

## Book Review

# The Artist's Way - A Course in Discovering and Rediscovery you Creative Self

by Julia Cameron Pan Books 1995

Julia Cameron says she teaches people to *let* themselves be creative, asserting that we are all, in fact, creative. In this book she takes the reader on an 12 week journey of self discovery using simple and practical tools.

We can express ourselves creatively in such simple ways - the way we dress and decorate our homes, how we arrange the veggies on a plate, the act of noticing the way a flag waves in a breeze or the patterns on the ground as we walk. Bringing creativity into the everyday enhances our awareness of beauty and diversity in the world we live in and in turn we make it ok for ourselves and others to be unique and authentic.

We all have a need to express and be artistic. Cameron says our creativity is a connection with the Divine and as we open to it we open the Divine. It is integral to being human and a critical component of wellbeing - as important as touch and kindness. Without it you can survive but not thrive!

Your creativity is your connection to the Infinite. It's the clarity or otherwise of your channel to possibilities. It's energy. It's life force. It's certainly worth a few moments to stop and review.

How long has it been since you considered the concept of creativity?..... It's relevance for you?..... It's definition and expression in your life?

If your creativity is little (or a lot) blocked or if you haven't tuned in to it lately, there are some things you can do, namely 'Morning Pages' and 'Artist Date'.

The journey is likely to get bumpy along the way and may include a strong urge to abandon the process but I encourage you to persevere through this period.

### Morning Pages

Just write three pages - long-hand, strictly stream-of-consciousness. There's no wrong way to do this. Nothing is too petty, silly or weird. Let go of all judgments - and don't judge your reactions either - just write. Think of it as a discovery and the recovery of a lost part of yourself. Do this for a month and see what happens. Never skip doing it. Keep writing no matter what till it's done. It may be useful to think of it as a meditation

Anyone who faithfully writes morning pages will be led to a connection with a source of wisdom within. When stuck with a painful situation or problem, go to the pages and ask for guidance.

### Artists Date

This will open you to insight and inspiration. It's a block of time, say 2 hour per week, especially set aside and committed to your creative consciousness - a play date, an excursion, just you and your creative self. There must be no-one else on the date. Have fun with yourself. Your inner artist needs to be taken out and listened to - pampered. This is a lovely and self-honouring thing to do and essential for self-nurturing. Commit weekly to it.

Examples may include a long country walk, a solitary trip to the beach at sunrise or sunset, a trip to a strange church to hear the music or a new neighborhood to taste the sights and sounds. Listen to the resistance within - what is it saying?? What does that mean?? Is it showing up fear of intimacy or playfulness?

Is there  
a piece  
missing from  
your life?

Many of us living in  
the western world  
are searching  
and seeking  
for that missing  
"something".

Illuminate Wholistic  
Coaching guides  
you to find the  
answers.



The Artist's Way poses questions for self-enquiry each week and sets small assignments, always stretching us and encouraging us to get out of our ruts in both behaviour and thinking but it does so with immense gentleness and wisdom.

The result is that this book becomes a manual for refreshing and reviving oneself. It's peppered with quotes of wise and beautiful people. The Artist's Way is fantastic path for anyone to take.

