

KEEP CREATING!

GETTING STARTED ON JULIA CAMERON'S

THE ARTIST'S WAY



KELLIEANN HALVORSEN

PODCASTER, WRITER, CRAFTER, &
SEMI-PROFESSIONAL NERD.



KAHALVO.COM

The **ARTIST'S WAY**

A Spiritual Path to
Higher Creativity

By Julia Cameron

JuliaCameronLive.com





10 BASIC PRINCIPLES

MORNING PAGES ~ CREATIVITY CONTRACT

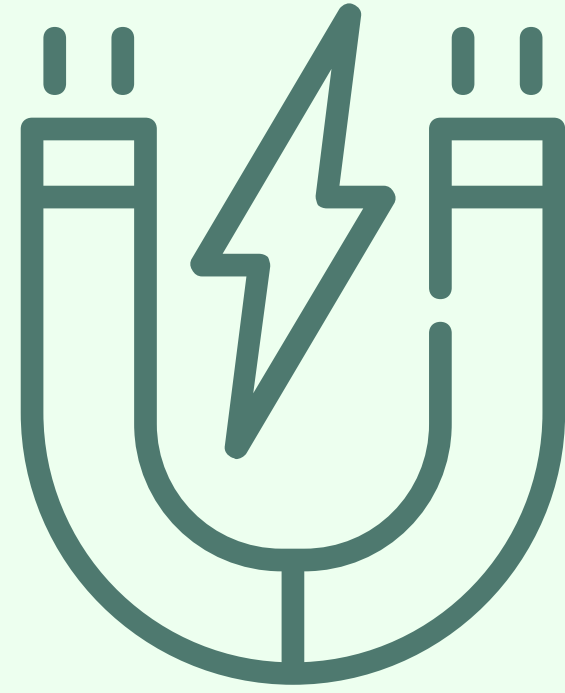
12 WEEKS & ARTIST DATE

1



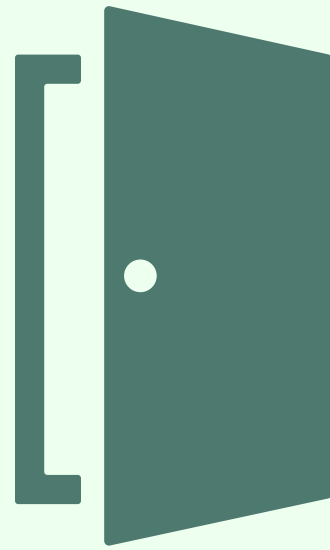
CREATIVITY
is the natural order of life.
LIFE IS ENERGY:
pure creative energy.

2



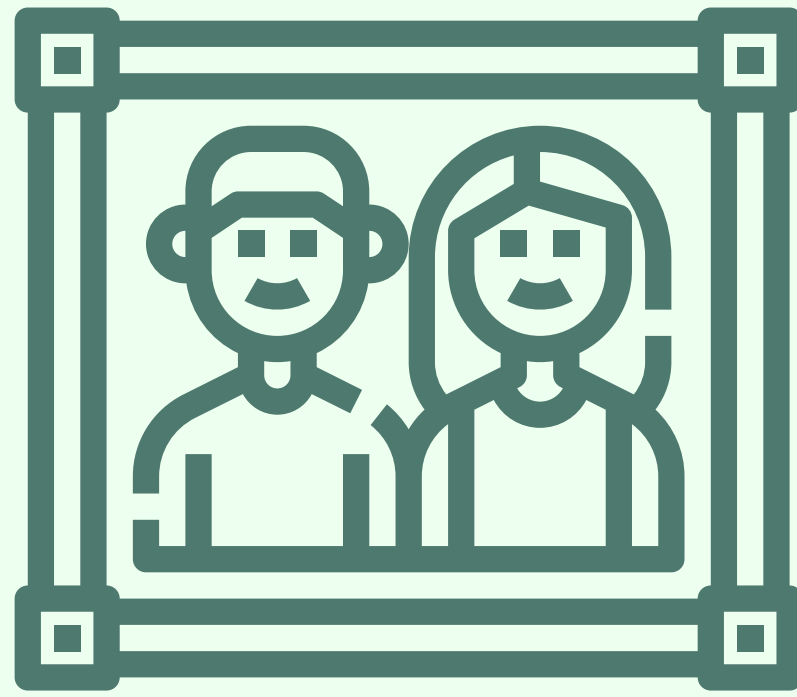
There is an underlying, in-dwelling
creative force
infusing all of life
including ourselves.

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

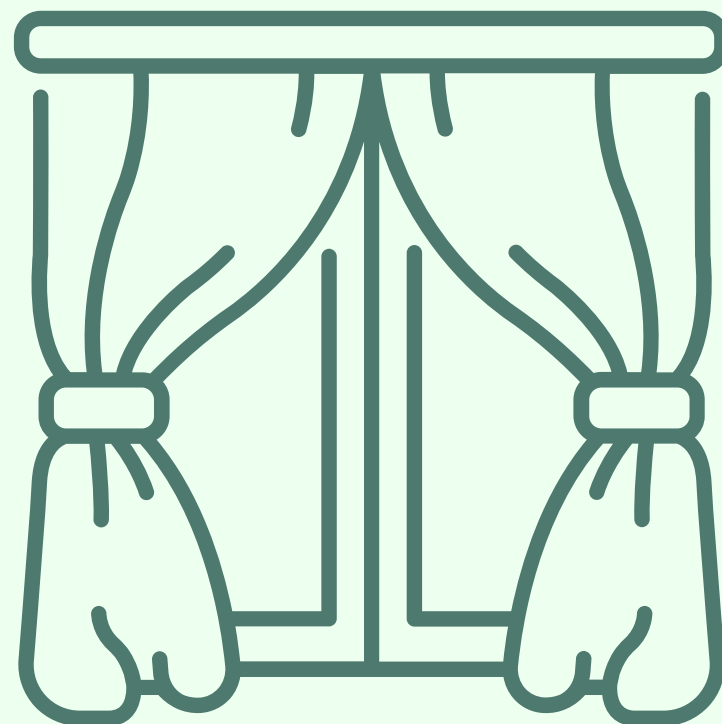
is our gift back to God.

6



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

7



When we open ourselves to

exploring our creativity,

we open ourselves to God:

good orderly direction.

8

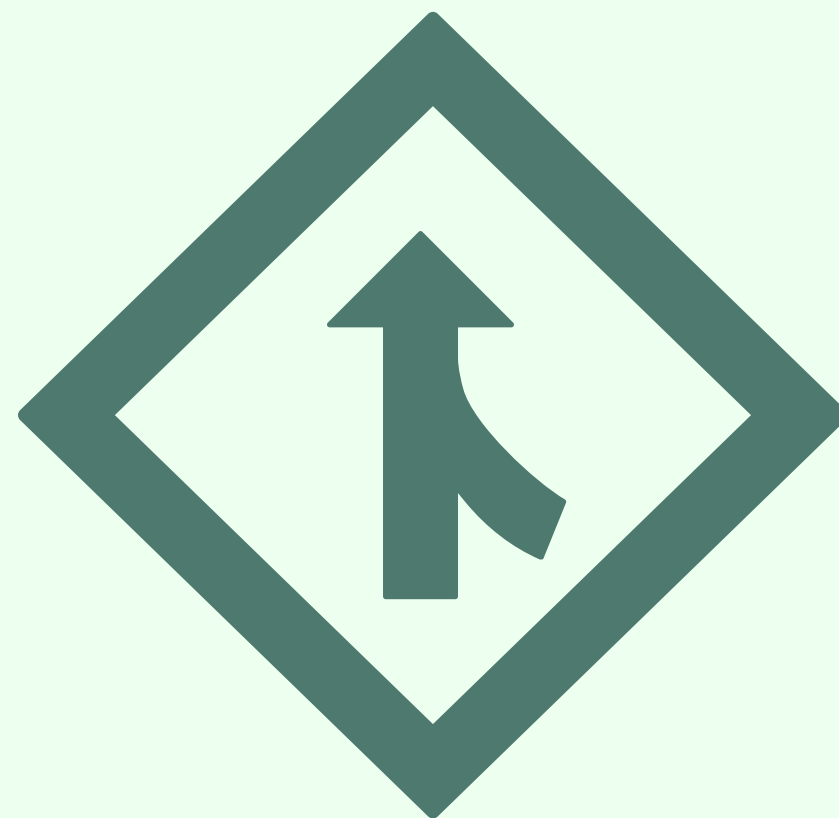


As we open our
creative channel
to the creator, many gentle
but powerful changes a
are to be expected.



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

10



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

MORNING PAGES

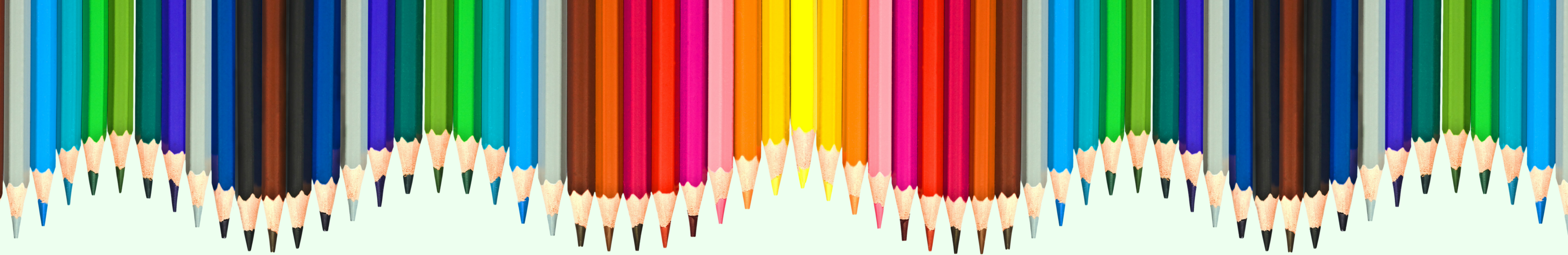
~3 full pages~

~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, you inner artist. In its most primary form, the artist date is an excursion, a **play date** 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



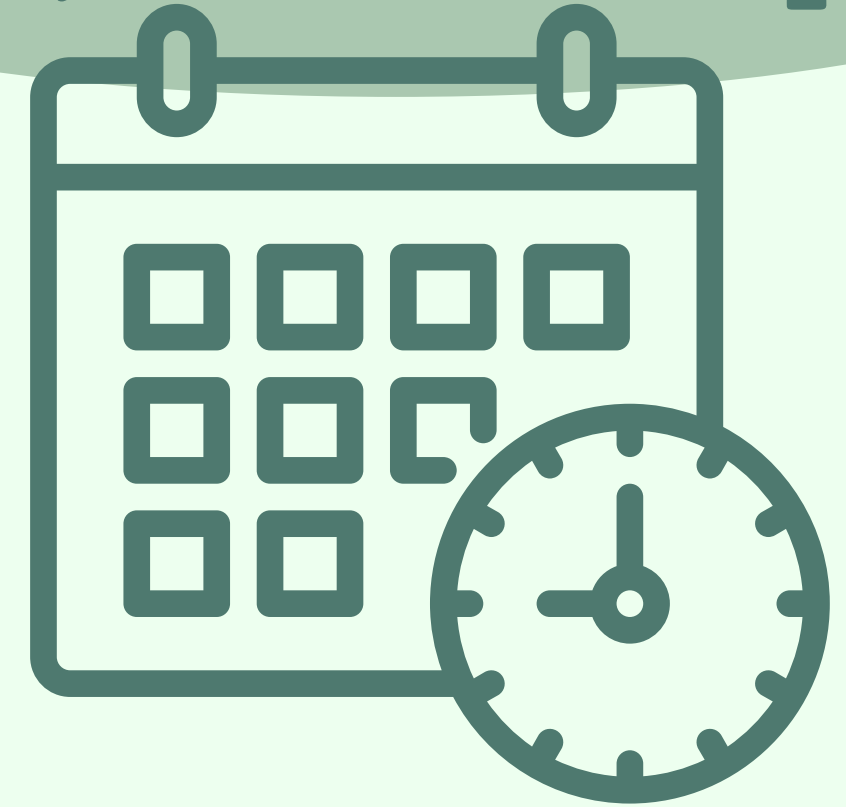
- 1: Recovering a sense of **safety**
- 2: Recovering a sense of **identity**
- 3: Recovering a sense of **power**

4: Recovering a sense of
integrity

5: Recovering a sense of
possibility

6: Recovering a sense of
abundance

12 Weeks: 4-6



12 Weeks: 7-9



7: Recovering a sense of
connection

8: Recovering a sense of
strength

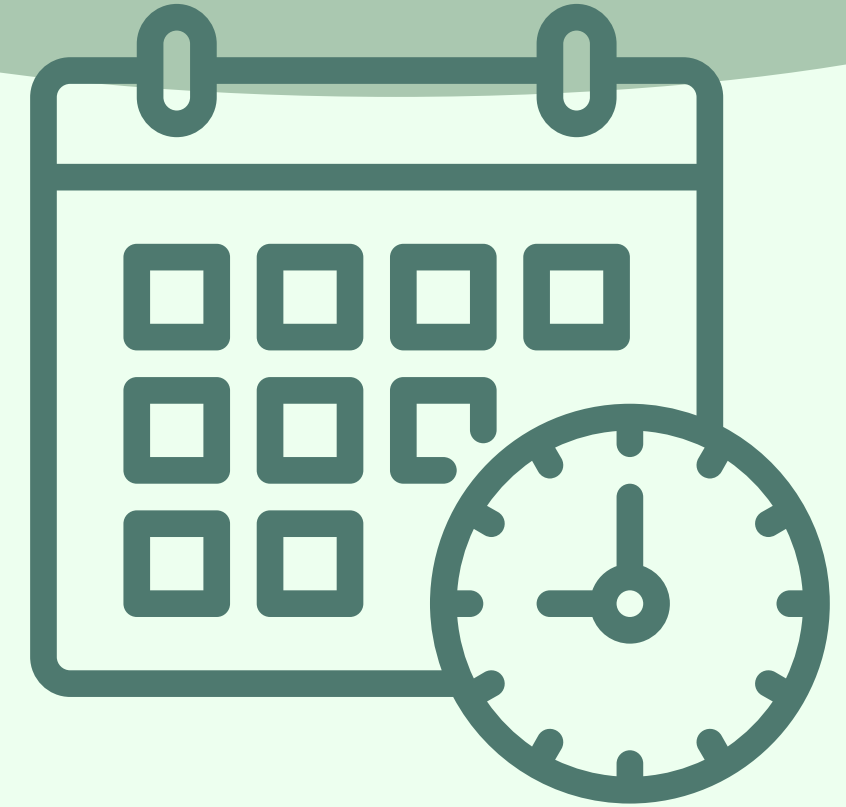
9: Recovering a sense of
compassion

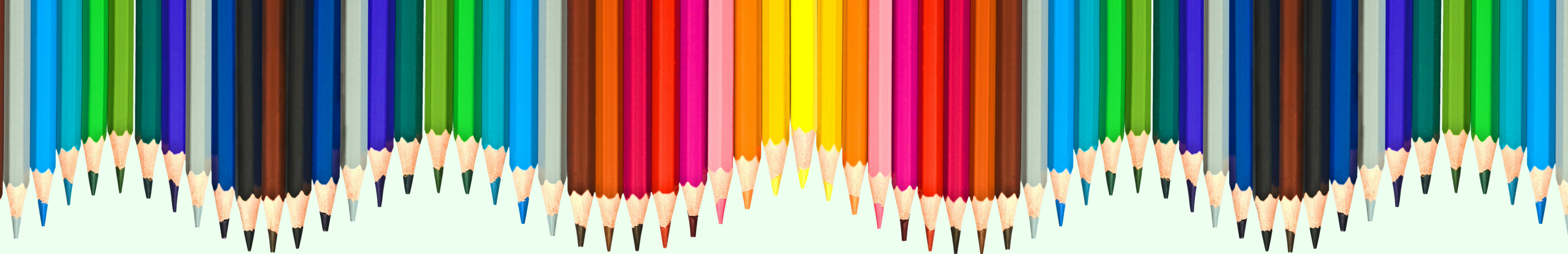
10: Recovering a sense of
self-protection

11: Recovering a sense of
autonomy

12: Recovering a sense of
faith

12 Weeks: 10-12





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.

HOSTS: KELLIEANN HALVORSEN
& ANDY FARNSWORTH

FACEBOOK: @FANEFFECTSHOW

SPONSORED BY:

 MEGAPLEX

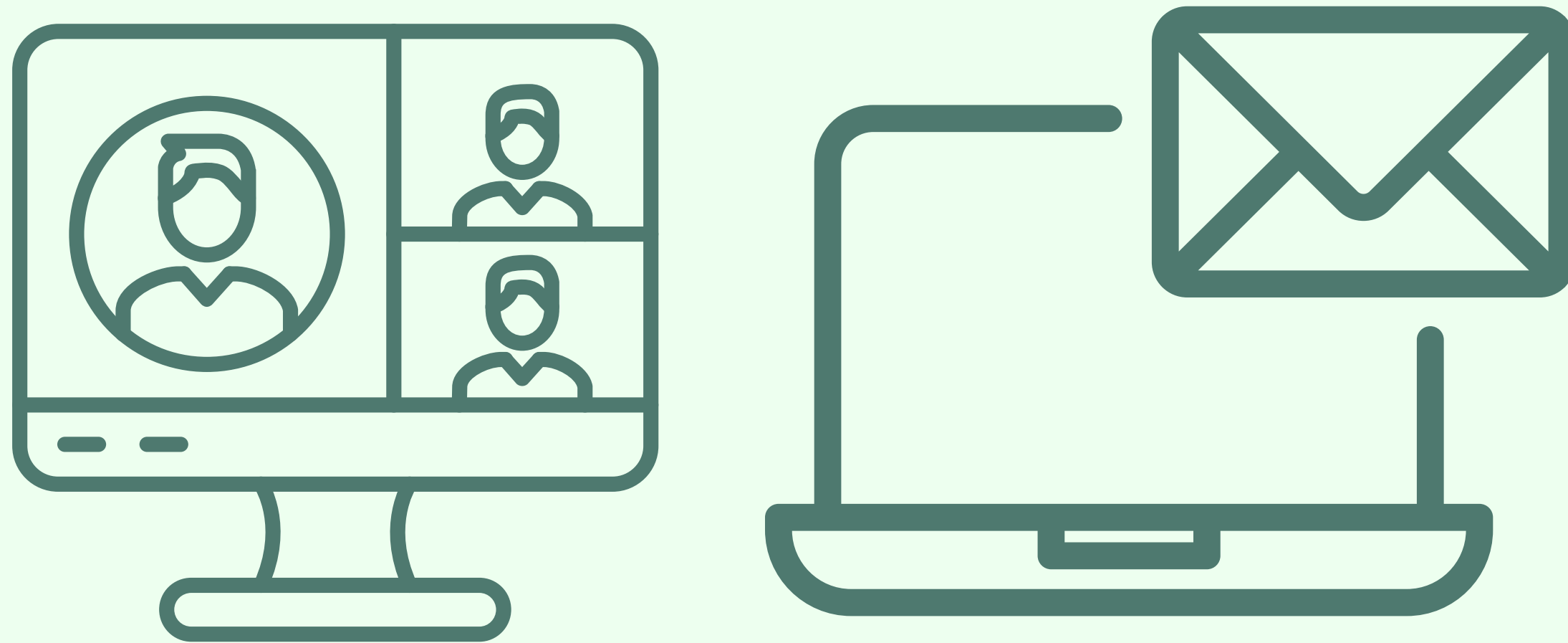
KELLIEANN HALVORSEN

FOLLOW MY CREATIVITY



KAHALVO.COM

SHOULD WE START CREATIVE CLUSTER?



FACEBOOK.COM/KAHALVO