

## CREATIVE FREEDOM - HANDOUT #4

**ARTIST STEREOTYPE/MYTH:** neuroses, madness, dysfunction, addiction etc. is a pre-requisite for being a great artist. *(This is perhaps the most ingrained, unquestioned and destructive belief about artists.)*

**COMMON FEAR/MISCONCEPTION:** If I let go of my problems I will lose my individuality and creative edge.

**ARTIST STEREOTYPE CHALLENGE:** To learn positive lessons from problems and emotions.

**ARTIST JOURNEY LESSON:** How to have a healthy relationship with emotions and creative energy - so accessing the power of creative energy isn't destructive to you personally.

**EXERCISE TO DEVELOP HEALTHY RELATIONSHIP WITH EMOTIONS:** Seek the positive reason/lesson inside challenging experiences and emotions.

Instead of asking & contemplating, *“Why?”* or *“Why Me?”* (destructive)  
**Ask:** *What is the good that can come from this situation/feeling? What is the useful message for me? What is the positive lesson for me?*  
(productive)

(Note: *‘Why’* is better explored in creative work rather than in trying to understand and resolve your own emotions.)

**EXERCISE TO WORK WITH EMOTIONS:** All energy exercises we practiced each week will help.

1) turn emotions red and vacuum off with vacuum cleaner rose. (You can also send down your grounding cord to the center of earth to be neutralized).

2) pull off picture, drain it, ask it for the positive lesson, fill with gold, and put in memory banks behind your head.

3) breathing exercises we worked on last time to communicate with and soothe the place on your body where the picture was.

**IS IT ART? GENUINE EMOTION HALLMARK:**

It accesses / express powerful emotional energy - that has a cathartic or energizing effect on an audience

**ARTIST STEREOTYPE CHALLENGE:** to develop compassionate awareness of yourself and others

**ARTIST JOURNEY LESSON:** Evolution (to become a channel of Divine blessings and healing for the benefit of yourself, others and the world - through your art)

**EXERCISE TO EVOLVE:** Communicate with, listen to, work with Higher Self. Rainbow meditation.

**IS IT ART? – EVOLUTION HALLMARK:**

It in some way touches on human evolution or failure to evolve (however cryptic, some kind of universal message about consciousness).

## DEFINITION

### Evolution

1. any process of formation or growth; development: *the evolution of a language.*
3. Biology . change in the gene pool of a population from generation to generation by such processes as mutation, natural selection, and genetic drift.
4. a process of gradual, peaceful, progressive change or development, as in social or economic structure or institutions.

## QUOTES

*"One of the greatest gifts you can get as a writer is to be born into an unhappy family."* – Pat Conroy, author

*"I write because I can't help but make things up.*

*I write because I love to tell stories.*

*I write because my imagination compels me to do so.*

*I write because if I didn't, I'd be branded a pathological liar.*

*Oh, and also because I'm still trying to make my dead father proud of me.*

*But that's none of your goddamn business."* – Damon Lindelof, screenwriter (wrote 33 episodes of *Lost*)

*"That life is worth living is the essential message and assurance of all art."*  
– Herman Hesse, author

*"There is not a single true work of art that has not in the end added to the inner freedom of each person who has known and loved it."*– Albert Camus, philosopher, author

*"I feel like art loves me."* - Jolé Morton, clairvoyant energy reader