

reflect...refresh...revitalize...



# radical reinvention

Jump start your more rewarding life.

(because tough times require radical departures!)

 Are you interested in learning how to:

- **recover** and develop your innate talents?
- **re-imagine** new ways of being and doing?
- **regain** focus on your authentic self?
- **resurrect** abandoned dreams?
- **restructure** to have more clarified goals?
- **renew** yourself in home, work, and *life*?

“The Artist’s Way” book by Julia Cameron has changed millions of lives — including mine!

Even if you don’t view yourself as a creative thinker, the genius in *The Artist’s Way* book by Julia Cameron is that it helps *everyone* grow by putting you in touch with your own unique interests and abilities — and then guiding you in making them a reality.

These workshops are specially-designed for today’s challenging times; they capitalize on the book’s core fundamentals, and also utilize other powerful tools and exercises that immediately help you identify and unlock your talents and desires. An experiential group setting — with a facilitator well-versed in the material — gets you moving forward right away. Whether you need a job change, are stuck in a “rut” or would just like to open up to new ways of getting more out of you life, join us for this fun, supportive, and life-changing intensive series!

For more information, call **206-364-7348**

## radical reinvention: jump start to creativity A 4-week series of workshops

- Saturday mornings; 3-hour sessions, 10:00 am – 1:00 pm
- Week 1:** Recover Yourself
- Week 2:** Reimagine Possibility
- Week 3:** Regain Focus
- Week 4:** A Renewed You
- New classes starting soon; space is limited.
- Facilitated by a lifelong artist with 11 years experience working with the book.
- \$225 includes all materials (works out to about \$18 an hour. Get a friend to join the class with you and receive 10% off.)

new classes starting  
October/November 2009

Prepare to be inspired!

## The workshops help you overcome your particular obstacles in a safe, supportive setting with other like-minded people.

We use Cameron's brilliant book — as well as other powerful tools and creative exercises — to help you dig deep into your spirit to un-lock and un-block your unique talents and dreams.

Whether you are familiar with the book or not, these fast-paced workshops — along with an experienced facilitator and the support that comes with a group experience — make it far easier to work this program and incorporate it into regular practice.

This is truly a teachable, trackable process. In one short month, you will leave with new insights, new goals, and new enthusiasm for living your life in more creative ways.

### If you:

- Feel stuck
  - Are looking to make changes
  - Don't want to put off your dreams any longer
  - Need to re-kindle your dreams
  - Don't know what you're good at or what you really want
  - Are contemplating a job or career change
  - Think it's too late
  - Just need some creative confidence—
- **these life-changing classes are for you!**

### People who have completed the course have:

- Un-blocked creative blocks
- Transformed limiting beliefs
- Gotten around their “inner critic”
- Excavated buried dreams
- Discovered what was really important to them
- Discovered new abilities
- Altered their career paths for the better
- Gained more confidence in all areas of their life.
- Become more able to articulate boundaries, dreams, and authentic goals.
- Found a heightened sense of autonomy and possibility.
- Felt happier on a day-to-day basis.

### Former students said:

“This experience will *always* stay with me. I really appreciated the course and also the welcoming ‘community’ you created for us...”

“You were right — I'm *definitely* not the same person I was when I first walked into your class! I'm so much happier now...”

“I became much more clear about my blocks to creativity — and that I'm not alone in having these blocks...I appreciated the supportive environment you welcomed us into each week...”

“I'm a lot clearer about my creative goals (and how I often get in my own way!)...and I feel I now have the tools that will get me where I want to be...”

“No matter what your age or your life path, whether practicing some kind of art is your career or your hobby or your dream, it is not too late, egotistical, selfish or silly to work on your creativity.”

— Julia Cameron



## The Artist's Way is based on four ideas:

- ① We are all inherently creative, whether we realize it or not.
- ② Accessing and increasing your inner creativity can be learned.
- ③ By doing this, we will become happier, healthier, more productive, and more authentic in everything we do.
- ④ By living in this way, our life will be richer and more rewarding.

You do not need to know what your talents are before taking the course...the “excavating” exercises we will work with are perfectly designed to help you figure that out.

### How to register:

Class sizes are limited to allow for personalized attention. Due to this small class size, a deposit of \$100 is required up front to hold your space. (A registration form is the last page of this document. Your deposit checks will not be cashed until we have enough students for a confirmed start date.) The balance (\$125) is due at the first class. Once the current course is full, a waiting list is then started for the next available session.

We are still securing our new class location — it looks like it will be in either Ballard or Fremont. A map will be sent to you prior to our first class.

### Supplies:

All class supplies and handouts are included. It is not mandatory to buy a copy of the book, but you'll probably want to... (The book has not been updated since it was first written, so if you already own a copy, that's great.)

### Questions?

I'm more than happy to answer any questions you might have about the classes.

Phone: 206.364.7348

### About the facilitator:

Alessandra C. Julian is an accomplished artist and designer with over a decade of experience applying The Artist's Way principles, and five year's of experience leading Artist Way groups. She has worked as an art director for 26 years and is owner of Songbird Creative, a communications design firm.

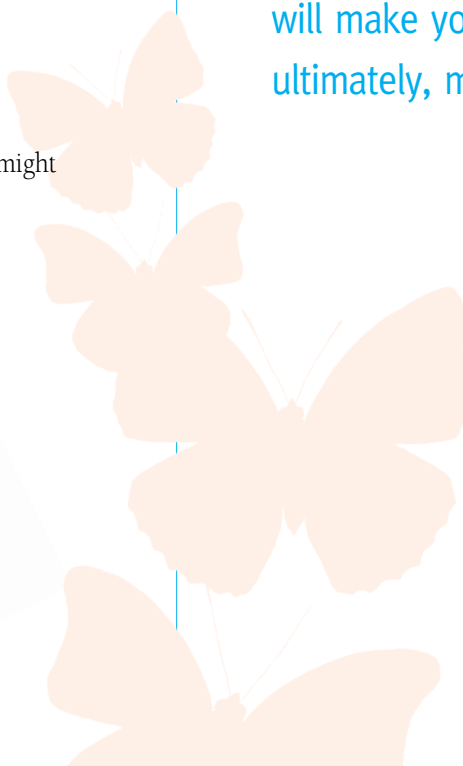
After completing The Artist's Way program, she was able to combine her lifelong loves of fabric, fashion, and cultural art history and launch Rosa Bella Studio, selling one-of-a-kind wearable art handbags.

Ali is well-versed in different artistic media, *passionate* about the creative process, and dedicated to helping others live a more creative life.

The following page contains a Q & A from Julia Cameron, taken from her website...

“Working with this book, you will experience an intensive, guided encounter with your own creativity — your private villains, champions, wishes fears, dreams, hopes, and triumphs. The experience will make you hopeful, joyous, and ultimately, more *free*.”

— Julia Cameron



## The Artist's Way Questions and Answers by Julia Cameron

### Introduction

Although creative recovery is a highly individual process, there are certain recurrent themes and questions that we have encountered over and over in our teachings. In the hopes of answering at least some of your questions directly, we include the most commonly asked questions and answers here.

**Q: Is true creativity the possession of a relatively small percentage of the population?**

**A:** No, absolutely not. We are all creative. Creativity is a natural life force that all can experience in one form or another. Just as blood is part of our physical body and is nothing we must invent, creativity is part of us and we each can tap into the greater creative energies of the universe and pull from that vast, powerful spiritual wellspring to amplify our own individual creativity.

As a culture, we tend to define creativity too narrowly and to think of it in elitist terms, as something belonging to a small chosen tribe of “real artists.” But in reality, everything we do requires making creative choices, although we seldom recognize that fact. The ways in which we dress, set up our homes, do our jobs, the movies we see, and even the people we involve ourselves with—these all are expressions of our creativity. It is our erroneous beliefs about creativity, our cultural mythology about artists (“All artists are broke, crazy, promiscuous, self-centered, single, or they have trust funds”) that encourage us to leave our dreams unfulfilled. These myths most often involve matters of money, time, and other people’s agendas for us. As we clear these blocks away, we can become more creative.

**Q: Can I expect dramatic results to begin occurring right away?**

**A:** The answer is both yes and no. While dramatic changes will occur within the twelve-week course, much more dramatic changes occur when Artist’s Way tools become life tools. The shift over a two- to three-year period can feel like a downright miracle: blocked filmmakers who make one short film, then a second and then a feature; blocked writers who began with essays, reviews, and articles moving into whole books and plays. If the basic tools in the book are kept carefully in place, you can expect to experience large life shifts.

**Q: What factors keep people from being creative?**

**A:** Conditioning. Family, friends, and educators may discourage us from pursuing an artist’s career. There is the mythology that artists are somehow “different,” and this mythology of difference inspires fear. If we have negative perceptions about what an artist is, we will feel less inclined to do the diligent work necessary to become one.

On a societal level, blocked creative energy manifests itself as self-destructive behavior. Many people who are engaged in self-defeating behaviors, such as addicts of alcohol, drugs, sex, or work, are really in the hands of this shadow side of the creative force. As we become more creative, these negative expressions of the creative force often abate.

**Q: How does this book free people to be more creative?**

**A:** The primary purpose—and effect—of *The Artist’s Way* is to put people in touch with the power of their own internal creativity. The book frees people to be more creative in many different ways: First, it helps dismantle negative mythologies about artists. Second, it helps people discover their own creative force, access it, and express it more freely. Third, it provides people with an awareness about their self-destructive behaviors and allows them to see more clearly what the impediments on their individual path might be. Finally, the book helps people identify and celebrate their desires and dreams and make the plans to accomplish them. It teaches people how to support and nurture themselves as well as how to find others who will support them in fulfilling their dreams.

**Q: What is the most common misconception about creativity?**

**A:** The most common misconception is that we would have to leave our current lives in order to pursue our dreams. It is easier for us to use our jobs, families, financial situations, time obligations, etc., as a way (or ways) to keep us “safe” from the anxiety caused by stepping out of our comfort zones into the creative process. When we allow ourselves to be thus thwarted, we deny ourselves tremendous joy.

