



The Artist's Way workshop was born when writer/director Julia Cameron quit drinking and had to find a new pathway into her creative life. She devised techniques that helped her get herself out of the way and let the creative force work through her.

Cameron shared her method with other blocked artists; it worked for them, too. Soon she was leading workshops for blocked artists and others who wanted to tap into the wellspring of their own creativity. Finally, she put it all into a book, which she called **The Artist's Way: A Spiritual Path to Higher Creativity**.

Since then, groups have formed all over the world, in which people use Cameron's techniques to support each other's creative awakening and revival. The course facilitated by Maggie Bryant is one of those groups.



### Cameron on Creativity as a Spiritual Path

Our creative dreams and yearnings come from a Divine Source, so The Artist's Way is a spiritual path, initiated and practiced through creativity. We do certain spiritual exercises to align ourselves with the creative energy of the universe.

We learn that what we really want to do is what we are really meant to do. God's will for us and our own inner dreams are the same.

When we act in behalf of our truest dreams, when we commit to our unique soul, the Universe finds ways to help us out. We learn how to recognize this help and accept it.

We recognize that God is our source. We learn to depend on the true source instead of all those we have been trying to please by putting our creativity on the back burner.

We forge a creative alliance, artist-to-artist, with the God of Creativity, that which Dylan Thomas called "The force that through the green fuse drives the flower."



## Tools for Building a Relationship with the Creative Self

*A half-hour morning practice of emptying the mind and letting the creative force come through us.*

*A weekly Artist Date: a play date for the creative self, in which we listen to our creative self and fill the well of inspiration with images, magic, delight, fun, mystery, and exploration.*

*Weekly reading, discussion, and exercises that help us free the Original Self from all ideas of judgment or expectation.*



## What We Learn in the Course

We excavate our buried dreams and allow them room to grow. Each of us has an inner dream we can unfold if we will just have the courage to admit what it is.

Judging our early work is artist abuse. We must be willing to paint or write (or play, or sing or film, etc.) badly until our original style emerges. We protect the artist self by not showing our work to negative people.

The Artist brain is associative, freewheeling, original, playful, putting things together in new ways. We learn to let the Artist brain play without censorship or interference. We make space and time in our lives for creativity.

We see how we block our creative flow, and we release those habits of living and thinking. We learn what we want and how to stand behind it.

We learn to be true to our real selves -- to be kind, supportive and patient as ideas emerge. This is a new way of being for many, and it can bring up strong emotions. We use the emotions in our creative work.

