

A COMPLETE COURSE IN CREATIVE EXPRESSION

MARRY YOUR

Muse

MAKING A LASTING COMMITMENT
TO YOUR CREATIVITY

Jan Phillips



AWARD-WINNING WRITER, PHOTOGRAPHER, AND LECTURER

Marry Your Muse Making A Lasting Commitment To Your Creativity

Judy Reeves



Marry Your Muse Making A Lasting Commitment To Your Creativity:

Marry Your Muse Jan Phillips, 2012-12-16 Working and would be writers photographers painters journal keepers sculptors musicians poets and creative folk in every field will find inspiration and practical suggestions in this joyous book This complete course in creative expression is based on Jan Phillips smash Marry Your Muse workshops and was chosen a Ben Franklin Award gold medal winner for 1997 In Part One the stirring affirmations of The Artist s Creed empower us to become more confident and productive In Part Two anecdotes photographs quotations to ponder fun and effective exercises help us discover a deep and satisfying form of self expression In Part Three the heartfelt stories of working artists inspire us to fall in love with the artist within The Soul of Creativity Tona Pearce Myers, 2011-09-22 There is no single definition of creativity It is as wide ranging as the people who seek it writers painters musicians actors indeed anyone who desires a richer more rewarding life Many consider it inaccessible limited to gifted artists and celebrities But as the extraordinary contributors to this book show it is really everyone s birthright too often shoved to the recesses of our psyches by the demands of everyday life From the vibrant naturalist and poet Diane Ackerman to musical theorist Don Campbell to inspirational author SARK these talented contributors guide us through the creative process with clarity and insight They remind us that inspiration is always available to those willing to realize the power and possibility of their true creative being Contributors include Diane Ackerman Pat B Allen Christina Baldwin Hal Zina Bennett Echo Bodine Jean Shinoda Bolen Don Campbell Lucia Capacchione Michelle Cassou Judith Cornell Adriana D az Riane Eisler Linda Firestone John Fox Robert Fritz Aviva Gold Robert Grudin Jean Liedloff Ann Linnea Shaun McNiff Eric Maisel Jill Mellick Stephen Nachmanovitch Kent Nerburn Jan Phillips SARK Wild Women, Wild Voices Judy Reeves, 2015-03-15 Write to Celebrate Heal and Free the Wild Woman Within In her years as a writing coach Judy Reeves has found twin urges in women they yearn to reclaim a true nature that resides below the surface of daily life and to give it voice The longing to express this wild authentic nature is what informs Reeves s most popular workshop and now this workshop in a book Here you will explore the stages that make up your life from wild child daughter sister mother and loves and lovers to creative work friendships and how the wise woman encounters death Both intuitive and practical Wild Women Wild Voices responds to women s deep need for expression with specific and inspiring activities exercises and writing prompts With true empathy Reeves invites instructs and celebrates the authentic expression even the howl of the wild in every woman The 12 Secrets of Highly Creative Women Gail McMeekin, 2011-11-01 Earnestly recounting how 45 successful women achieved their dreams McMeekin aims to provide mentors who can help readers transcend creative blocks Publishers Weekly From the popular creative coach Gail McMeekin author of The 12 Secrets of Highly Successful Women comes advice about the specific challenges in life that creative women face today Identified in a survey of 1 500 CEOs to be the key leadership skill of the 21st century creativity can help women entrepreneurs and business leaders realize their dreams The 12 Secrets of Highly Creative Women explores

the profiles of 45 of today's most successful women combining their insights with Gail's own proven strategies Each chapter offers the 12 secrets keys and challenges to help women work through their creative process Together they offer an inspirational roadmap providing all the tools women need to uncover their own authenticity and realize their creative dreams including how to Dismantle limiting beliefs Take positive and calculated risks Make career changes fueled by passion and purpose Filter and Focus to give creative ideas time and space to evolve Prioritize Overcome procrastination Declutter and create workable workspaces Find resources and support Such a wonderful reading experience I couldn't wait to hear each story and glean all the wit humor and wisdom from each woman's own experience Carol Adrienne coauthor of *The Celestine Prophecy* An Experiential Guide An empowering book for those ready to confront self-defeating patterns related to creativity and a great booster shot for those of us who have already faced and conquered some of the dragons Carol Michels author of *How to Survive and Prosper as an Artist* **Yoga Journal** ,1997-09 For more than 30 years Yoga Journal has been helping readers achieve the balance and well-being they seek in their everyday lives With every issue Yoga Journal strives to inform and empower readers to make lifestyle choices that are healthy for their bodies and minds We are dedicated to providing in-depth thoughtful editorial on topics such as yoga food nutrition fitness wellness travel and fashion and beauty **How to Survive & Maybe Even Love Nursing School** Kelli S Dunham,2010-11-29 This light-hearted fun fresh and easy-to-read guide for nursing students by nursing students is full of practical information to help them cope with and get the most out of nursing school *Writing Alone, Writing Together* Judy Reeves,2010-10-06 The lonely life of a writer need not be There are ways to break that isolation and find encouragement and support within groups of like-minded people Sections in *Writing Alone Writing Together* include Writing Practice Groups Creating Writing Prompts Group Leadership and even What to Do with the Bores Whiners Control Junkies and Thugs Whether the group is oriented toward writing the great American novel or a family memory book this useful book offers an array of effective techniques to help writers achieve their goals **Release Your Writing** Helen Gallagher,2007 *Release Your Writing* Book Publishing Your Way goes beyond how-to books with all the information you need whether you have Written a book and not attracted a publisher Finished a book you need out right now for a particular market or timely topic Just started writing a book and need to know how to get it to market Grown weary of shopping a book around to agents and publishers Let your manuscript languish because the publishing process seemed so intimidating Learn strategies to get your book published write better with your computer and discover dozens of marketing and promotion tricks to sustain a successful book launch **Awaken Your Senses** J. Brent Bill,Beth A. Booram,2011-12-20 In *Awaken Your Senses* longtime ministers Beth Booram and Brent Bill invite you to engage your right brain in your faith through sensory spiritual practices that position your heart for divine encounter Readings and a variety of exercises lead you to experience God in new ways through seeing tasting touching smelling and hearing *Drawing the Light from Within* Judith Cornell,1997-01-01 Describes the importance of visualization and suggests eleven techniques to develop one's

creativity inner vision and self esteem *Birthing Ourselves Into Being* Baraka Bethany Elihu, 2010-03-09 With her groundbreaking debut book *Birthing Ourselves into Being A Year Long Women s Empowerment Program* author Baraka Bethany Elihu transcends the restrictions of intellectually based therapy by offering an experiential curriculum of personal healing centered not only in doing but in being Many women are naturally heading towards this gentler organic approach in personal therapeutic work Women are ready to be simply witnessed in their own mastery We do not need to be managed facilitated taught or guided explains Baraka The experts live within us *Birthing Ourselves into Being* is fully situated in the metaphor of childbirth The book consists of twelve chapters that explore the symbolic rhythms of the childbearing year including pre conception and postpartum Offering clear innovative and effective steps this creative arts based curriculum provides readers tools to emerge with an entirely new life and stories of adventure and love to inspire the journeys of other women We can surrender to our process and trust that a greater peace in the world will emerge naturally from the very belly of our personal quiet revolutions Baraka writes The space we hold for ourselves and for one another becomes the standard by which the planet responds It is time And we are ready *The Fire Inside* Lucy Adkins, Becky Breed, 2021-06-01 Wherever you are in your creative life just tiptoeing in or fully immersed *The Fire Inside* can be a source of encouragement and inspiration Rodin said that The main thing is to be moved to love to tremble to live In other words to be fully engaged in life and the creativity that exists within *The Fire Inside* through a well researched collection of essays and heart opening personal stories invites readers to uncover their unique talents and live out their individual dreams Within each one of us are vast untapped reservoirs of creativity and when we connect with that potential our lives will open in wonderful and joy filled ways Few books on creativity are so inclusive so welcoming as this book offering insight not only for furthering one s abilities in the traditional arts but also in the day to day creativity which so enriches our lives Based on the authors combined fifty five years of teaching and presenting workshops on writing and creativity *The Fire Inside* is written in a spirit of warmth and generosity It invites the reader to say yes to creativity choose to live a bigger life and discover how the magic happens These writers have great authority and expertise on this topic They write ideas that are fresh and new with profound potential for empowering readers as well as writers connecting them with their honest authentic peers Mary Pipher author of *The Green Boat Reviving Ourselves in Our Capsized Culture* and *Writing to Change the World* **Visual Journaling** Barbara Ganim, Susan Fox, 1999-10-01 Most people who journal use words But words come from the left brain which interprets experiences through our learned beliefs and expectations As this breakthrough book demonstrates there is a more effective way to journal using images Simple drawings crayon art even doodles and stick figures can help anyone even those who believe they can t draw move beyond thought into deep reaches of feeling and intuitive knowing Barbara Ganim and Susan Fox have developed their Visual Journaling technique into an acclaimed workshop This book beautifully illustrated with black and white and color drawings from the journals of students in their workshops makes this enjoyable tool for personal

exploration accessible to everyone A six week plan of exercises and interpretive activities teaches readers a lifelong practice that can reduce stress explore conflicts and overcome obstacles Its simple techniques can help everyone gain access to soul based inner wisdom

The Power of Positive Choices Gail McMeekin, 2001-06-21 Gail has the ability to show us how to move our lives forward with power dignity and grace She is truly the Goddess of Creativity Loretta LaRoche bestselling author of Juicy Living Juicy Aging The world is on overload at least from our modern day Western perspective Gail McMeekin believes that we can effectively reduce stress in our lives and bring more meaning into them and she has developed a program to help people to do just that by showing them the power of making positive choices Readers are taught to see their Serenity Stealers issues habits people that need to be subtracted from their lives With those negative life choices gone choices that deplete their energy and sidetrack them from their goals readers are shown how to make positive life choices Carefully selected and added one at a time these life choices will bring them closer to the joy and meaningfulness they need and desire The Power of Positive Choices is short and brief by design Filled with probing questions and helpful self tests it is a brilliant distillation of the steps we each need to take to make the power of choice work a clear vibrant go go juice of a book Jennifer Loudon author of Why Bother Discover the Desire for What's Next By showing us how to confront and banish what's holding us back and how to consciously choose what's best in the long run this book reminds us that we have choices that affect the quality of our lives and helps us create a life in which joy plays a leading role Patti Breitman author of How to Say No Without Feeling Guilty

Divining the Body Jan Phillips, 2012-06-07 Honor Your Body as the Instrument of Your Soul This book is an attempt to undo the damage we've sustained living in a culture that thrives on our self hatred It is a sanctification of our human bodies a consecration of ourselves as hosts to the Great Beloved It is a journey of awe and reverence through the sacred terrain of foot and hand back and breast heart and brain The path to peace is the pathway through ourselves starting with the inward step the brave gentle step toward the Divine within from the Introduction Our view of the human body is always evolving From the goddess worship of civilizations millennia ago to the strict social rules of Victorian England to the modern feminist movement the human body particularly the feminine body has always been a point of interest mystery and contention Discover an entirely new way to look at your body as a pathway to the Divine Award winner Jan Phillips takes you on an energizing journey through your physical self drawing connections between the bone muscle and sinew of your body and the spiritual teachings of various faith traditions modern scientific research and her own experiences You will find yourself empowered to work to transform the world around you and overcome self defeating thoughts through positive practical exercises and meditations that show you how to climb back into your body and honor it as the temple of God that it is

Finding the On-Ramp to Your Spiritual Path Jan Phillips, 2013-07-15 True to the title this guidebook directs beginners on the spiritual journey Author Jan Phillips reared Catholic has traveled through Buddhist Hindu and Muslim cultures merging dualities of East and West A popular workshop leader for decades she is a dynamic upbeat

straight talking wise old woman in her own right and her prose reflects her character In warm engaging language she presents basic spiritual concepts and practices for the multitudes of Americans who have left traditional religion and are searching for a full bodied mind expanding convincing spirituality The book consists of short essays and personal anecdotes Each story incorporates the wisdom of various traditions all suggesting the immanence of the Divine in our lives Each chapter reframes the meaning of a typical road sign such as YIELD for surrender STOP for taking time for balance LANE ENDS for giving up old notions All in all this lively book maps an adventurous trek from illusion to reality fear to fulfillment isolation to community It invites us to go deeper and further finding at the end that the journey is everything Goal Sisters Ann Leach,Michelle Beaulieu Pillen,2004 This exciting book explains how to find and work with a goal sister or a group of them to set and achieve goals from changing careers to losing weight to starting a relationship *The Art of Emotional Healing* Lucia Capacchione,2006-01-10 Feelings either flow naturally like a river or get dammed up If our emotions become blocked we can become tense unhappy anxious or depressed This book offers simple techniques for using art to embrace understand and release our emotions so that we can experience a greater sense of well being in our lives In *The Art of Emotional Healing* Lucia Capacchione presents the simple yet powerful methods she uses in her internationally acclaimed workshops showing us how to reach inside and let our feelings out through drawing painting journal writing collage making sculpting drumming dancing mask making and more No artistic talent or skill is required only a desire to let go of self criticism and discover how we really feel Dare to Wear Your Soul on the Outside Gloria J. Burgess,2008-11-03 In this inspirational book Gloria Burgess uses the touching story of her father s relationship with William Faulkner as a starting point to explore a classic topic how to bring forth the character qualities of love wisdom trust faith gratitude creative action vision and integrity Burgess declares the sacred promises of legacy living as part of a transformational process that helps us connect to our past by honoring those who came before us living with intention in the present and freeing our talents so we can realize our potential *Dare to Ware Your Soul on the Outside* also includes practical exercises for fostering greater authenticity and purpose in our lives *Winter's Graces* Susan Avery Stewart,2025-07-30 Filled with unexpected good news about growing older *Winter s Graces* highlights eleven qualities that ripen with age including audacious authenticity creative ingenuity necessary fierceness self transcending generosity and a growing capacity to savor life and to ride its ups and downs with humor and grace Decades of research have established that the catastrophic conditions often associated with late life such as severe dementia and debilitating frailty are the exception not the rule Still the mistaken idea that aging equals devastating decline persists causing enormous and unnecessary suffering especially for women Drawing on decades of experience as a psychology professor and psychotherapist Susan Stewart PhD weaves together inspiring folk stories that illustrate the graces of winter and recent research that validates them along with a wealth of user friendly tools and practices for amplifying these graces and bringing them to life Written primarily for women over 50 seeking good news about growing

older Winter s Graces offers adults of all ages a compelling vision of aging that celebrates its many gifts acknowledges its challenges and reveals how the last season of life can be the most fulfilling of all

Eventually, you will very discover a further experience and realization by spending more cash. nevertheless when? attain you take that you require to acquire those all needs afterward having significantly cash? Why dont you try to get something basic in the beginning? Thats something that will lead you to understand even more just about the globe, experience, some places, with history, amusement, and a lot more?

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