH ALL MY HEART. - Margo Sanda*

## **THE SCHEDULE**

The course is designed to be adaptable to personal needs and schedules. Each participant commits to a 6-day regimen of 30 minutes of writing per day. For those who wish to delve deeper and have extra time, the routine can be expanded to a full hour. The group will meet on Zoom once a week for discussions and group exercises.

*I am a big fan! :) Being in the moment, being really here, being awake, compassionate. Caring. No trapped emotions, no bad spirals, sharpened senses... I've felt all of these things developing/moving during these last few weeks. Thanks for your guidance. Life is full of prompts. Hell yeah :) - **David Koch***

*I've had really amazing breakthroughs since the course started; the biggest one is being able to shift out of 'the hamster wheel' mindset that I've been in since I started my artistic practice and in my life in general. I feel a lot more at peace with myself as an artist and feel very excited to have opened this door of just writing. - **Wild Anima***



### **THREE CORE PILLARS**

The course was created around three core pillars:

1. An artist's life is a love affair with the present moment. This means that if you are not present in life, you simply cannot transmit your lived experiences because you are not really "there" to have them.
2. The source of ideas is limitless. The reason you cannot access it is that thinking gets in the way.
3. The world is a prompt. If you are present and in the zone, inspiration is literally everywhere.

*I feel I got what I'd hoped from the course, a reencounter long overdue. I'm not sure I've really been doing as much as I was supposed to; I didn't write to create something new. I wrote to write, to habit, to get in touch, flow and used it as a vessel for change. A redesign, a slight yet consistent shift, purposeful and realigning. I really felt that this course you've created was in that zone and I think it's the right way to go about it and could be massively helpful to any participant. – Sarah G.*

*I can definitely say the class helped me finish writing my album. It helped me find these last two or three songs which completed it. –*  
***Andrina Bollinger***

*Thank you for your amazing prompts and energy throughout these 6 weeks, and the inspiring thoughts. You have such an abundance of them that I could barely keep up with all of the discoveries you shared! I'll spread the word for sure! :) Honestly, I think everyone could benefit from this course. –* ***MURU***



**Lukasz Polowczyk** is a Berlin-based sound artist, poet and educator. His artistic practice is based around the protocols of translating the poetic intentionality of an idea across a variety of expressions and media. In his world a poem can be expressed as a sound-art piece, a spoken word composition backed by an experimental jazz ensemble, a site-specific audio-visual installation, a book or a series of grainy, abstract photos. Steven Barker (Wire Magazine) called him “an artist who specialises in the most candid forms of gritty self exploration.” In a recent profile piece, Electronic Sound introduced his album (Noise in the Key of Life) as “provocative and meditative, blurring the line between art and life.” The artist’s work has been regularly featured in the Wire Magazine, played on BBC3 Late Junction, Gilles Peterson’s BBC 6, Lefto’s Kiosk Radio show as well as a variety of BBC6 shows hosted by Mary Anne Hobbs.

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