

# The Artist's Way

*A Spiritual Path to Higher Creativity*

Sometime in the late 1990's, while I was working as a bookseller at Waldenbooks in Rapid City, South Dakota, I discovered a book called *The Artist's Way* by Julia Cameron. As a musician and an aspiring writer, I was immediately drawn to this book which offered a spiritual path to living a more creative life. I'd like to say that I read the book from cover-to-cover, worked through the exercises, and experienced a miraculous transformation, but like so many other books, *The Artist's Way* sat on my book shelf for close to ten years before I picked it up and delved into the wonders it has to offer.

In December of 2001, having made the move to California and after living in the Bay Area for nearly a year, I read Julia Cameron's *The Right to Write* and found in it an invitation to step into the world of writing and to allow myself to see myself as a writer. The philosophy and practices presented by Julia Cameron had opened my life up to brilliant possibility and awakened in me a hunger for more. Still, it would be another six years before I would open the covers of *The Artist's Way* and take the bold step into its pages. Since 2007 when I took my first journey down the path of self-discovery and openness it provides, I have traversed this very artist's way many times. In my practice as a Career Coach and Life Coach, I have used a number of the exercises with clients. The results are always the same – nothing short of miraculous.

## *What is The Artist's Way?*

The Artist's Way is a twelve-week course offering empowerment to anyone who wants to live a life of deeper awareness, fulfillment, and creativity. Through a series of exercises and activities, participating 'artists' confront a variety of blocks and limiting beliefs which stifle the authentic expression that is our birthright. The way is a spiritual (but not religious) path that links individual creativity to the creative power of the Universe. Regardless of an individual's spiritual inclinations, the concepts, exercises, and activities reach to the core of one's being and resonate with universal truth.

## *Is The Artist's Way for me?*

In a word, YES!! *The Artist's Way* is for ANYONE who wants to bring more creativity and fulfillment to their life. The course is based on the principle that *"creative expression is the natural direction of life."* Even if you have never considered yourself an 'artist,' the inner desire to create lives deep within you. In her book *A Creative Companion*, author and artist SARK says, *"We all started out creatively free. Remember the sandbox? All you needed was bare toes in warm sand and maybe a good bucket. Then, you could build your own world."* What would it mean for you to live a life of inspired authenticity? How would creative freedom transform the way you approach your life? What dreams and aspirations are hiding in the wings waiting to take their rightful place at center stage? How do you imagine your brilliant and magnificent life?

## *The Artist's Way – Group Coaching Program*

*The Artist's Way* – Group Coaching Program is a 14-week course based on the creative principles and powerful exercises originally taught by Julia Cameron. We will form a small, supportive group and embark on this journey together. The majority of the work will be done by you, but always with the knowledge that you are not alone. As your leader, I will encourage you and challenge you to take baby steps and leaps of faith. The group coaching sessions will provide a forum for sharing insights, asking questions, and digging deeper into the process of personal growth.

### What Will I Get?

By enrolling in the course, you will participate in 14 weekly teleseminars. The course itself is 12 weeks, allowing our group two additional sessions to serve as book-ends, introducing and concluding the experience. You will have access to me as your Coach throughout the 14 weeks. You can check-in with me when you need an extra push. You will be invited to participate in an exclusive online community on Facebook. You will also have access to recordings of the teleseminar (for listening again or making up for a missed session). You will also receive additional handouts and materials to enrich the experience. You **WILL** get all of that – guaranteed!!

You might also get a deeper relationship with yourself and those around you and a new lease on life or second wind. You very possibly will rediscover ways to express yourself more authentically. You might wake-up one morning and feel a burst of energy and joy that seemingly comes from nowhere. There is no limit to what you might get out of your participation in *The Artist's Way*!

### How Much Does It Cost?

If you take advantage of “Early Bird” pricing, your investment for the 14-week group coaching program is **only \$520 (for a limited time, please see additional information)**. You have the option of paying the tuition in two equal installments of \$360 (the first when you enroll, the second 30 days later). Regular tuition for the course is \$658. As well, you will need to purchase a copy of *The Artist's Way* by Julia Cameron, which retails for around \$18.

### Investment vs. Cost

Before you start to take part in that all too familiar inner struggle between pursuing your heart's desire and holding tightly to your money, I invite you to ask yourself one question: **“How much are you willing to invest in your own happiness?”** I offer you a most sincere and heartfelt invitation to invest in yourself and to know that by saying “no,” you are saying no to *yourself*. We all spend money on things that we believe will make our lives more comfortable or things by the having of which we hope to feel happier. I know for myself that many times after spending the money I am left feeling a bit *empty*. I have also had the experience of truly investing in myself with amazingly wonderful results. In those instances, I would have easily paid double or even triple what I had paid. Regardless of what you decide, know that you are perfect just as you are for you have been created in the image and likeness of God/Universe/Source!

Will you accept my invitation to join me on the path of higher  
creativity that is *The Artist's Way*?