

Lapidus Journal 20th Anniversary Special Edition Part 3

Individuals Connecting to a Collective Spirit

Welcome to Part 3 of *The Lapidus 20th Anniversary Special Triple Edition* – this is the final part of a Special Edition with the theme of *Capturing the Collective and Connected Spirit of Writing for Wellbeing*. This Part focuses on individually focused individually oriented writing practices which create new meanings, understandings, or relationships with something, including themselves.

In this Part's first contribution, *Dolly Garland* tells us about her experiences of [Journaling for Individuality to Connect with the Universal](#), where she reminds us that “*In attempting to connect with the “I” through journaling, I inevitably end up gaining a deeper understanding of the “We”*”. We see this in the next four contributions, in different ways.

In [Shedding Darkness to Illuminate the Way](#), *Gabrielle Mullarkey* used the idea of word-hoarding with a unisex writing for wellbeing group to connect to more ‘authentic’ resonances, a similar idea used in [Prompted Poetry: Connecting the Internal with the External](#) by *Sandra Hopkins*. *Kiran (Kiz) Bangerh* shares a beautifully touching poem, [Link Me](#), which attempts to re-connect to her late father and in [Mindfully Haiku](#), our second helping of the beautifully precise haiku, *Sue Schraer* re-connects to the present moment of the natural world.

For *Marie Larkin* in [The Problems in Getting from A to B](#), humour is the stimulant to a new psychological state and sense of connectedness to the things around us. Probably not referring to me, Marie captures Testosterone Tony's contributions to her travels:

And you, Testosterone Tony
Wafting macho scents
Under my anxious nose
You're churning my butter to bile!

In the penultimate contribution [Reflecting on Creative Writing in Healthcare - do we write for ourselves or for the group?](#), *Pamela Wright* raises an important question. Pointing to the same “*I and We*” thinking *Dolly Garland* indicated earlier in this Special Edition, it seems that a useful principle for writing for wellbeing can be usefully understood as for both “*me and us*”. *Pamela* captures this when she says that:

I don't just write to be with the group, I write because I have to... We aren't here to promote our own grandiosity but rather to be like a skilled artisan who can spot beauty in the dark and weave all the threads together to support and care for the people we hold.

I conclude this bumper Special Edition with an echo of *Pamela Wright's* question in [Reviving the Ubuntu Spirit in Landscapes of Practice: Evidence from Deep within The Forest](#). Here, I take inspiration from *The Lapidus Tree* to learn from recent suggestions from science about the thriving of trees in forests, and the power of the ubuntu spirit (an African way of life) towards the connected and collective. This might be described as a naturalistic form of systemic inquiry, where the writer collects, connects, and then develops new understandings which then attempts to develop benefits for a future, wider collective.

I hope we have achieved this same ambition with the voices and wisdom expressed in and through all three Parts of this Special Edition. As this edition concludes for now, I also hope you can be part of a future edition, creating ripples of wellness in the Lapidus communities and beyond.

Dr Tony Wall

Co-Editor, *The Lapidus 20th Anniversary Special Triple Edition*