



Congratulations!

Kudos for taking time out for yourself and your creative side today. I find that so many of us intend to make time for creative projects - we might even go out and buy our art supplies - but rarely do we actually sit down and make it happen. So please, acknowledge yourself for getting to this point.

Want proof you have an intuitive, creative muse?!

I wish I could tell you the number of people who even after a single intuitive art experience - feel so revitalized by simply playing with art supplies, that they stop caring about the outcome and just enjoy the creative process. I hope this exercise helps you connect with your own playful inner muse.

"The point of life is happiness." —The Dalai Lama

Enjoy!



"You have to leave the city of your comfort and go into the wilderness of your intuition. What you'll discover will be wonderful. What you'll discover is yourself."

- Alan Alda

What You Need to Get Started:

- + Quiet, private space
- + At least 10-15 minutes of uninterrupted time
- + Pens, crayons, sharpies, pencils to make marks
- + 2 sheets of paper or a journal
- + A clock or timer

The Baseline:

- + Start your timer for 45 seconds
- + Take the pen or pencil and try to draw something familiar - maybe a house, or a person, or an animal without copying for 45 seconds
- + Put the pen down and notice how it felt to draw and what you were saying to yourself - - notice specifically any judgments you said to yourself about yourself or what you drew
- + How present did you feel to the drawing or were you staying mainly in judgement
- + What emotions came up?
- + Now put this paper aside

The Preparation:

- + Sit comfortably, uncross everything, relax your body and close your eyes
- + Complete three rounds of the 4-4-8 breath exercise: breathe in deeply for 4, hold for 4, exhale for 8
- + Return to normal breathing and allow the deep breaths to relax you



“Listen to your intuition. It will tell you everything you need to know.”

— Anthony J. D’Angelo

The Exercise:

- + Start a timer for 45 seconds
- + Take the pen/pencil/crayon and just doodle or draw randomly without thinking or caring about what you are creating or what it will look like without stopping
- + When you’ve finished, notice how you felt doodling
- + Notice how it felt to express when there was no goal in mind
- + Notice if you were able simply let go and put your mind and energy into the doodle

The Comparison:

- + Notice the difference in how you felt when you “tried to create some thing” instead of simply flowing with the energy and movement you felt like expressing
- + Which did you enjoy? Why?

The Outcome:

You will have just experienced the difference between focusing on product vs. process. To free our creative side, we have to abandon “what things should look like”, release right and wrong, let go of our desire to impress, and quell our need to control results. To be fully creative and trust our intuition, we release our fear of judgement - - even from ourselves. We return to childlike wonder and trust and find our personal awesome in right now.

Hope you got a taste of authentic expression and intuitive creativity.
We will be sending more tips and inspiration your way soon!

