



The Mirror Darkly

Journal-Artist Host Script

[Designed for Online Groups]

Please create a virtual meeting room link from Google Meet or Zoom.

**If you do not have a zoom premium account,
The Love Story Org highly recommends using Google Meets.**

**Once you have this meeting link, please click below to submit
so our Mirror Darkly Program Director can**

Meeting Announcement Submission:

[SUBMIT SCHEDULE HERE](#)

For Journal-Artist Host Only

Welcome Journal-Artist Hosts!

This script is designed for you to create your own intimate Mirror Darkly groups.

**By holding space for others,
You will find kindred community,
Friendships,
Pen-pals,**

**Mentors,
Mentees,
And perhaps even more.**

**The Only Requirement for Joining a Mirror Darkly Group
Is a desire to transform pain into passion and purpose.**

**We require no dues or fees.
Every member is self-supporting,
Asking for donations
That will cover basic community expenses,
That facilitates the meetings**

**The Mirror Darkly Groups
Are designed for the broken hearted
To transform trauma into creative drama,
To transform pain into insightful gain,
To transform grief into compassion, understanding, and relief.**

It is intended for us to reveal, feel, deal, and heal.

**If you,
The Journal-Artist Host,
Welcomes people from near and far,
And would like to make a public announcement
That your group exists,
Please feel free to click on the Meeting Link below,
So we can add your meeting's dates, times, and location
In our public board.**

**Meeting Announcement Submission:
[SUBMIT SCHEDULE HERE](#)**

**If you would rather keep it private,
Like friends, family, or people you already know,
That's fine too.**

Let's Begin

Directions:

Read everything that is italicized out loud to the group.

[Do the action that is requested of you in the brackets]

Everything boxed is what you share screen to the group and/or have them read. The more they do, the more they learn.

Suggestions on Assigning Journal-Artist Roles:

- Give the bulk of the scripts to newcomers so that they can have more buy-in.
- If less than three journal-artists, host becomes #2.
- Assign reading to guests or ask for volunteers.

Part 0: Introductions & Icebreakers

—Getting to Understand our Why

The Journaling Host Introduction:

[Introduce yourself by sharing:]

1. Your name and that you are a Journal-Artist.
2. Who is a Journal-Artist? (A Journal-artist is someone who fuses the art of journaling with the craft of journalism for the creative narrative surrounding one's personal journey).
3. How long have you been journaling as a journal-artist?
4. What benefits have you personally experienced journaling this way?

Introductions For Returning Members:

- If everyone inside your journaling workshop are returning members also known as “regulars,” you may skip the script and go straight into 0. Icebreaker 1. Pull Quote 2. Journal 3. Resonate-edit.
- *If all your guests are returning or “regulars,” begin with a random icebreaker.
- If more than 5 people show up at the journaling session, skip the icebreaker.
- Keep it simple.

Introductions For Newcomers:

A newcomer is someone who has joined The Mirror Darkly session for the first time. If even one person in the group is a newcomer, please follow protocol. This is because the Newcomer is the most important person in the room. Go back to remembering how nerve racking, fearful, and/or in pain we all started off. This is the center of our spiritual program—to welcome the newcomer and make them feel at home. This would be the suggested sequence if a newcomer is in the room: There will be 3 Round Robin totals on an introduction. A Round Robin is one full circle of sharing among all people inside the room.

[Introduction & Icebreaker]

[Round Robin 1 = A. First Name, B. Location]

[Round Robin 2 = C. Icebreaker (an icebreaker is a random question like favorite book, icecream, color, movie, etc. to help people feel relaxed and welcomed without the pressure of too many heavy questions all at once)]

[Round Robin 3= D. What inspired you to show up for today’s session?]

Part I: Intro + Activate our Subconscious

[Share Screen Page 5]

[Ask a newest member to read the introduction]

Start Screen Share

Part I: Introduction to Workshop + Activating Our Subconscious

Welcome to the Mirror Darkly Journaling Workshop:

“The Mirror Darkly” is the beginning of shadow work and is inspired by 1 Corinthians 13:12 in The Holy Bible:

For now we see a reflection, as in a mirror.

Then we shall see face to face.

For now I know in part, then I shall know fully, even as I am fully known.

We believe that the Mirror Darkly reflects the Mystery of love — Agape Love—it is hidden in plain sight and is both pervasive and unseen. However, with loving eyes, the unseen things, once hidden, begin revealing itself, and that is when one is able to begin feeling and deeply healing.

Our organization is called “The Love Story,” because

- *“Love” is the way of arcing a tragedy into a divine comedy.*
- *“Story,” is all the unique experiences, and*
- *“The” reflects your divine sovereignty and your free will to choose.*

When two or more gather, we are more effectively able to reveal, deal, feel, and heal.

Stop Screen Share

[When Member is done reading the script, go ahead and read the following]

Journal-Artist Host Reads:

There are three parts to today's workshop:

Part One: Activate your subconscious

Part Two: Journal 15 minutes distraction free.

Part Three: Share & Resonate-edit each other's Journal entries as an option.

If this is your first time, please click on the newcomer's link.

[xxx copy this script below and paste on zoom chat xxx]

>>><https://www.the-love-story.org/newcomer><<<

Read Part One directions carefully for how to activate your subconscious and pull quotes from the content inside The Love Story journaling portal.

At the end of 10 minutes, we will share our quotes round robin. You will be muted on the zoom meeting but the digital timer will begin on my share screen so everybody knows how much time they have left.

Let's Begin.

[Google online timer, screen share the timer, and on a separate window, you may begin pulling your own quotes.]

After 10 minutes is up

Journal-Artist Host Reads:

I will now read my quote and popcorn to the next person. We will share our quotes round robin.

[Host can call on each person or it can go round-robin style (round robin is where the next person picks the next person who picks the next person etc.) Once everybody finishes sharing their quote, move to Part II.]

Part II: Journal 15 Minutes Distraction Free

[Host picks the next person to read Part II by screensharing the script on page 8.]

It is actually the group conscious how long your journaling session will be. It can range from 15 minutes to 30 minutes depending on group conscience

Start Screen Share

Part II: Journal 15 Minutes Distraction Free

We come together as Journal-Artists, a creative writer who writes one's own life experiences in fiction, based on a true story. We fuse the craft of a journalist with the art of a creative writer to journal our truth inside fiction. Any form of writing inside your journal entry is acceptable—poetry, spoken word, narrative, ramblings, lists, etc. since this is your diary.

There are three suggestions:

- 1. "The Passion Letter"—Write as if you are writing directly to that person.*
- 2. "Message in a Bottle"—Write as if you need to confess something.*
- 3. "The Novelist"—Someone tore a page out of your novel based on your past—what would they be reading?*

These are not requirements. Only suggestions. Use the quote as your journaling prompt. You do not have to stay on topic. This is not an essay. It is your diary.

In the next 15 minutes, we will journal distraction-free. You have the option of journaling on a Google Doc or on your own pen to paper notebook. For privacy purposes, please mute your mics and you have the option of turning off your video as well. Let's begin.

Stop Screen Share

After member reads,

[Host will time the group however long is the group conscience]

[When the timer is up, move on to Part Three: Sharing and Resonate-editing]

Part III: Sharing & Resonate-Editing

After 15 minutes is up

[Hosts will screen share p. 11 of this script and ask another member to read the script]

Start Screen Share

Part III: Journal Sharing & Resonate-Editing

We come together to [resonate-edit](#) one another's journal entry. We will be highlighting places that we personally resonate with. To prevent projections and misunderstandings, we do not give advice or suggestions to the piece since inherently this is a journal entry, reflecting the authenticity of a place, space, and grace that is highly unique, personal, and in process for the Journal-Artist. We highlight based on our own personal experiences only.

Sharing is optional. Resonate-editing is also optional. Also, try not to compare your writing with someone else's. It is better to compare the writing you have today with the writing you had yesterday.

The opinions expressed in today's sharing belong solely to the individual sharing it. The Love Story Organization does not take any stands on politics, religion, and social issues. It neither opposes or supports specific views. Take what you like and leave the rest behind. If you are offended by someone else's written piece, please refrain from expressing it here. On your own time, process why you were offended by journaling through it. Please offer a trigger warning if your content contains graphic depictions of violence or sex so those who would like to opt out may mute their speakers during the share. Our purpose here is to hold space for our wounding but not to be wounded.

All journal entries are fiction, based on a true story. Under no circumstances are we to disclose which parts are fiction and non-fiction. This is our one "fight club" rule to protect anonymity, to ensure creative freedom, and to maintain the safety of our journal-artists.

We believe where two or more gather, there the presence of the Holy Spirit resides. Having resonations from kindred strangers help you discern the parts of your truth that align with the Sovereign truth. This is our organization's hypothesis. May the truth set us free.

Stop Screen Share

Journal-Artist Host Reads:

All who have journaled on the Google Doc please prepare your link at this time. For directions on how to prepare your link, please refer to the newcomer's guide at <https://www.the-love-story.org/newcomer> and scroll down to part three for specific directions.

Those who have not journaled on a Google Doc but who do want to still share with the group, please read your journal entries out loud when it is your turn to share.

[Give group a few minutes to get setup with their sharing links]

Would anybody at this time be willing to share first?

[If nobody volunteers after a 10 second pause, Host will volunteer first, unless the Host decides to not to share this time.]

Right Before Journal-Artist Sharing

- If a writer *did not* use Google Doc:

Journal-Artist Host Reads:

While the Journal-artist who is reading out loud to the group, everyone else who is listening as the audience will be annotating words, phrases, or whole sentences as a direct message to the writer on the virtual chat.

After the reader is done sharing, the reader will collect the resonations from the audience by copying and pasting the resonations on their digital document for keepsake. You can also screenshot the resonations if you are on your phone. The reader will later go back to your original document and physically annotate, highlight, or color in the resonations from today's session.

- If a writer did use Google Doc:

Journal-Artist Host Reads:

Wait till everybody is inside their doc before sharing. Once the reader is done sharing, please change your link back to private. If you need more directions on how to do this

please refer to the Newcomer's guide at <https://www.thelovestory.org/newcomer> and scroll down to part three for specific directions.

Host chooses how the flow of sharing goes:

Some options include:

Google Docs First= whoever links first. Then, after all google links, those who didn't write on a google doc shares last.

Speakers First= Those who wrote it on pen-to-paper notebooks shares first, followed by people who journaled on Google Doc.

Round Robin= Host goes first then popcorns, then the next person who shares chooses (popcorns), and that person then chooses the next person until everybody who wants to share has shared.

The format of sharing choice is up to the host!

[Once everybody who wanted to share has gone, go to Part Four]

Part IV: Gifts, Gratitude, and Giving

Journal-Artist Hosts please read Part Four.

Please screen share p. 14-15

Part Four: Gifts, Gratitude, and Giving

Part III: Journal Sharing & Resonate-Editing

Thank you to all who have attended. The intention of this session is to get you started. The depth of your writing will be optimized on your personal time.

We believe that resonations will discern relative truth from sovereign truth—the more resonations you receive, the closer you are towards the sovereign truth. This is our hypothesis. May the truth set us free.

*We are **The Love Story**, a non-profit organization whose mission is to transform pain into purpose through expressive writing.*

Gifts and Gratitudes—To show our appreciation for your presence here today, we are gifting free resources to all fellow journal-artist travelers who would like to continue journaling.

For DIY Journaling, go to >>> www.the-love-story.org<<< and click on “Begin Journaling.” There is a free Mirror Darkly e-Journal designed to get you journaling more deeply on your own.

For Journal-Artists who want to journal tragedy into The Love Story, in Seven Acts, We offer The Producer’s Playbook, which covers the first Three Acts—Faith, Compassion, and Grace.

Inside this program, there will be workshops on:

- 1. Shadow Work,*
- 2. Discerning Shadow and Spirit Inner Scripts,*
- 3. Producing Anti-Curses, and*
- 4. Grace and Replace.*

*All workshops are free or donation based.
All workshops are peer-to-peer facilitated.
All workshops are designed to break your heart open.*

Begin Act One Here: >>><https://www.thelovestory.org/shadow-spirit-archetype/><<<

If you want to meet other Journal-Artists across the globe, make friends, and discover a pen-pal, join our Love Story Community on #Slack.

>>><https://bit.ly/TheLoveStoryOrg><<<

If you have a journal entry on the topic of grief, our Publishing department is creating an anthology centered on grief. To consider submitting your journal entry for publication, please go here: >>><https://www.thelovestory.org/anthology/><<<

Support:

*If you want to The Love Story Organization, you can venmo the main organization at: **@thelovestoryorg** or click on this link>>><https://bit.ly/thelovestorydonate><<<*

The Love Story Media I...



*If you want to support this local chapter, you can
[Provide your donation link or pass the basket].*

Your presence matters more than your purse.

Keep coming back.

Keep Calm and Journal On.

The Love Story Journal-Artists

Journal-Artist Hosts

Please join the Journal-Artist Hosting Community on #Slack, go [HERE](#).



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