

# Alexandra Writes

NEWSLETTER / BLOG SUMMARY -- FALL 2015

Thanks for subscribing to my newsletter. Here's an update from R. Alexandra Rochman at [alexandraroachman.com](http://alexandraroachman.com) (This PDF does not include the photos in the original newsletter.)

## Singing Stars

Bowl filled with sugar  
Spilled on a midnight blue sky  
Constellations sing

## Timeless

Garden hibiscus  
You live only for today  
Beauty beyond time

## Evening Walk

Peanut butter pup  
Watching green frogs hop away  
Nipping at their toes

## Wishes

Dancing dragonfly  
Will summer last forever?  
Is it your wish too?

## Summer Creativity

One fly's yoga pose  
Dragonflies meditating  
Two frogs write haiku

## Writer's Critique Group Therapy

If you're a writer, join a critique group. Why? Writing is a solitary profession. Like-minded people, struggling with similar issues, will help you to feel less alone and more connected in your field. This team will get to know you and your writing style. They'll cheer you on, push open a writer's block, and inspire [Read More ...](#)

## Try meditation to unplug and reboot

I wish I could remember who first taught me about meditation. It's always been essential for me to find that small, still space within since I was very young. Who guided me? What inspired me? How did I know it could reinvent my life? My first official meditation teacher was Graham Fowler. He's the yoga guru [Read More ...](#)

## Do you remember your first time?

Your first time should be memorable. Do you remember your first yoga lesson? Easy for me. My mom taught Hatha (ha – sun, tha – moon) yoga to me in the late 1970's. Prehistoric, huh? My mother, Hildegard Rochman, was a yoga coach at Florissant Valley Community College. The campus is near infamous Ferguson, MO, where I [Read More ...](#)

## Can a name inspire you?

As the song goes: Who are you? Who. Who. Who. Who? What inspires you? Makes you creative? How can you transform your life? Reinvent yourself? My middle name, Alexandra, does it for me. Let me tell you a story. I was once at a funky book store in Atlanta and had a medium tell my [Read More ...](#)

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