

# KEEP CREATING!

GETTING STARTED ON JULIA CAMERON'S

# THE ARTIST'S WAY



# KELLEIEANN HALVORSEN

PODCASTER, WRITER, CRAFTER, &  
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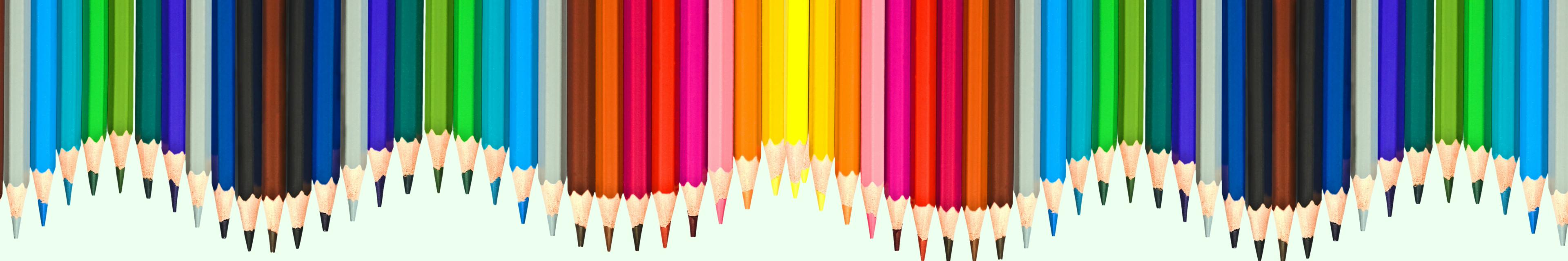
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# The **ARTIST'S WAY** A Spiritual Path to Higher Creativity

**By Julia Cameron**

[JuliaCameronLive.com](http://JuliaCameronLive.com)





# **10 BASIC PRINCIPLES**

## **MORNING PAGES ~ CREATIVITY CONTRACT**

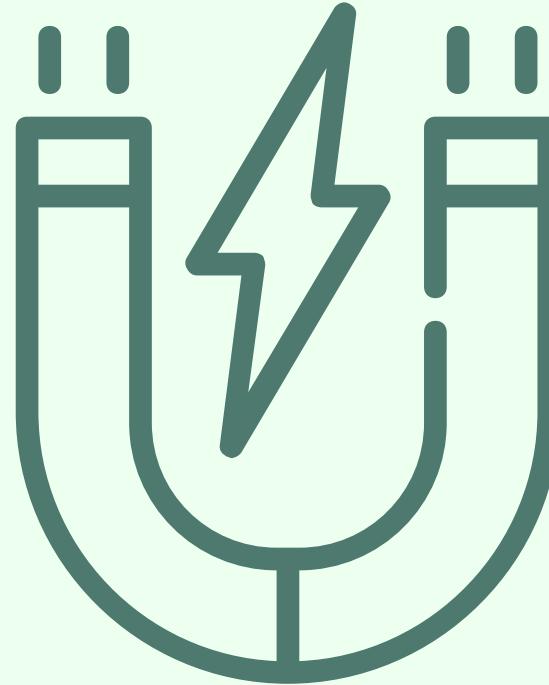
# **12 WEEKS & ARTIST DATE**

1



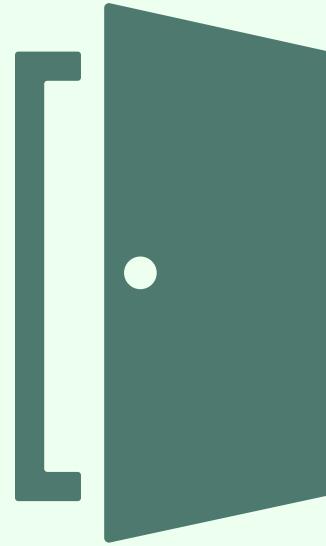
**CREATIVITY**  
is the natural order of life.  
**LIFE IS ENERGY:**  
pure creative energy.

2



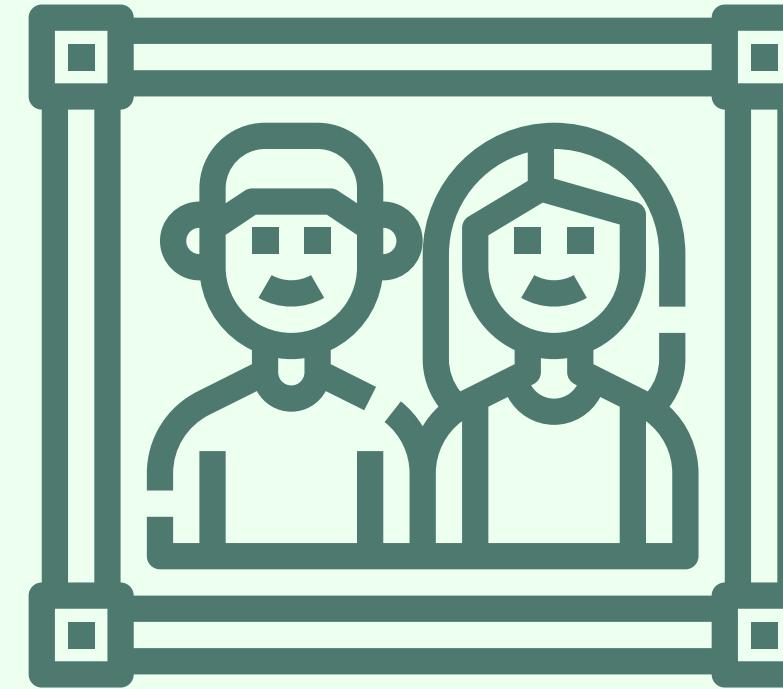
There is an underlying, in-dwelling  
**creative force**  
infusing all of life  
**including ourselves.**

3



When we open ourselves to  
**our creativity,**  
we open ourselves to the  
**Creator's creativity**  
within us and our lives.

4



We are, ourselves,  
**creations.**  
And we, in turn, are meant to  
**continue creativity**  
by being creative ourselves.

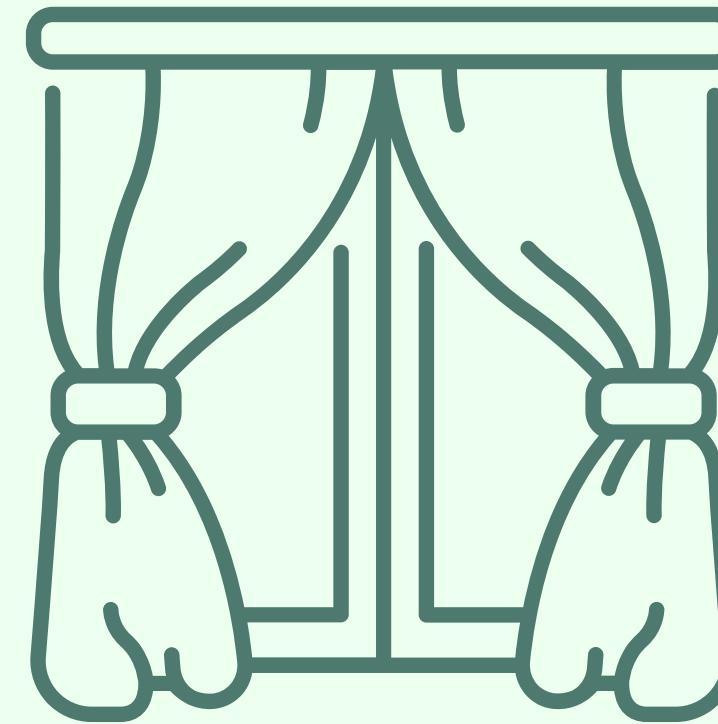
5



**Creativity  
is God's gift to us.  
Using our creativity  
is our gift back to God.**



The refusal to be  
**creative is self-will**  
and is counter  
**to our true nature.**



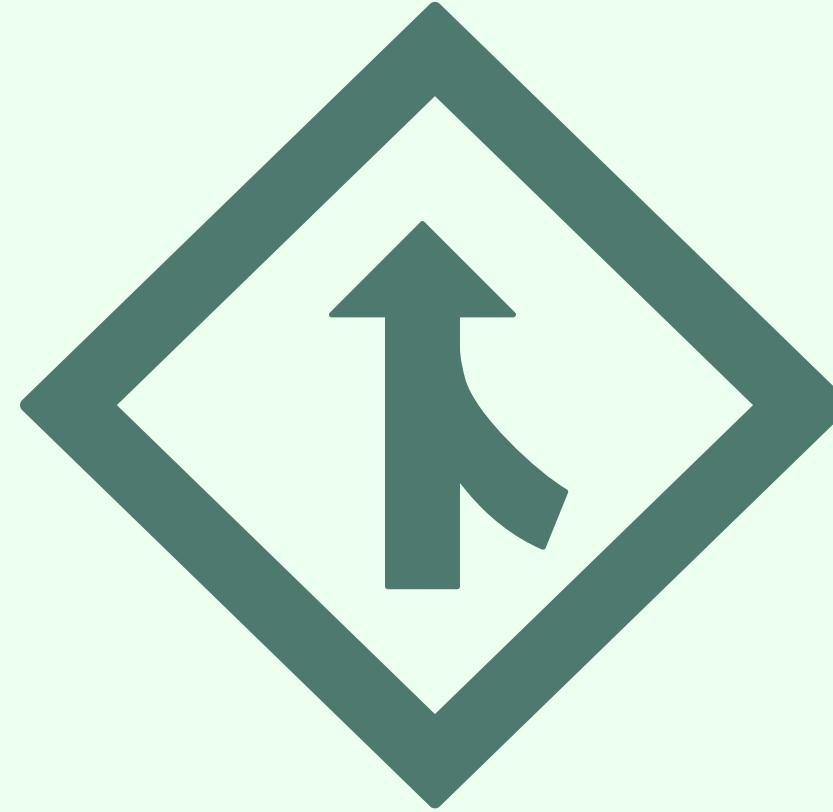
When we open ourselves to  
**exploring our creativity,**  
we open ourselves to God:  
**good orderly direction.**



As we open our  
**creative channel**  
to the creator, many gentle  
**but powerful changes a**  
are to be expected.



It is safe to  
**open ourselves**  
up to greater and  
**greater creativity.**



Our creative dreams / yearnings  
**come from a divine source.**  
As we move our dreams,  
**we move toward**  
our divinity.

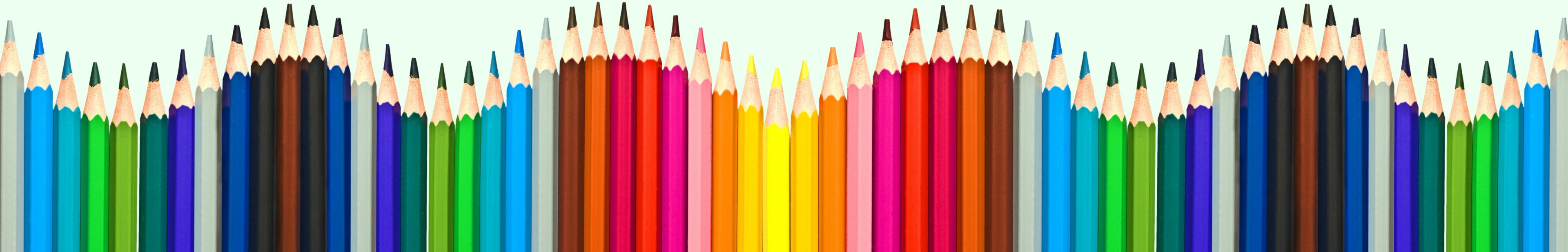
# MORNING PAGES

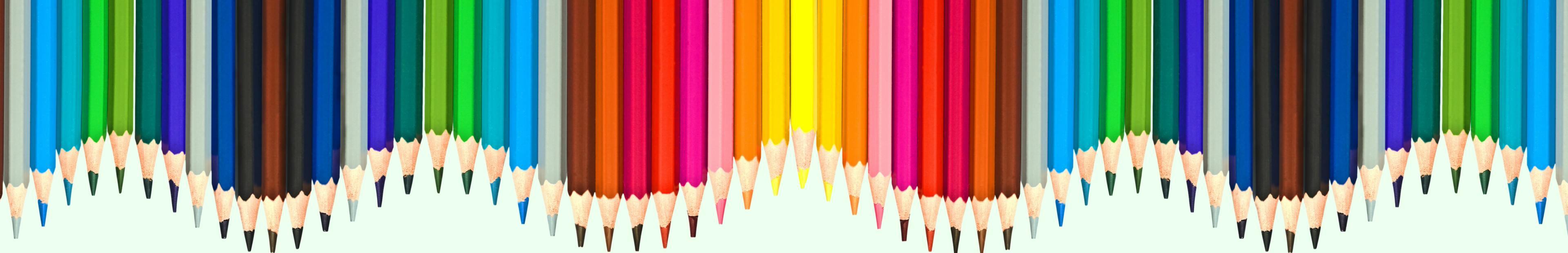
~3 full pages ~

~Method: Longhand, stream-of-consciousness writing ~

~First thing in the morning~

~clearing mental clutter and bypass inner critic~

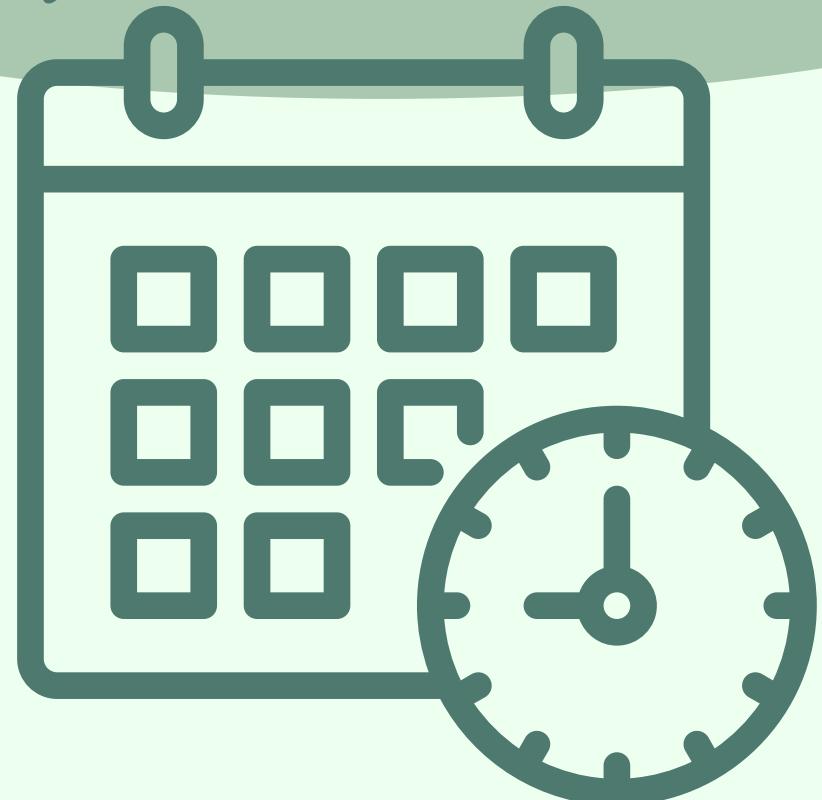




# ARTIST DATE

An **artist date** is a block of time, perhaps 2 hours weekly, especially set aside and committed to nurturing your creative consciousness, your inner artist. In its most primary form, the artist date is an excursion, a **playdate** that you preplan and defend against interlopers. You do not take anyone on this artist date but you and your inner artist, a.k.a. your creative child.

**12 Weeks: 1-3**



- 1: Recovering a sense of **safety**
- 2: Recovering a sense of **identity**
- 3: Recovering a sense of **power**

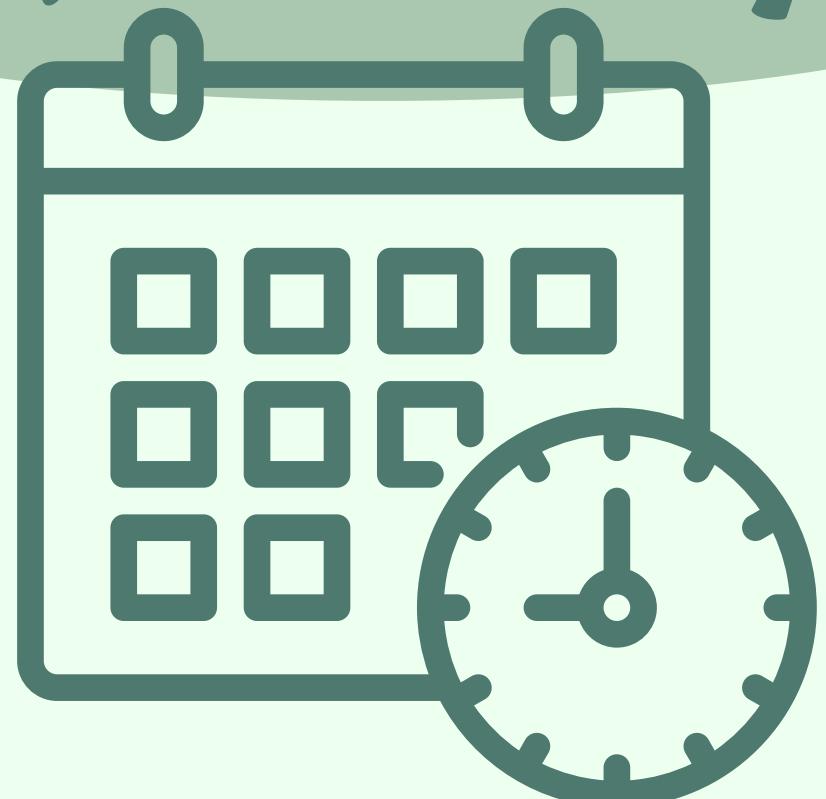
4: Recovering a sense of  
integrity

5: Recovering a sense of  
possibility

6: Recovering a sense of  
abundance



**12 Weeks: 7-9**

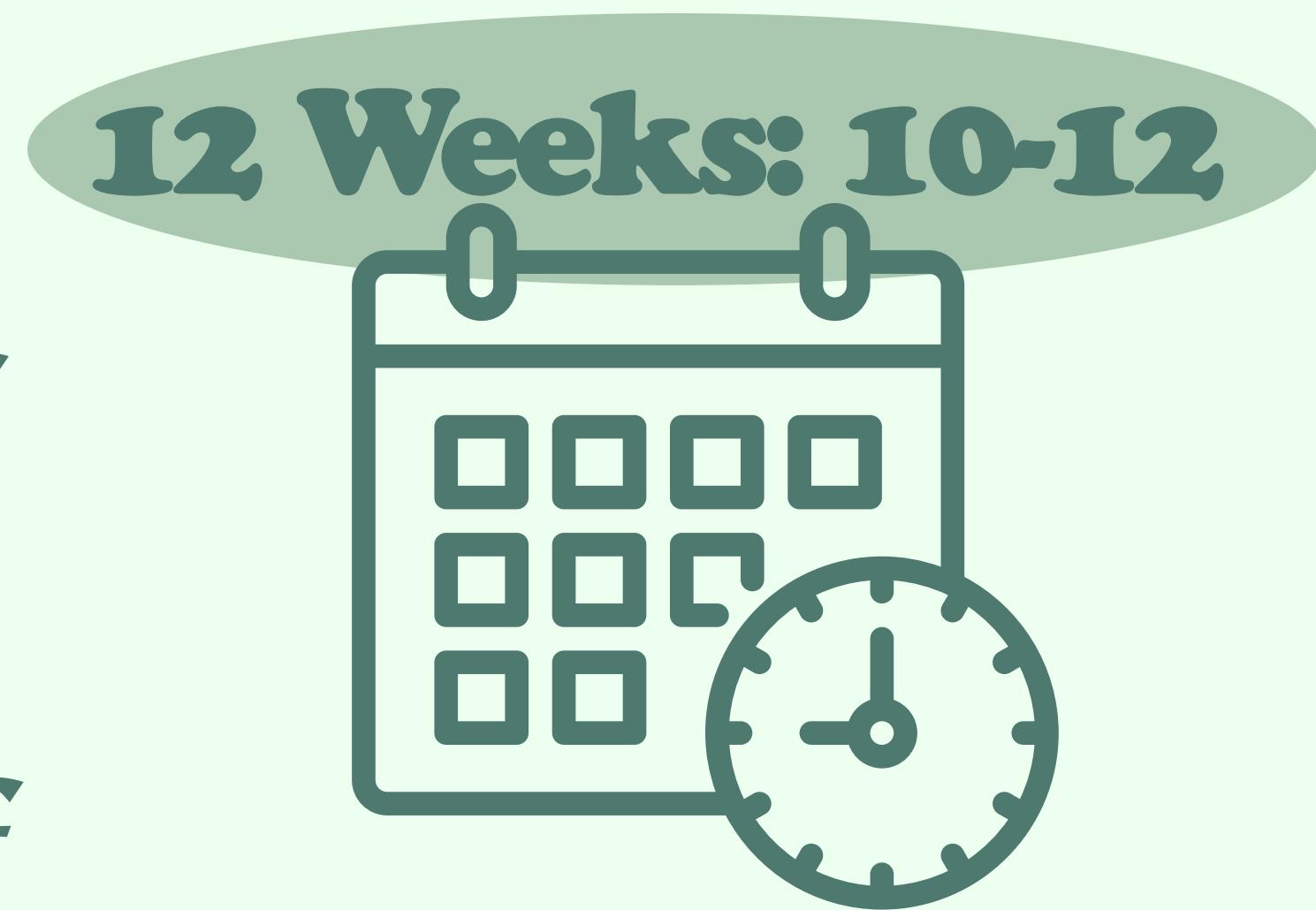


- 7: Recovering a sense of connection**
- 8: Recovering a sense of strength**
- 9: Recovering a sense of compassion**

10: Recovering a sense of  
**self-protection**

11: Recovering a sense of  
**autonomy**

12: Recovering a sense of  
**faith**





# CREATIVE CONTRACT

I, \_\_\_\_\_ understand that I am undertaking an intensive, guided encounter with my own creativity. I commit myself to the twelve-week duration of the course. I, \_\_\_\_\_ commit to weekly reading, daily morning pages, a weekly artist date, and the fulfillment of each week's tasks.

I, \_\_\_\_\_, further understand that this course will raise issues and emotions for me to deal with. I, \_\_\_\_\_, commit myself to excellent self-care -- adequate sleep, diet, exercise, and pampering -- for the duration of the course.

KSL PODCASTS

# FAN EFFECT

# FANDOM

REVIEWS, NEWS &  
EVENT PREVIEWS.

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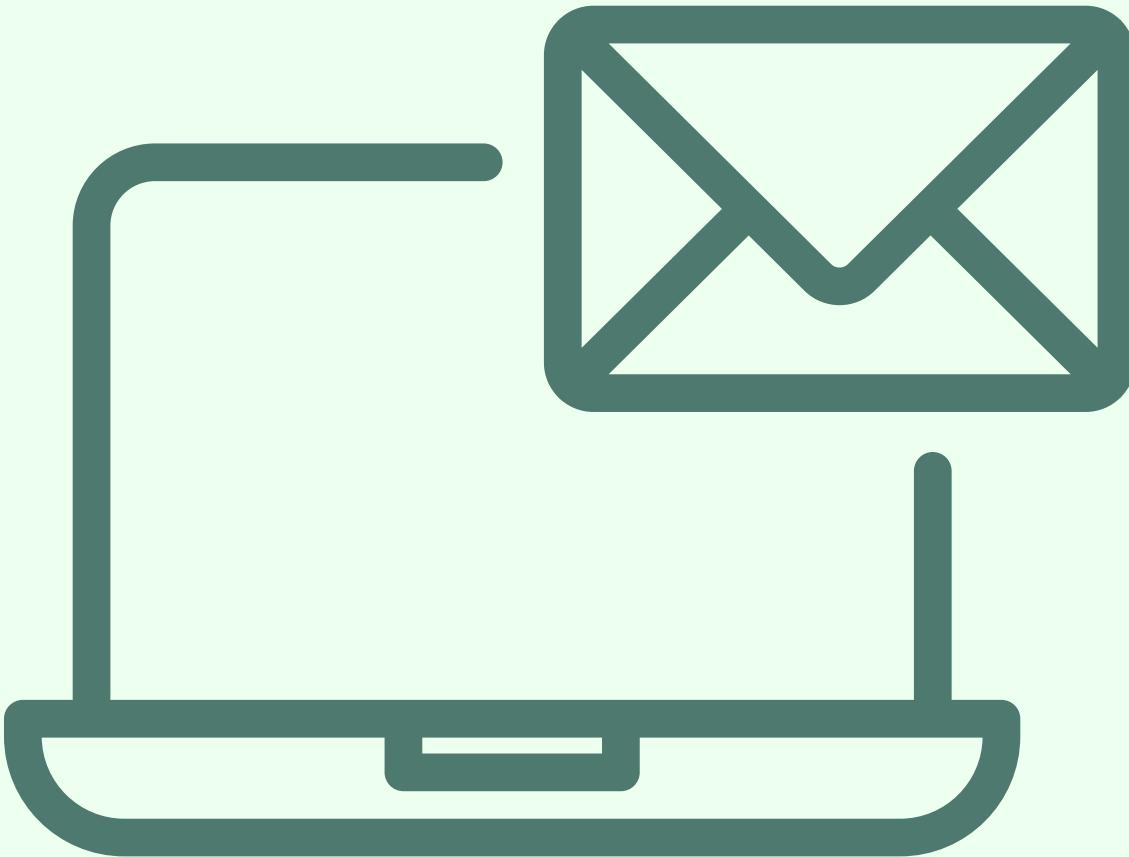
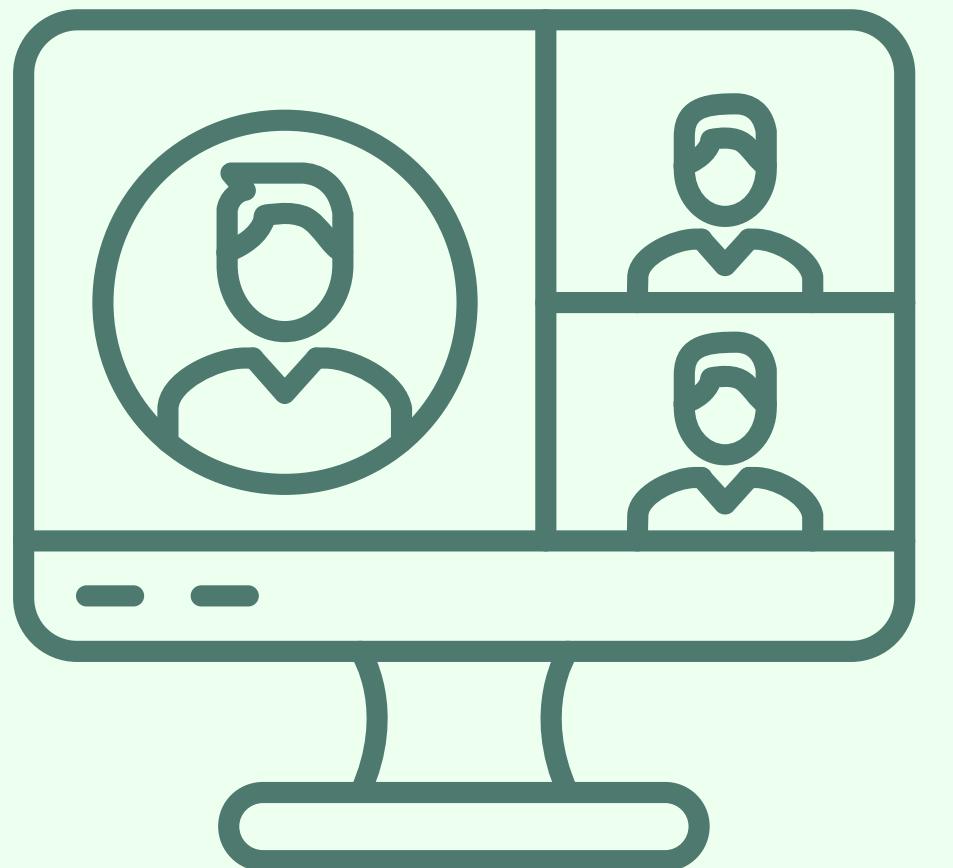
# KELIEANN HALVORSEN

## FOLLOW MY CREATIVITY



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# SHOULD WE START CREATIVE CLUSTER?



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